

❖ AUTISM ACTION ❖

Winter Issue

January/February 2002



Serving the needs of individuals with autism and their families through advocacy, education, public awareness and research.

SUPPORT GROUP SPEAKERS

NOTE: *There will be NO January 3rd Support Group Meeting.*



SPEAKER: Dr. Dorothy Johnson
Defeat Autism Now! (DAN!) Pediatrician

TOPIC: Tips on how to find the right pediatrician.
Medications: Where we have been and where we are going, and differential diagnosis along the Autism Spectrum.

WHEN: **Thursday, February 7th**

MEETING LOCATION: The TMI Building at **4740 Murphy Canyon Road**. Take I-15 to the Clairemont Mesa Blvd. Exit and go west. The first traffic light is Murphy Canyon Road. Go South (left) on Murphy Canyon .4 mile. The TMI building is on the west (right) side of the street. Meeting held in 2nd floor Conference Room.

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FORMAT

6:00-6:45 P.M. Informal/Social/Networking Time
6:45-7:00 P.M. President's Message
7:00-8:00 P.M. Guest Speaker(s)
8:00-8:30 P.M. Questions & Answers

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A Member of the Combined Health Agencies and the Combined Federal Campaign

PRESIDENT'S MESSAGE

It's not easy being green. – Kermit the Frog

This is the time of year when many of us reflect on the past and ponder the future. This is also when we identify our resolutions for the new-year; and to those planning to shed old habits or start new ones, let me say...I share your pain. I originally planned to list my resolutions for the coming year in this message; however the *Autism Action* editor reminded me there was not sufficient room to list all of my foibles in this space. Oh well, at least I'm not green!

There are a number of items to report on and the first is that the San Diego Chapter office is on the move! ACES is relocating its office to 3633 Sixth Avenue in February and the Chapter has been invited to co-locate in the new location. More details will be provided as they become available.

I am pleased to announce that Laura Schreiber, Ph.D. has been named as the San Diego Chapter's 2001 Combined Health Agencies Health Hero. Dr Schreiber will be recognized for her work with the UCSD Autism Research Laboratory during an awards ceremony to be held in March. An announcement of the details will be provided when they are finalized.

We are planning a number of programs for 2002. In January, our Support Group meeting which is normally held on the first Thursday of the month will be combined with the January 11 Pool Party. The monthly pool parties have proven a huge success as evidenced by the 90+ people who attended our December Holiday Pool Party! In February the speaker will be a physician who will address the DAN protocol and provide advice on how to select a pediatrician. Our speaker in March will discuss music therapy.

While working on your New Year's resolutions, you may want to add brushing up on your casino game skills! Tentative plans are being made to host the Second Annual Casino Night, possibly in April. More details will be provided as they become available. In the meantime, please contact the Chapter office if you can help with the event and/or help provide donations for the silent auction.

Progress continues on our new and improved Chapter web site. A good portion of the design stage is complete and soon we will be adding the content. Preliminary sample pages reveal a very professional site that will be easy to navigate. It is anticipated the new web site will be active in early 2002.

And last, but definitely not least, I am very pleased to report that The Doug Flutie, Jr Foundation accepted our grant proposal and has awarded our Chapter with a \$15,000 grant to help fund Camp I-CAN (**Camp Including Children with Autism Now**). Congratulations to the Camp I-CAN committee for their successful grant proposal!

Best wishes for a wonderful 2002!

SAN DIEGO CHAPTER ASA BOARD



President	Gregory Fletcher
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Mission Statement

The mission of the **Autism Society of America** is to promote lifelong access and opportunities for persons within the autism spectrum and their families, to be fully included, participating members of their community through advocacy, public awareness, education and research related to autism.

Endorsement Policy

The Autism Society of America does not endorse individual programs. References appearing in the *Autism Action* regarding programs, resources, treatment, etc. should not be interpreted as an indication of endorsement by the Autism Society of America. They are provided for information only.

Child Care

Childcare is no longer available during the monthly Support Group Meetings.



Sibling Groups

A sibling support group for children ages 7 through 12 are held the **SECOND SATURDAY** of each month at Stein Center, 6145 Decena Drive, San Diego. This group is run by Paul Whitmore, M.Ed., MFCC.

