



# The Center Connector!

*Where all the pieces fit!*

**welcome,  
january**

**Jan 2018**

LINKING THOSE LIVING WITH AUTISM TO THEIR WORLD! - PHONE 301-618-8395

IN THIS ISSUE-2018 PROGRAM OVERVIEW

## New Year, New Home and New Programming!



***One World Center (OWCA) is starting 2018 in our new home! This move would not have been possible without the tremendous support of those we serve and our community friends and partners. Our new home was designed to be a haven of hope and enrichment. We now have more confidential spaces for 1:1 guidance and evaluations. Additionally, we have maintained our programmatic classrooms to continue providing respite and enrichment classes for our children, youth and young adults. With these changes, comes changes in our programs and how they will be offered. Read on to see how we plan to partner with you as you journey with autism and meet our partners in program provision! Abila***

*Abila Tazanu, M.D. is a pediatrician and mother of three children with autism. She is the founder and executive director of the One World Center for Autism. Her heart desire's is to give hope to all who OWCA serves as they journey with autism.*

### Family Support Offerings

*Families are the compass that guide us. They are the inspiration to reach great heights, and our comfort when we occasionally falter. -Brad Henry*



### Respite Clubs

Respite clubs are designed to be a socially stimulating time for participants and a much-needed break for caregivers! Increasing social awareness, encouraging relationship building and navigating our community are all basic foundations of these programs. Life and self-care skills are additional components of our program for older participants. We have a 1:2-3 staff: participant ratio for these programs. Personal 1:1 support workers are welcomed once they complete a background check. This program is covered by LISS funding. Interested? Contact [brenda@worldforautism.org](mailto:brenda@worldforautism.org)

- "Our World Our Time"-Ages 3-13 years- meets the 4<sup>th</sup> Saturday of every month except May, August and November (no respite) and December, where we meet on the 3<sup>rd</sup> Saturday. **Cost- \$50 and \$25 for siblings (an activity charge may be additional depending on the community navigation offering)**
- "Our World Explorers"- Ages 14 years to 24years- meets the 2<sup>nd</sup> Saturday of every month except May, August and November (no respite) and December, where we meet on the 1<sup>st</sup> Saturdays. **Cost- \$50 and \$25 for siblings (an activity charge may be additional depending on the community navigation offering)**

**Questions or want more information about our ouragization? Visit [www.worldforautism.org](http://www.worldforautism.org) Call: 301-618-8395**

## Caregiver Enrichment



### "Embrace our World"- Family Workshops

OWCA is privileged to have access to a conference room in our leasing complex. It is from this location that we will host monthly caregiver and family educational workshops. We are so excited to partner with **Ms. Victoria Lawson**, a mother of two on the autism spectrum, a Certified Addictions Counselor (CAC1), Licensed Marriage and Family Therapist (LMFT) and a Master Addictions Counselor (MAC). She is the founder and director of *A Purposeful Journey*, a family wellness consulting agency. We are also thrilled to partner with **Behavioral & Educational Solutions**, one of the premier providers of psychological and behavioral services in the Washington metropolitan area. **Dr. Alfred Amado, PhD, NCSP**, Licensed Psychologist and President specializes in child-clinical & school psychology. He has over 20 years of experience providing comprehensive psychological services in the school, community, medical, forensic, and university settings and leads a multi-cultural staff of professionals in providing culturally sensitive supports. He and his colleagues will present offerings centered around behavioral supports and male caregiver empowerment. **Cost- Free (donations are welcomed)** Interested? Contact [samuel@worldforautism.org](mailto:samuel@worldforautism.org)

Workshops will generally be held on the 3<sup>rd</sup> Saturday of every month from 1-3 pm. Childcare is available on a 1<sup>st</sup> come 1<sup>st</sup> serve basis for a nominal charge of \$15 in our dedicated classrooms.

**Recurring Workshops:** A basic understanding of Autism Spectrum Disorder and Special Education is essential to your parenting journey. As a result, OWCA will provide Spring, Summer and Fall offerings of the following two workshops.

- **Autism 101 for Caregivers and Family members-** a transparent overview of autism, its impact on the family and necessary steps that caregivers and families must take on their journey of caring for a loved one with ASD. Participants will participate in interactive learning activities and leave with a tangible guide for supporting their child and family!

*Presenter: Abila Tazanu, M.D. is a pediatrician, mother of three children with autism, founder and executive director of the One World Center for Autism. She has greater than 20 years of experience caring for children with special needs.*

- **GPS for Special Education- A caregiver's guide-** a practical and candid overview of the special education system and Individualized Educational Plans. As a caregiver, a basic understanding of your child's educational supports and how to advocate for them is critical! Participants will need to bring their child's IEP to personalize this educational offering.

