

# Autism Action

MARCH/APRIL 2002

## Support Group Speakers

**Thursday, March 7th**

### Support Group Meeting & Discussion

6:00-6:45 pm Social/Networking Time

6:45-7:00 pm President's Message/Announcements

7:00-8:00 pm Roundtable Discussion Groups

**Thursday, April 4th**

### Dr. Natacha Akshoomoff of UCSD

Recent biological findings in autism research

6:00-6:45 pm Social/Networking Time

6:45-7:00 pm President's Message/Announcements

7:00-8:00 pm Presentation

8:00-8:30 pm Questions & Answers



### Support Group Meeting Location

TMI Building  
4740 Murphy Canyon Road  
2nd Floor Conference Room  
San Diego

From I-15 take the Clairemont Mesa Blvd exit and go west. Go south (left) on Murphy Canyon Road. TMI will be .4 miles down on the west (right) side of the street

### INSIDE THIS ISSUE:

SDASA Meetings	1
President's Message	2
For Your Information	3
Resource Information	4
Chapter News	5
Upcoming Conferences	7
Membership	8

The San Diego Autism Society is a member of the Combined Health Agencies and the Combined Federal Campaign

## Upcoming Pool Parties

Aqua Pros Swim School has graciously provided the San Diego Autism Society with the opportunity to continue the monthly pool parties. They will continue to be held at the indoor heated swimming pool at the **Boys and Girls Club** in Clairemont.

This event gives families and professionals within the San Diego Autism Community the chance to socialize and network while having fun in a safe, secure environment.

The San Diego ASA will provide pizza and drinks. There are showers and locker room facilities adjoining the pool area. The whole family is invited to swim with their children!

Aqua Pros will provide certified lifeguard services, as well as recreational floats.

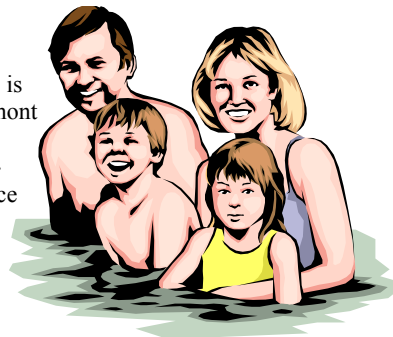
Upcoming Pool Party Dates are:

- Friday, March 8th  
6:00-8:00 pm
- Friday, April 12th  
6:00-8:00 pm
- Friday, May 10th  
6:00-8:00 pm

The Boys & Girls Club is located at 4635 Clairemont Mesa Blvd, between Genesee Avenue and I-805. Parking & entrance is in rear.

Raffle prizes will be offered to help offset some of the costs of providing this event. Raffle tickets will be on sale from 6:00—7:00 pm.

Thank you Tammy Lee of Aqua Pros for allowing us to continue this very popular event!



### SPECIAL POINTS OF INTEREST:

- *Camp I-CAN planned for August 2002*
- *Casino Night 2002, benefiting Camp I-CAN to be held April 20, 2002*
- *SDASA Names Laura Schriebman of UCSD their 2001 Combined Health Agencies Health Hero*

## President's Message

Spring is right around the corner and of course that can only mean one thing ... well, two if you count the IRS deadline. April is National Autism Awareness Month and to help commemorate the event the Autism Society will host **Casino Night 2002**. To be held Saturday, April 20 at the Handlery Hotel in Mission Valley, proceeds of the event will benefit Camp I CAN, a unique day camp serving children with autism spectrum disorder, ages six to twelve. Be sure to make plans to attend Casino Night 2002 for a fun filled evening. And if you can donate gifts or services for the event's raffles, drawings and silent auction, please contact the event co-chairs, Marty and Vennie Bosselman, at 858 695-1728.

I am pleased to announce that **Laura Schreiber, Ph.D.** has been named as the San Diego Chapter's 2002 Combined Health Agencies Health Hero. Dr. Schreiber will be recognized for her work with the UCSD Autism Research Laboratory during an award ceremony on March 12 at the Wyndham San Diego.

I am also very pleased to announce that **Shirley Fett** has been selected as the San Diego Chapter's 2002 Combined Health Agencies Volunteer of the Year. Ms. Fett will be honored for her outstanding contribution to the Chapter on June 26 at the CHAD Annual Meeting. Congratulations Shirley!