Please call the San Diego County Chapter office at **(619) 298-1981** to reserve a place in the sibling group.

FOR YOUR INFORMATION

The next meeting of the **Parent Support Group** for the **Resources for Students with Autism Program** of San Diego Unified will be held on Friday, January 18th, from 9:30 to 11:00 AM, in Room B28 at Whittier Center, 3401 Clairemont Drive. The speaker will be Dr. Jennifer Oke, who will be sharing insights from her experience as a private practitioner. Childcare is provided. Please RSVP to Bobbie Kohrt or Mary Lou Evans, at 858-490-8520.

The Special Education Division of the California Department of Education is taking orders for the publication, *A Composite of Laws, 2002, 24th Edition*. The book will be available in early 2002. Advance orders can be placed by completing the order form at www.cde.ca.gov/spbranch/sed/compordr.pdf and mailing/faxing to the address provided on the form. Orders can also be placed via phone (800) 995-4099. Parents of children with a disability are eligible to receive one complimentary copy of this publication.

The next meetings of the **Community Advisory Committee for Special Education (CAC SE)** for the San Diego Unified SELPA will be held January 10th and February 14th from 7—9 PM at Lindbergh-Schweitzer Elementary School Auditorium, 6991 Balboa Ave. The mission of the CAC SE for San Diego City Schools is to improve outcomes for all students by supporting needs based learning, equal opportunities and appropriate education in the least restrictive environment. More information can be found on their website home.san.rr.com/CACSE

The **North County Chapter of the Autism Society of America** is one of the official charities of the **San Diego Marathon** which is being run on Sunday, January 20th. The Thursday before the marathon, January 17th, they will be the one and only official charity for the **Golf Tournament** associated with the marathon, played at Twin Oaks Golf Course in San Marcos. Money raised will be used to send kids with autism to camp. For more information contact Merryn Afleck at 760-479-1420.

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“I Love Someone With Autism” T-shirts, sweatshirts, coffee mugs, tote bags and more are available from **K-T SHIRTS**. These are designed and created by chapter member, Jeanne Glaser. A portion of the proceeds from the sale of these and all of her autism related merchandise are donated to our local chapter. For more info, (858) 573-2188 or mglaser1@rr.san.com

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The Autism Parent Support Group “**Coffee Klatch**” will have its next meeting on Wednesday, January 16th. The meetings are held at the Earthblend Coffee Shop in Tierrasanta at 6020 Santo Rd at 10:00 AM. The purpose of these meetings is to allow parents and other family members to sit back, relax and discuss their child’s problems, successes and education. For more information please call Valerie Saraf at 858-571-0842 or email ValSaraf@aol.com

Cynthia Norall, Ph.D., of Comprehensive Autism Services and Education (C.A.S.E.), runs a program called **Friends' Club - Autism Spectrum/Asperger's Group for Social Understanding**. Sarah Turner, Ph.D., joined C.A.S.E. this spring and has also been running groups. The groups meet for one hour a week after school or early evening for a four-week session, with breaks in between sessions. Friends' Club group sessions are part of a treatment program providing children with intensive training, experience, and practice in social problem solving skills and in making friends. The children participate in recreationally based group therapy activities, which include age-appropriate games and other activities that promote pro-social behaviors. Friends' Club meets at 580 Beech Avenue in downtown Carlsbad across from the post office. For more information contact Karen at 760-720-4964 or casekmc@aol.com.

Pro Speech presents "SWIM": Speech & language using Water Integrated play & Movement. A specialized sensory approach designed to teach children with Autism Spectrum Disorders language and social skills in a fun aquatic setting! Please contact Deirdre Newcomer and Laura Shoemaker at (619) 574-8181.

COYNE & Associates, Inc. provide an in-home Early Intervention Infant/Toddler program funded through the Regional Center “Early Start” Program for children less than 3 years. Services for children older than 3 years either in-home or in-school intervention programs are also provided anywhere in San Diego County. For further information contact (760) 815-5135.

RESOURCE INFORMATION

SUPPORT GROUPS:

Autism Society of America, North County Chapter. ☎ Merryn Affleck (760) 479-1420. Meets 4th Monday of each month, 7:00 p.m. at the Well Being Center, 270 El Camino Real, Encinitas. ☒ www.zweb.com/northsdasa.