*Presenter: Victoria Lawson is a mother of two on the autism spectrum, a Certified Addictions Counselor (CAC1), Licensed Marriage and Family Therapist (LMFT) and a Master Addictions Counselor (MAC). She is the founder and director of A Purposeful Journey, a family wellness consulting agency.*



### MOM 2 MOM Support Group

After a wildly successful and enjoyable Mother's Day program in 2017, we received multiple request to keep the support going! Well, we have heard you and will host our first Mom 2 Mom support group in February 2018. February is the month of love and as mothers we must start with

self-love and care. **Join us on February 3<sup>rd</sup> from 1-3pm.** Childcare is available on a 1<sup>st</sup> come 1<sup>st</sup> serve basis for a nominal charge of \$15 in our dedicated classrooms. Ms. Victoria Lawson mother of two on the autism spectrum and director of *A Purposeful Journey*, a family wellness consulting agency will facilitate. **Cost- Free (donations are welcomed)**

**Are you interested in being a part of our Mom 2 Mom planning committee?** Contact us at [abila@worldforautism.org](mailto:abila@worldforautism.org).

### SIBZONE- Spring and Fall Sibling Retreats

Siblings are often overlooked when it comes to family support, but they need an emotionally safe space to express their emotions about being a sibling to a child or youth on the autism spectrum. This year OWCA will spotlight our siblings at our **Spring and Fall SIBZONE retreats**. Sibs 6 years and older will participate in an all-day retreat led by adult and teen special needs siblings. Together they will learn about autism, use creative media to express their emotions and celebrate what makes them unique! At the conclusion of this activity, they will know that they are not alone and have new friends in their journey. Each retreat will also include a fun-filled community trip and meal. **Cost for this retreat is \$75. Retreat dates for 2018 are Saturdays May 12<sup>th</sup> and November 10<sup>th</sup>. Time 11-7pm.** Interested? Contact [samuel@worldforautism.org](mailto:samuel@worldforautism.org)

## Individual Support Offerings



**Let's Move** is Back!

**Strength | Stability | Motor Planning | Coordination**

Our family friendly fitness and wellness program is back! This year we are pleased to continue our partnership with **Salieu Sarr of SMS Fitness**, as we encourage greater movement through fun filled activities that promote health and social awareness! OWCA will offer Winter, Spring, Summer and Fall sessions of this program. Pre and post measurement of weight, height and BMI are a standard part of this program and provides accountability for participants and caregivers! A more comprehensive special need pre and post Health and Fitness consultations by Dr. Abila Tazanu are also available at caregiver's request this year and can be billed through participants' health insurance. **Fitness program cost for an 8-week session is \$220. Classes occur on Mondays and Wednesdays for a total of 16 classes in each session. Winter Session January 29<sup>th</sup>-March 21<sup>st</sup>. This program is covered by LISS funding.** Times will be dependent upon enrollment numbers and ages of participants. Ages 6 and above are welcomed! Interested? Contact [samuel@worldforautism.org](mailto:samuel@worldforautism.org)

### Everyone Can Learn! - Individualized Learning and Life-skills Instruction

Customize your child's/ youth's learning with our educational consultants who understand and support the unique learning styles of children and youth on the autism spectrum and with related learning differences. Dr. Matthews-Somerville's is the director of EFM Educational Services and an educational consultant with an expertise in mentoring children youth and their families! She has a heart for educating children of all abilities and helping them achieve their maximum potential. **These services are offered on a 1:1 basis in the home or community and is covered by LISS funding.** Please contact [Miguel@worldforautism.org](mailto:Miguel@worldforautism.org) for cost.

## Community Outreach



Educating the community at large is near and dear to OWCA's heart and mission. We offer a variety of Autism 101 Workshops for various professionals and peer groups at very reasonable rates.