Thanks to **Comprehensive Educational Services**, the chapter will co-locate in larger office space at 3633 Sixth Avenue in Hillcrest. The new location will provide additional space for volunteers to assist with answering telephones and other office work. If you have a few spare hours, please call the chapter office and ask how you can help!

Progress continues on our new and improved Chapter **web site**. The design stage is complete and we are now working on the content. Work to date promises a very professional site that will be informative and easy to navigate. Stay tuned for further developments.

As you can see, the Autism Society is very active in a number of very vital areas. If you've ever thought of getting more involved, now is a good time to consider joining the San Diego County Chapter Board of Directors. The Chapter is always looking for a few good people who want to make a difference in the lives of families challenged with autism. The **Nominating Committee** is currently accepting nominations for positions to be filled for the 2002 – 2003 term. To obtain more information, please contact Nancy Wiseman, Nominating Committee Chair, at 619 298-1981.

Greg Fletcher, President SDASA

## Board of Directors

President	Gregory Fletcher
1st VP—Membership	Cathy Schieffer
2nd VP—Programs	Victoria Ikerd
3rd VP	Shirley Fett
Treasurer	Bob Edwards
Secretary/Newsletter	Andrea Chertkow
Past President	Kay Freeman
Director	Tara Bellezza
Director	Marty Bosselman
Director	Vennie Bosselman
Director	Paul Does
Director	Kristin Farmer
Director	Susanne Johnson
Director	Bobbie Kohrt
Director	JP Lapeyre
Director	Nancy Wiseman

### 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

### IMPORTANT NOTE

**CHILD CARE DURING MONTHLY SUPPORT GROUP MEETINGS & SIBLING SUPPORT GROUP ARE NO LONGER AVAILABLE**

### 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.

*Autism Action* is published bi-monthly by the San Diego County Chapter of the Autism Society of America  
 P.O. Box 420908  
 San Diego, CA 92124  
 (619) 298-1981  
 Fax (619) 278-0885  
[www.sandiegoautismsociety.org](http://www.sandiegoautismsociety.org)

## For Your Information

As a California resident you may be eligible for a \$500 tax credit for long term care of your family member with autism. Check out [www.ftb.ca.gov](http://www.ftb.ca.gov) and look at Form 3504, **Long-Term Care Credit**. They have specific criteria for each age group - 6 years and up, 2 - 6 years and under 2. Some of our kids will fit into that criteria. It does require that you include the license number of the physician who can certify that your child does in fact qualify you for this tax credit.



What is Auditory Integration Training - and for whom is it most beneficial? Hear AIT Therapist Terrie Silverman, M.S.- share her 10+ years experience providing AIT. March 25, 2002 in Encinitas, CA. Sponsored by North County San Diego ASA. For more information contact [terries@execpc.com](mailto:terries@execpc.com).



Interested in discussing and sharing information about **law enforcement, first response and criminal justice issues**? Dennis Debbaudt moderates a dedicated yahoo group. You can join Police & Autism Spectrum Exchange by emailing: [pasexchange2001-subscribe@yahoogroups.com](mailto:pasexchange2001-subscribe@yahoogroups.com)

The next **Parent Support Group** meetings for San Diego Unified will be:

- March 8th: "Parent to Parent: Implementing the GFC Diet" with Patty Walker and Erin Lapeyre
- March 22nd: Merryn Afleck: "Advocacy and Collaboration: Creating Successful IEP's"
- April 12: "Summer Planning; Parks and Rec, JCC, Camp I-CAN"
- April 26: "School Transitions; Understanding the Process"
- May 10th: "Celebrating Mothers' Day"
- May 24th: "Ready for Summer: Make-it, Take-it ideas"

Meetings are held at Whittier Center, Room B-28, 3401 Clairemont Drive, San Diego

Childcare available. Please call to reserve a space. Bobbie Kohrt 858-490-8520 or Mary Lou Evans 858-490-8519



The next **Community Advisory Committee for Special Education (CACSE)** for the San Diego Unified SELPA meetings will be held March 14 and April 11 from 7:00-9:00pm at Lindbergh-Schweitzer School. For more information visit [home.san.rr.com/CACSE](http://home.san.rr.com/CACSE)

"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 information call 858-573-2188 or email [mglaser1@san.rr.com](mailto:mglaser1@san.rr.com)



**Disneyland** has announced the **Spring 2002 Happy Hearts Days**.

- April 21—April 24
- April 28—May 1
- May 5—May 8

During Disneyland's Happy Heart Days individuals with special needs or disabilities are invited to purchase passports for just \$18.00. Passports are available on a first-come, first-served basis until sold out, and completion of an original mail order form is required. Up to 6 one-day passports can be purchased for immediate family members, inclusive of special needs/disabled guest. Contact 714-781-1566 for more information.