Autism of Imperial County. ☎ George McFadden (760) 353-3191.

Autism Parent Support Group "Coffee Klatch" ☎ Val Saraf (858) 571-0842. Meets 10:00 a.m. on the 3rd Wednesday of the month, Earthblend Coffee Shop, 6020 Santo Road, Tierrasanta

East County Children's Disability Council ☎ Janet Light (619) 465-2288. Focuses on children with physical, developmental and emotional disabilities, ages 0-22 years and the community they live in.

EFRC & HOPE Infant Family Support Group. ☎ Mary Sebastyn (858) 569-5370 or Tessie Salcedo (619) 409-3127. Meets Thursdays 9:30 am (English); Fridays 9:30 am (Spanish), 276 Church Avenue, Suite B, Chula Vista.

Families & Autistic Children Together Succeeded (FACTS). Cheryl Cisneros (909) 302-5532, fax (909) 693-5695, PO Box 89-0685, Temecula, CA 92589-0685 ☒ www.factsfamilies.org

Families for Early Autism Treatment (FEAT). Desiree Stansell (760) 758-8766. ☒ dezmark@cts.com. Meets 7:00 p.m. 3rd Thursday every other month, Tri-City Hospital in Oceanside.

Fragile X Resource Center of San Diego. ☎ Cindy de Gruchy (619) 697-6486. ☒ Cde-Gruchy@aol.com. Meets 2nd Tuesday every other month at Children's Hospital.

Parent Advocates Seeking Solutions (PASS). (Parents of adult children with disabilities.) Beverly Andreos (858) 748-2594. Meets 3rd Thursday of each month, St Bartholomew's Episcopal Church, 16275 Pomerado Rd, Poway.

Parent Support Group for the Resources for Students with Autism Program of San Diego Unified ☎ Bobbie Kohrt or Mary Lou Evans, at 858-490-8520

Supporting Parents of Autistic Young Adults (SPAYA) Sophia (858) 560-7376 or SPAYA@prodigy.net Meets every 4th Wednesday, 5-7 p.m. San Diego Regional Center, Rm. 101, 4355 Ruffin Road.

Sociedad Hispana de Autismo y PDD ☎ Bricia Moreno (619) 563-8695 or Soledad Acevedo 011-5266-30-14-11. Meets 3rd Thursday of each month, 6:30-8:30 p.m. Stein Center, 647 E Street, Chula Vista.

Understanding Autism Together. ☎ Dr. Leavell (619) 532-7291 or ASYMCA (619) 532-8156. Meets 3rd Monday of each month, 6:30 p.m., Pediatric Conference Room, Building 2-1 of the Naval Medical Center.

INFORMATION & RESOURCES:

Autism Society of America, National Organization. 7910 Woodmont Ave., Ste 300, Bethesda, MD 20814. ☎ 1-800-328-8476. ☒ www.autism-society.org/.

Autism Society of California. P.O. Box 1295, Escondido, CA 92033. 1-800-700-0037. www.ASAASC@aol.com.

Autism Research Institute. Research center, publishes quarterly journal, information packet on autism. Bernard Rimland, Director. 4182 Adams Ave., San Diego, CA 92116 ☎ (619) 281-7165. ☒ www.autism.com/ari/.

Exceptional Family Resource Center. Provides information & education for families of children with various disabilities. 9245 Sky Park Ct., Suite 130, San Diego. ☎ (800)281-8252. Also: 1001 Fern St., Imperial Beach. ☎ (619) 423-8127.

Kids Included Together (KIT). Assists children with disabilities to be included in community recreation and social programs. ☎ (858) 794-8154.

Protection and Advocacy, Inc. (PAI). Non-profit agency for protection of individuals with disabilities. ☎ (800) 776-5746. ☒ www.pai-ca.org.

SERVICES:

Auditory Integration Training. Terrie Silverman, M.S. Conducts sessions several times a year in San Diego ☎ (858) 278-9534

Children's Hospital and Health Center - Developmental Evaluation Clinic. Developmental, psychological assessments. Aubyn Stahmer, Ph.D. ☎ (858) 576-5817.

Lawrence Family Jewish Community Center Inclusion Program. Offers recreation and social programs for children with special needs. ☎ (858) 457-3030, ext 222.