If you are interested in us participating at a community event, please contact us and be our partners in awareness! Contact [samuel@worldforautism.org](mailto:samuel@worldforautism.org)

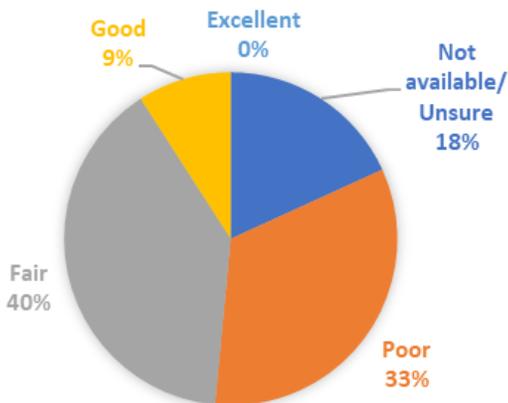


## Future Offerings

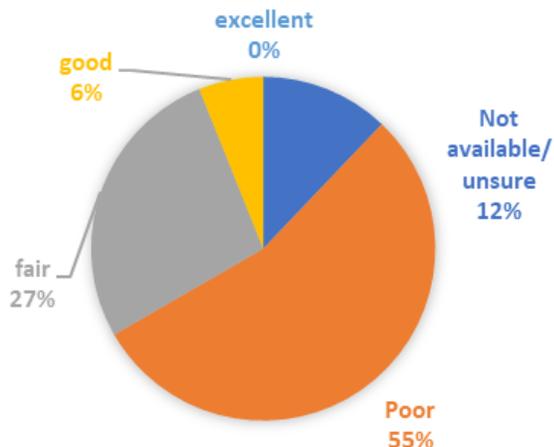
Behavior and relationship building are two life areas that can present significant challenges for those living with autism. In the late spring/early summer of 2017, OWCA conducted a survey to understand the emotional supports that were needed in our community. The results were more sobering than we anticipated but not surprising.

Take a look at the results of our 2017 Survey on Emotional Supports!

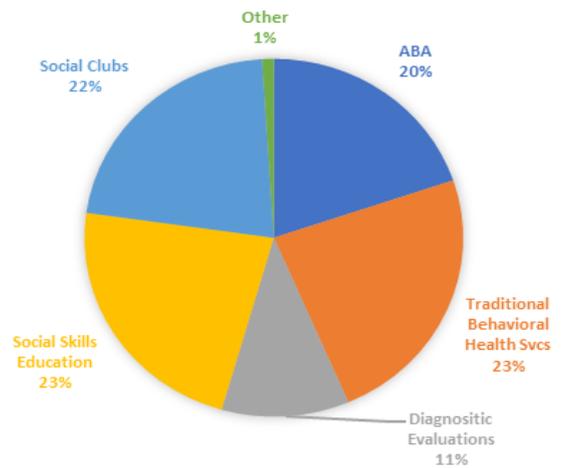
AVAILABILITY OF EMOTIONAL AND BEHAVIORAL SUPPORTS FOR INDIVIDUALS ON THE AUTISM SPECTRUM



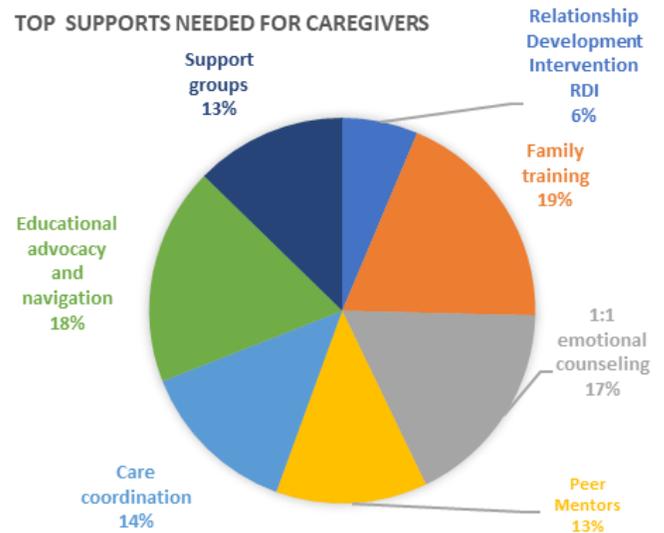
AVAILABILITY OF EMOTIONAL SUPPORTS FOR CAREGIVERS AND FAMILIES LIVING WITH AUTISM



TOP SUPPORTS NEEDED FOR INDIVIDUALS WITH AUTISM



TOP SUPPORTS NEEDED FOR CAREGIVERS



In response to these needs, we are seeking to planning the following future programs to implement in 2018:

### SOAR Behavior Enrichment Program

SOAR stands for Seeking Opportunities to Acquire Resilience and resilience is key to navigating one's world with autism. We are so pleased to partner with **Dr. Henry Tarrazo, Ph.D.** an experienced special educator with his post-graduate certificate in Applied behavior analysis to create and implement this program. SOAR will be based on our current model of family guidance; however, it will specifically identify behaviors that are a significant barrier to a child's, youth's or young adult's daily functioning by both an educational professional who applies the principles of Applied Behavioral Analysis (ABA) and a physician consultant with expertise in the care of children with autism and their mental health needs. Once behaviors are identified, a family-centered Behavior Enrichment Plan will be created, implemented and monitored by both professionals. Medication management may also be a part of this plan, if deemed necessary through family/professional partnership. Stay tuned!

