

The Autism Support Center

The Spectrum

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Halloween Tips

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Autism Waiver Program Open Enrollment October 17-31

The Autism Division of the Department of Developmental Services (DDS) runs an Autism Waiver Program that provides one-to-one interventions to help children with autism who exhibit severe behavior, social and communication problems through a service called **Expanded Habilitation, Education** (intensive in-home services and supports). This service occurs in the child's home or other natural settings under the supervision of trained clinical staff and is available for a total of three years. The waiver also provides related support services such as community integration activities and respite. At the conclusion of the three years of intensive services, a child may access supplemental services that meet the child's needs and help with the transition out of the intensive Autism Waiver Program until the child's 9th birthday.

The Waiver is now able to serve 385 children and while the Autism Waiver Program is near capacity at this time, there are always children who leave the Program because they turn 9 or for other reasons. Therefore, we want a current applicant pool to draw from when these spots become available for the Program. Therefore, the Autism Division is offering an opportunity to apply for the waiver through an open request application period. The Autism Division held its last open request registration in October, 2015. **The open request period runs from October 17th - October 31st. Please be sure to MAIL or EMAIL the application between October 17th and October 31st. The Autism Division will discard submissions outside of this timeframe. If you submitted an application during the last open request application period in October 2015, YOU MUST RESUBMIT AN APPLICATION FOR 2016.**

The Autism Program maintains reserved capacity for children who are age 3 and transitioning out of Early Intervention. This means that the Autism Division reserves 20 statewide slots for children who are age 3. These children will still need to meet all relevant financial and clinical eligibility standards required for entry into the Program.

The Autism Waiver serves children up until their 9th birthday, with an autism spectrum disorder who meet the eligibility criteria for the Waiver Program. All waiver services require that the child continues to meet the financial and clinical eligibility requirements for the Waiver Program.

This message is to notify you about the eligibility requirements for the Autism Waiver Program:

Eligibility: the following requirements are necessary for participation in this program:

1. The child must have a **confirmed diagnosis** of an Autism Spectrum Disorder, subject to verification by the Department of Developmental Services.
2. The child has not yet reached his/her 9th birthday. Children birth through age 8 may participate.

(Continued on the next page)

IT'S A FACT:

Northeast Arc is the second largest Arc in the country.

Medicaid Waiver *(continued from page 1)*

3. The child is a resident of Massachusetts.
4. The child meets the level of care required for services in an Intermediate Care Facility for persons with an Intellectual Disability (ICF/ID) as assessed by DEPARTMENT OF DEVELOPMENTAL SERVICES.
5. The family chooses to have the child receive services in the home and community.
6. The child must be able to be safely served in the community.
7. The child must have a legally responsible representative able to direct the services and supports of the Waiver.
8. The child must be found by the MassHealth agency to be eligible for MassHealth Standard coverage, based on family income.

For families who have not yet applied for MassHealth, this must be done at the time of the filing of the Waiver Program Eligibility Request Form.

How to Apply for MassHealth: You can submit your application for MassHealth in any of the following ways:

Sign on to your account at MAhealthconnector.org. You can create an online account if you do not already have one. Applying online may be a faster way for you to get coverage than mailing a paper application.

Mail your filled-out, signed application to

Health Insurance Processing Center

P.O. Box 4405

Taunton, MA 02780

Fax your filled-out, signed application to 1-857-323-8300.

Call the MassHealth Customer Service Center at 1-800-841-2900

(TTY: 1-877-623-7773 for people who are Deaf, hard of hearing, or speech disabled) or 1-877-MA ENROLL (877-623-6765).

Visit a MassHealth Enrollment Center (MEC) to apply in person. See the Member Booklet for Health Coverage and Help Paying Costs for a list of MEC addresses.

How to Participate in the Eligibility Process: Get a copy of the Autism Program Request Form

Please contact your local Autism Support Center (listed below) to request the Application Form.

The Autism Support Centers are available to help you complete Application Form.

The Autism Division will post all forms on the DDS website:

www.mass.gov/DDS under 'Autism Spectrum Services'

Complete the Autism Program Application Form

To complete this Form you will need:

your child's date of birth

your child's social security number

your child's MassHealth ID number

Submit the Autism Program Eligibility Application Form

All Applications Must have a Postmark or Date Stamp between **October 17th, 2016 and October 31st, 2016.**

The Autism Division will discard forms outside of this designated time period.

Please complete the Autism Waiver Request form in Pen and Print Clearly.