San Diego Park & Recreation Disabled Services Program. Organized activities for various age groups. Siblings & friends welcome. ☎ (619) 525-8247 FAX: (619) 533-3930.

San Diego Regional Center. Information, referral, evaluation and advocacy services for the developmentally disabled. 4355 Ruffin Rd., Suite 204, San Diego CA 92123. ☎ (858) 576-2996.

Socialization Training and Reinforcement (STAR) Program. After-school social skills/inclusion program. ☎ Dr. Linda Collins, Institute for Developmental Research, 3002 Armstrong Street, San Diego, 92103. (858) 292-6788.

Team of Advocates for Special Kids (TASK). Workshops & advocacy training for parents. ☎ (858) 874-2386.

UCSD Autism Research Laboratory. Pivotal Response Training. ☎ (858) 534-6144.

EDUCATIONAL RESOURCES:

Community Advisory Committee (CAC)

San Diego ☎ (858) 578-3148.

Poway ☎ (858) 748-0010
or (858) 679-2534.

California Department of Education. Special Education Division. ☎ (916) 445-4613. Parent Information Line: (800) 434-2465. ☒ www.cde.ca.gov/spbranch/sed.

Hope Infant Family Support Program. ☎ (858) 292-3700. FAX (858) 569-5394.

San Diego City Schools Special Education Programs Division web page: ☒ www.sdcs.k12.ca.us/specialed.

Special Education Local Planning Areas (SELPA):

East County ☎ (619) 590-3920.

North Coastal ☎ (760) 471-8208.

North Inland ☎ (760) 788-4611.

Poway ☎ (858) 748-0010.

San Diego ☎ (619) 225-3606.

South County ☎ (619) 498-8171.

Special Education Parent Facilitators:

Poway ☎ (858) 748-0010.

San Diego ☎ (619) 627-7359

South County ☎ (619) 498-8171.

CHAPTER NEWS



Our 2001 Holiday Party was held Friday, December 14th at the Boys & Girls Club Pool in Clairemont. Thanks to the following people and organizations that helped make the event a success!

- **Tammy Lee of Aqua Pros**
- **Boys & Girls Club of Clairemont**
- **Tina Dores**
- **Alsie Murdoch**
- **Eli Garavilla**
- **Fred Totah**
- **Bill & Cheri Cary**
- **Pat & Oscars Restaurant** (Carmel Mountain & Mira Mesa locations)
- **Borders Bookstore**—Carmel Mountain
- **Chicken of the Sea International**
- **Starbucks** (Poway & Mira Mesa locations)
- **Party City**—Carmel Mountain
- **KT Shirts & Jeanne Glaser**
- **Hollywood Video**—Clairemont
- **Albertsons**—Poway

The San Diego County ASA office is on the move! We will continue to share space with ACES (Comprehensive Educational Services) when they move their offices to 3633 6th Avenue in Hillcrest. The move is expected to take place in February 2002. A big thank you goes out to Kristin Farmer of ACES, who generously made this space available to SDASA.



Volunteers are needed to help out at the SDASA office—answering phone and email messages, preparing and mailing correspondence & general office work. Contact Nancy Wiseman at (619) 298-1981

Photos of your child with autism are needed for the SDASA website! We're in the process of redesigning our chapter website, and would like to include some photos of our kids—especially those photos capturing a special moment in your child's development.



The San Diego County ASA was recently awarded a grant by the **Doug Flutie Jr. Foundation** for Camp I CAN. (see page 6 for more information on Camp I CAN)



SDASA was one of 14 organizations that were awarded grants for the 2001 grant cycle. To see a list of the foundations 2001 Grant Recipients visit www.dougflutiejrffoundation.org.

The grant of \$15,000 will be used to help pay for one-on-one camp aides, pre-camp training workshop for the aides, camp supervision as well as various camp set-up costs.

The Camp I CAN Executive Committee is continuing to submit grant proposals to other foundations in order to finance the camp.

Congratulations to the Camp I CAN Executive Committee on their first (of hopefully many) grant award! The committee includes Shirley Fett (chair), Vennie & Marty Bosselman and Shelly VanBrabant.

EDUCATION

Grossmont College offers both a **Occupational Therapy Assistant** and a new **Speech Language Pathology Assistant** program. Both programs have their initial classes starting January 28. The enrollment period begins in early November.