**Life and Social Skills offerings!**

We are excited to begin the discussion with **Dr. Juanita Pughsley**, veteran special- needs mother, former instructor of our RISE transitional youth and adult classes and occupational therapist with more than 30 years of experience; as well as, **Behavioral & Educational Solutions (BES)**, one of the premier providers of psychological and behavioral services in the Washington metropolitan area that will lead to the creation of life and social skills groups! Stay tune!

**January Dates to remember!**

Dates	Offering
13 <sup>th</sup>	"Our World Explorers"- Teen and Young Adult Respite Club
20 <sup>th</sup>	"Embrace Our World"- Autism 101 for Caregivers and Family Members
27 <sup>th</sup>	"Our World, Our Time"- Children's Respite Club
29 <sup>th</sup>	Let's Move- Winter Session begins
31 <sup>st</sup>	Let's Move

JANUARY 2018 <small>alendars.com</small>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**Meet the Administrative OWCA**

<b>Abila Tazanu, M.D.</b> , founder, executive director, pediatrician and mother of children with autism	<a href="mailto:abila@worldforautism.org">abila@worldforautism.org</a>
<b>Miguel Gonzalez</b> , Office Manager	<a href="mailto:miguel@worldforautism.org">miguel@worldforautism.org</a>
<b>Brenda Reed</b> , Clinical Administrative Assistant and Respite Program Planner, mother of child with autism	<a href="mailto:brenda@worldforautism.org">brenda@worldforautism.org</a>
<b>Samuel Gonzalez</b> , Participant Care and Community Outreach Coordinator	<a href="mailto:samuel@worldforautism.org">samuel@worldforautism.org</a>
<b>Edwinna Reed</b> , Care Coordinator and mother of son with autism	<a href="mailto:Edwinna@worldforautism.org">Edwinna@worldforautism.org</a>
<b>Paul Mendiola</b> , Administrative and Program Assistant, self-advocate	<a href="mailto:Paul@worldforautism.org">Paul@worldforautism.org</a>
<b>Aldene Ault, R.N.</b> , Community Outreach Nurse for Physician Outreach	<a href="mailto:aldene@worldforautism.org">aldene@worldforautism.org</a>
<b>Rhonda Mitchell</b> , Community Outreach Coordinator for Physician Outreach (Prince George's County Health Department)	<a href="mailto:Rhonda@worldforautism.org">Rhonda@worldforautism.org</a>

**Volunteer!**



Volunteers are critical to our success at the One World Center for Autism. Our volunteers serve as partners in implementing our mission and programs and are essential to our day-to-day operations. Whether you are a high school, college, or university student, or an adult with an interest in serving those with special needs, we welcome you! Volunteers can assist us in a variety of ways:

- Board development
- Respite program assistants
- Family Fun Day/special events
- Child and youth social skills program assistants
- Fundraising and resource development
- Childcare assistants
- Grant-writing
- Needs assessments and evaluations

Please note that for the safety of our participants, we perform background checks on all volunteer applicants! **Please contact [brenda@worldforautism.org](mailto:brenda@worldforautism.org) for more information!**



**Become a Friend of One World!**

**WE NEED YOUR HELP and SUPPORT** in realizing our vision and fulfilling our mission for the greater than **1,600 children and adolescents living with autism in Prince Georges County** in our county!

The One World Center for Autism, Inc. is a 501c3 grassroots non-profit serving individuals living with autism and other related special needs in Prince Georges County, Maryland. Our mission is to empower those living with autism through family support, community awareness, and individual therapeutic and medical services. Every gift makes a difference!

Donate at [www.worldforautism.org](http://www.worldforautism.org) or send your gift to One World Center for Autism, 7401 Forbes Blvd, Suite A, Lanham, MD 20706

- **\$25-** Can sponsor respite for a sibling and give a deserving caregiver a much-needed break!
- **\$50-** Can sponsor respite for a child or youth with autism and give a deserving caregiver a much-needed break!
- **\$75-** can sponsor a sibling's participation in a SIBZONE Retreat where they can connect with other siblings and be enriched in an emotionally safe and fun environment! It can also sponsor a day of respite for a child/ youth and a sibling!
- **\$100-** Can sponsor a family enrichment workshop, encouraging and empowering caregivers on their parenting journey!

*Be the change you wish to see in the world! - Ghandi*