## Resource Information

### Support Groups

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

**Autism of Imperial County** George McFadden 760-353-3191

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

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

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

**Families & Autistic Children Together Succeed (FACTS)** Cheryl Cisneros 909-302-5532 Fax 909-693-5695, P.O. Box 89-0685 Temecula, CA 92589-0685

**Fragile X Resource Center** of San Diego Meets 2nd Tuesday every other month at Children's Hospital. Cindy de Gruchy 619-697-6486 [cdegruchy@aol.com](mailto:cdegruchy@aol.com)

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

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

**Supporting Parents of Autistic Young Adults (SPAYA)** Meets every 4th Wednesday, 5-7 pm San Diego Regional Center, Room 101, 4355 Ruffin Road. Sophia 858-560-7376 [SPAYA@prodigy.net](mailto:SPAYA@prodigy.net)

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

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

### Information & Resources

**Autism Society of America, National Organization** 7910 Woodmont Ave. Suite 300 Bethesda, MD 20814 1-800-328-8476 [www.autism-society.org](http://www.autism-society.org)

**Autism Society of California** P.O. Box 1295 Escondido, CA 92033 1-800-700-0037 [ASAASC@aol.com](mailto: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](http://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](http://www.pai-ca.org)

### Services

**Auditory Integration Training** Terrie Silverman, MS Conducts sessions several times a year in San Diego 858-278-9534

**Children's Hospital and Health Center—Developmental Evaluation Clinic** Provides developmental, psychological assessments. Aubyn Stahmer, PhD 858-576-5817

**I Can Too Learning Center** Offers behavioral intervention for children with autism between 2-6 years. Kevin Dotts 760-815-4800 [www.icantoolc.com](http://www.icantoolc.com)

**Lawrence Family Jewish Community Center Inclusion Program** Offers recreation an social programs for children with special needs 858-457-3030 ext 222

**Lindamood-Bell Learning Processes** Learning Center 445 Marine View Drive, Suite 290, Del Mar CA 92014 858-259-3206

**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.** Afterschool social skills program. Dr. Linda Collins 858-292-6788

**Team of Advocates for Special Kids (TASK)** Workshops and 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, 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](http://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** [www.sdcs.k12.ca.us/specialed](http://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

*See something that needs updating?  
Please let us know!*

## Chapter News

Mark your calendars for our annual **Teacher Appreciation Night** — **Thursday, May 2nd.**



Greg Fletcher will be participating in the **One Voice, One Vision—the New ASA** workshop for chapter leaders. This two-day workshop is being held in Fairfield, New Jersey, March 2-3 and will focus on helping build a professional chapter by developing improved fund raising, strategic vision, advocacy and awareness and program planning.



The ASA has launched a new **e-learning course on Autism**. The focus of this free Web-based course is to provide answers to parents' questions. It is available through [www.autism-society.org](http://www.autism-society.org)

## SDCS Program Input Requested

The Special Education Programs Division of San Diego City Schools invites all parent, community members, special education staff, paraeducators, administrators and general education staff to **participate in a dialogue about program development**. The meetings will be in the form of an **ongoing focus group**.

Meetings will start at 3:30 pm and continue until 6:00 pm. They will be held at  
Whittier Center Auditorium  
3401 Clairemont Drive  
San Diego 92117

Program	Tuesday	Wednesday	Thursday
ILS	March 5		
SEEC		March 6	
Autism			March 7
Inclusion	March 12		
Resource Specialist		March 13	
Non-Severe			March 14
ED	March 19		
PACE		March 20	
Low Incidence			March 21

For further information call 858-573-5973. If you are unable to attend, but wish to participate, please send your written comments to Cindy Atlas, Wiggin Center B4, 4305 Mt. Everest Blvd, San Diego 92117.