OTA 100
Fundamentals of Occupational Therapy
Mondays 7:00 p.m. to 9 p.m.
Room 345A

SLPA 100
Introduction to Speech Pathology & Audiology
Thursdays 6:00 p.m.-9:50
(This class is offered at the North County Head Start Facility in San Marcos)

Research Participants Needed

PECS and Language Training These studies are designed to assess the efficacy of various methods for increasing speech in nonverbal and minimally verbal children who are using the Picture Exchange Communication System (PECS). Participating children are required to come to the lab three or four times per week for 1 hour. These studies run approximately 15 - 20 weeks. To participate in one of these studies, children must: be between 2 and 6 years of age; have a diagnosis of autism/PDD; have some prior training in PECS, and be discriminating among multiple pictures; be nonverbal or minimally verbal; not have severe oral motor or hearing abnormalities For more information contact Joe McCleery at jmccleery@psy.ucsd.edu

Training Parents to Increase Social Behavior

This research project is designed to show that parents can be trained to increase social behavior in children with autism. Participation in this study will include training sessions with a therapist in lab play settings. The efficacy of the training will be assessed in the natural environment. Participants are required to come to the lab 3 times a week for 1.5 hours per ses-

sion. The program runs approximately 12 weeks. To participate, children must: have a diagnosis of autism, be between the ages of 2 and 5 years, not have a diagnosis of severe or profound mental retardation, not have any hearing or seeing impairments. For more info, please contact Marie Rocha at mrocha@ucsd.edu

Treatment of Echolalia Study

This research project offers assessment and treatment for children with autism who use immediate echolalia. Participants will come to the laboratory for two 2-hour visits per week for approx. four months. To participate, children must: have a diagnosis of autism, use immediate echolalia in at least 25% of speech, be between the ages of 4 and 6 years. Contact: Michelle Sullivan at sullivan@psy.ucsd.edu

Sexual Abuse

Graduate student in clinical psychology at St. Louis University is conducting a research project regarding the beliefs and attitudes of the parents of autistic children regarding sexual abuse. Participation involves completing a brief survey via mail. Contact Matt Kliethermes at matk12@juno.com

Imitation and Play Training

This research project is designed to assess the efficacy of an imitation training program and its effect on language, play and peer interaction skills. Treatment does not require parent participation. The children are required to come to the laboratory three times per week for 1.5 hours. This program will run approximately 20-30 weeks. To participate, children must: be between the ages of 2 and 4 years, have a diagnosis of autism, have difficulty with imitation, not have a diagnosis of severe or profound mental retardation. Contact Brooke Ingersoll at bingerso@ucsd.edu

In-Home Behavioral Treatment Study

This research study examines the adaptation process parents encounter upon having an in-home behavioral treatment program for their child. Participation requires completing four short questionnaires (about 30-35 minutes) To participate, children must: have a diagnosis of autism or PDD-NOS, be receiving 30-40 hours per week of one-to-one behavioral therapy. Contact Avazeh Chehrizi, Behavioral Consultant, Lovaas Institute for Early Intervention at sashah@aol.com

CAMP I CAN

The San Diego Autism Society is teaming up with the Mission Valley YMCA to develop Camp I-CAN (Camp Including Children with Autism Now). This summer day camp will allow children with autism spectrum disorders (ASD) to feel comfortable and give them one-on-one attention in a safe, fun and nurturing environment. The camp is geared for boys and girls between the ages of 6 and 12 within San Diego County and will held during August 2002.

Camp I CAN will provide children with ASD an opportunity to make new friends, develop social skills and increase autonomy and self-esteem in an atmosphere of acceptance and understanding. The children will gain a sense of independence as they explore experiences in their community without the aid of parents or family members. The camp will be supervised and staffed by trained individuals who understand children with ASD.

The camp will be funded through solicited donations from individuals, grants, fundraising events and contributions from our local business community and financial support from the SDASA. More camp information will be available in upcoming months. Contact Shirley Fett, committee chair, at (858) 274-1787 if you have any questions.

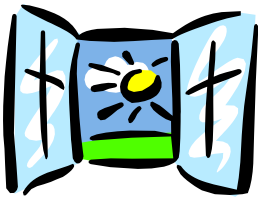
UPCOMING EVENTS



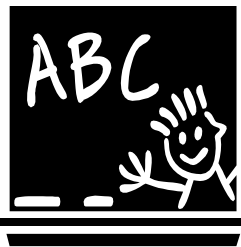
“School Problems” Workshop The San Diego County Learning Disabilities Association has developed a two-part workshop to assist the parents of public and private school students in getting help for their children who are experiencing difficulty in school. Part 1- “School Problems: How to Get Help for Your Child” will be held on January 16 and February 13. Part 2- “The IEP Process” will be held on January 23 & February 20. The two part workshop registration fee is \$25.00. For further information, contact the Resource Center (858) 467-9158.



TERI Conference will be held February 7 at the San Diego Convention Center. This year, the conference will focus on issues relevant to the older children and adults with autism. Speakers to include, Temple Grandin, Bridget Taylor, Peter Gehardt, Kristin Farmer and Chris Angelo. For additional information call TERI at (760) 721 1706 or email Paul Does at SDiegoPaul@aol.com.



Open Windows Essential Training is a two-day course coming to Anaheim January 11-12. This course will teach you how to integrate medical, behavioral and nutritional treatment options for children with autism. This course is put on by the International Child Development Resource Center (ICDRC). Deadline for registration by mail, fax or online is Saturday, January 4th. On site registrations will be accepted on a first come, first served basis, subject to availability. For more information call 866-423-7248 or visit their website at www.icdrc.org



Early Childhood: Birth – Three/ The Individual Family Services Plan Workshop will be held in San Diego on January 29, 2002 from 9AM to 12:30PM at the San Diego Regional Center. This workshop is hosted by Advocacy Systems, Inc. and the Exceptional Family Resource Project, a partnership of the Down Syndrome Association and the Exceptional Family Resource Center. The workshop is supported by grants from Regional Center and the U.S. Office of Special Education Programs. Registration fee is \$5 for refreshments. Registration is required. For more information or to register call 1-800-433-1121.



The **Autism Society of America** will host its annual conference in Indianapolis, Indiana from July 17-21, 2002. The conference theme will be *Champions and Challenges* and will be held at the Marriott Hotel in Indianapolis, Indiana. Watch for details in the coming months.



Auditory Integration Training (AIT) Sessions: A ten-day training session for individuals with auditory processing challenges, hypersensitivity to sound, Autism, PDD, Dyslexia, Learning Disabilities, Behavior Challenges and Language deficits will be held in San Diego on: March 23 to April 1, June 22 to July 1, and December 21 to December 30. Ms. Terrie Silverman, MS, AIT Therapist, Speech Pathologist, Behavior Therapist conducts the sessions.

For additional information call (858) 278-9534 or (262)569-7828 or terries@execpc.com

MEMBERSHIP APPLICATION

SAN DIEGO COUNTY CHAPTER / AUTISM SOCIETY OF CALIFORNIA / AUTISM SOCIETY OF AMERICA

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE _____ ZIP _____ - _____
 PHONE: _____ E-MAIL _____

You may use my name and address as a referral for other parents Yes No
 You may give my name to other parents in my area Yes No

WHAT IS YOUR RELATIONSHIP TO THE PERSON WITH AUTISM (CHECK ALL BOXES THAT APPLY):

- | | | | |
|--|---|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Parent | <input type="checkbox"/> Grandparent | <input type="checkbox"/> Teacher | <input type="checkbox"/> Aide |
| <input type="checkbox"/> Care Provider | <input type="checkbox"/> Relative | <input type="checkbox"/> Physician | <input type="checkbox"/> Psychologist |
| <input type="checkbox"/> Friend | <input type="checkbox"/> School Administrator | <input type="checkbox"/> Other | |

DUES (INCLUDES NATIONAL AND STATE DUES):

- Full-time Student \$25.00
 Individual \$35.00
 Family Membership \$45.00
 Newsletter Only - 1 year subscription \$10.00

PLEASE CHECK IF:

- New Member
 Renewing Member

APPLICATIONS CAN BE MAILED TO: Autism Society of America, P. O. Box 420908, San Diego, CA 92124

MAKE CHECKS PAYABLE TO *Autism Society of America* • **DUES AND DONATIONS ARE TAX DEDUCTIBLE**



P.O. Box 420908
 San Diego, CA 92124