**Fun Summer Job!**  
**Inclusion Day Camp Leaders**  
**Needed for**  
**YMCA Camp I CAN**  
**See enclosed flyer for**  
**more information**  
*Please share flyer with anyone*  
*who may be interested!*



**Brownie Troop 8659** is donating a portion of their 2002 Girl Scout cookie sales to the San Diego Autism Society! Pictured here are Stephanie, Bridgit, Holly, Karly and Brook. Thanks girls!

### Casino Night 2002 Fundraiser

*Benefiting*

**Camp I CAN**

*Camp Including Children with Autism Now*

**Saturday, April 20, 2002**

**Handlery Hotel & Resort**

Hotel Circle—San Diego

**Cocktails, Entertainment & Silent Auction begins at 6:00 pm**

**Dinner at 7:00 pm**

Casual Attire,  
Fun &  
Friendly  
Gathering



Silent  
Auction,  
Door Prizes,  
Special  
Raffles

**\$ 55.00 per person**

(\$50 if ticket purchased by 3/15/02...\$60 at the door)

*Includes Admission, Dinner, Initial Gambling Script, Door Prize Eligibility*  
For more information contact Marty or Vennie Bosselman at 858-695-1728

## Auditory Integration Therapy

### THE EFFICACY OF AUDITORY INTEGRATION TRAINING (AIT)

By Terrie Silverman, MS

Auditory Integration Training was developed by French otolaryngologist Guy Berard in the 1950's. Dr. Berard studied the work of Alfred Tomatis and refined the technique to what it is today: listening to 20 half-hour sessions of specially modulated music over a 10-20 day period. Auditory Integration Training has been reported to be beneficial in several conditions, including AD/HD, autism, central auditory processing disorders (CAPD), and hypersensitive hearing at certain frequencies.

Stephen Edelson, Ph.D. and Bernard Rimland, Ph.D. have compiled a review of 28 reports on Auditory Integration Training. Their summaries of the reports, which appeared in peer-reviewed journals, professional newsletters, and/or were presented at professional conferences, can be examined at [www.autism.com/ari](http://www.autism.com/ari) or by contacting the Autism Research Institute, 4182 Adams Avenue, San Diego, CA. 92116

Of the 28 studies that evaluated physiological, behavioral, and cognitive changes in the subjects, the authors of twenty three (82%) studies concluded that their data supported the efficacy of AIT, three (11%) claimed to have found no evidence of efficacy, and 2 (7%) report ambiguous, contradictory results. Two of the studies evaluated the physiological effects of AIT on animals. Twenty-six of the studies utilized subjects with autism, attention deficit/hyperactivity disorder, central auditory processing disorder, and/or mental retardation.

It is of interest that all seven studies that sought evidence of physiological change as a result of Auditory Integration Training reported positive findings (electrophysiological, -PET scan changes, Magnetoencephalography changes, EEG changes, Audiometric/Uncomfortable loudness threshold changes, and, biochemical---neurochemical changes, reduction in serotonin and 5-HIAA levels, increase in norepinephrine and it's principle metabolite, MHPG, and increases in brain dopamine and its metabolite HVA).

Dr. 's Edelson and Rimland state:

*A good deal of what has been written about Auditory Integration Training is excessively skeptical, negative or derogatory permeated with the assumption that AIT is ineffective. Our review of all the research on the efficacy of AIT that we have been able to find refutes this negative view.*

*Probably because Auditory Integration Training lacks a plausible rationale and is counter-intuitive, it has become the target of skepticism and of negatively biased research. One's opinion about an intervention, like one's opinion about an individual, should be based on evidence rather than prejudice. (We were ourselves) skeptical when first learning about Auditory Integration Training.*

*Our interest was stimulated, despite initial skepticism, by a number of almost-too-good-to-be-true clinical reports from parents of autistic children who had been treated at Dr. Guy Berard's clinic in Annecy, France. There is a place for skepticism, but there is also a place for safe, non-intrusive, short-term and relatively inexpensive therapies with reasonably good track records.*

*In conclusion, the review of the literature from January 1993 to May 2001 has produced 23 studies with positive results and only 3 claiming no benefits from Auditory Integration Training. Auditory Integration Training does, in fact, appear to be a worthwhile, frequently beneficial intervention, which shows improvement in a number of symptoms, in a significant proportion of disorders on the autism spectrum, in addition to Attention Deficit Disorders, AD/HD, CAPD and a variety of learning disabilities.*

To learn more about Auditory Integration Training, you can go to the following web sites, which will provide a review of all 28 studies, links to many other helpful web sites, and other valuable information about the professionals who are trained to provide AIT throughout the United States:

[www.autism.com/ari](http://www.autism.com/ari)

[www.sait.org](http://www.sait.org)

[www.georgianainstitute.org](http://www.georgianainstitute.org)

or contact Terrie Silverman, M.S. at [terries@execpc.com](mailto:terries@execpc.com) or 262-569-7828 or 858-278-9534.

*Ms. Silverman has opened a satellite office in San Diego and holds regularly scheduled AIT sessions in the San Diego area several times a year.*

### Newsletter Submissions

To submit an original article for possible publication in *Autism*

Action, please mail to

SDASA

P.O. Box 420908

San Diego, CA 92124

Or email to

[sdasa@sandiegoautismsociety.org](mailto:sdasa@sandiegoautismsociety.org)



## Upcoming Conferences & Workshops

19th Annual **Involved Exceptional Parents Day (IEP) Conference—Including All of Us** will be held Saturday, March 23, 2002 at the University of San Diego. The cost is \$25 per person and includes a continental breakfast, box lunch and conference materials. For more information contact Carol Fitzgibbons at (619) 448-3700 x 318.

**Auditory Integration Training** - 10-Day Session for individuals with auditory processing challenges, hypersensitivity to sound, Autism, PDD, Dyslexia, Learning Disabilities, Behavior Challenges and Language deficits. AIT is a non-invasive therapeutic technique which consists of listening to a variety of electronically modulated and filtered music. Scheduled for March 23-30, 2002 in San Diego. For more information contact Terrie Silverman, MS at (858) 278-9534 or [terries@execpc.com](mailto:terries@execpc.com)

**Autism: Families in Transition Conference** - Presented by Comprehensive Autism Services and Education (CASE) will be held Saturday, April 20, 2002 from 10am to 4pm. This conference is intended for families and professionals and will explore Autism Spectrum Disorders and practical application of:

- Strategies for Teaching Social Skills to Children with High Functioning Autism & Asperger's Syndrome
- Strategies for Dealing with Difficult Behaviors at Home and at School
- Enhancing Play Skills with Younger Children at Home
- Facilitating Playground Challenges

Speakers will include Cynthia LaBrie Norall, PhD; Sarah Turner, PhD; and Malia Wilson, MA Pacific Palisades Resort Grand Ballroom (Across from Legoland in Carlsbad; Free Parking in Underground Structure) Cost: Families--\$50 (\$60 for both parents) Professionals: \$75 (\$60 each for groups of 6 or more) Lunch will be on your own. For more information please contact Karen at 760-720-4964 or email [CASEkmc@aol.com](mailto:CASEkmc@aol.com)

**2-Day PECS Training Workshop** developed by Andrew S. Bondy, PhD., & Sarah Buswell, MS, CCC/SLP will be held October 29-30, 2002 in San Diego, CA. This workshop is intended for parents, professionals, and supportive staffs who deal with autism, and want to learn to implement the Picture Exchange Communication System (PECS) For more information contact Pyramid Educational Consultants, Inc: 888-732-7462 or email [edimaio@pecs.com](mailto:edimaio@pecs.com) or visit [www.pecs.com](http://www.pecs.com)

The **Autism Society of America** will host its annual conference from July 17-21, 2002. The conference theme will be **Champions and Challenges** and will be held at the Marriott Hotel in Indianapolis, Indiana. Registrations are now being accepted. Early bird registrations are due by March 30. For registration information please send an email to: [conference@autism-society.org](mailto:conference@autism-society.org)



The **San Diego County Learning Disabilities Association (LDA)** is presenting a **two-part workshop** to assist the parent 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 March 11, April 17 and May 21. Part 2—"The IEP Process" will be held on March 18, April 24 and May 28. The two part workshop registration fee is \$25. For further information, contact the resource Center 858-467-9158.