Please Sign the Form in Pen.

ONLY ONE APPLICATION PER CHILD—The Autism Division will discard multiple forms

Please Mail Form (The Autism Division is not accepting hand delivered forms) to:

AUTISM DIVISION of DDS

Att. Autism Program Application Form

500 Harrison Avenue, Boston, MA 02118

It is a priority of the Autism Division of DDS to ensure that the process for requesting eligibility for the Autism Waiver Program is fully accessible to families and children with autism who are from linguistically and culturally diverse backgrounds.

Translation and interpretation is available free of charge to all participants.

This Notice and other waiver information is available on the DDS web-site at www.mass.gov/DDS under 'Autism Spectrum Services' and at the DDS funded Autism Support Centers. Materials are available in Arabic, Chinese, French, Haitian-Creole, Khmer, Portuguese, Russian, Spanish, Thai, and Vietnamese. For additional information about the Autism Waiver Program, contact your local Autism Support Center or email AutismDivision@state.ma.us. Or call the Autism Division at DDS at 617-624-7518.

Please note: Waiver materials are available on the ASC website: <http://www.ne-arc.org/services/autism-services/autism-support-center/>

Halloween Tips

CONTRIBUTED BY

Jill McEntee, M.S., BCBA, LBA

Halloween Tips for Individuals on the Spectrum

For many the start of fall brings many wonderful things: cooler temperatures, the smell of autumn, pumpkin and apple pie, apple picking, warm cider, beautiful fall foliage, and of course Halloween. For many parents and children, Halloween is a joyous holiday full of decorations, cute costumes, pumpkin carving, trick-or-treating, and giant sugar rushes. For those on the Autism Spectrum it can bring added stress or at the very least a lot of added planning. Here are some tips to help make one's Halloween a less stressful, fun event. Begin these steps early to allow plenty of time for learning and understanding.

Before Halloween

Create a Social Story about Halloween and what it may be like for your child. Include lots of colorful pictures or drawings. Typically keep the narrative short and to the point, but the older and the more cognitively developed your child is, you can lengthen the narrative. The story will want to include

planned activities, a schedule of the day, discussion about the costume and that others will be wearing costumes, how one actually 'trick-or-treats', the rules for the night, and strategies to help your child if they become overwhelmed or anxious. Remember that a lot of children on the AS do not understand the concept of make believe. You might need to do a lot of prepping for them to be comfortable around other kids in costumes.

Create visual schedule or map of where you will be going. This will help them familiarize themselves with the neighborhood you will be going to.

Make or buy your child's costume ahead of time. Make sure your child wants the costume and that you aren't forcing your child to wear something he/she doesn't want to wear. Sometimes simple is best. They might want something that can easily fit over their clothes or be added (like a hat, bat-wings, or simple face

paint) and that can be easily taken off. If your child has sensory issues, don't forget to remove tags and only included materials that do not bother your child. Make sure you try on the costume several times before the night to ensure they feel comfortable in it. If they decide to change their mind on the costume, be ok with it. You want them to be motivated and comfortable in what they wear. Talk with your child to see why they may not like it and see if something can be changed for them to want to wear it, but if they are adamant about not wearing it, find another alternative. It might even be a good idea to have a costume idea that is ap-

proved as a back-up, just in case something happens the day of and you don't have to go scrambling for a new one last minute. Don't forget to make sure you are dressing for the weather. More than likely the evening will be chilly here in Massachusetts, so make sure your child is covered and warm.

Do a practice run around the neighborhood, so your child

can familiarize themselves with the route and who they will be interacting with. It also allows yourself and your child to have a good idea how long you will be staying out. Have them practice going to the door, ringing the doorbell or knocking on the door, and interacting with the neighbors. You can also let neighbors know what to expect. You can give out a little card or sheet letting them know that your child has autism and helpful tips for them with interacting with your child. If your child is on a special diet and can't eat candy, you can also supply the neighbors with an alternative for them to save and give to your child when they come to the door. This avoids any potential conflict of the child wanting candy but not having access or an alternative to it. If neighbors aren't available you can enlist your family or friends to help doing practice runs. Role play and practice asking for a treat, receiving it, and what to say while at the door. It's also a good



Halloween *(continued from page 3)*

idea to let your child know who it is that you will be going out with on Halloween. Keep the group small and familiar to your child. If they don't feel comfortable going to houses, you can give them an alternative by staying home and giving out candy to people. If that is too much, it might have to be ok with them not participating in Halloween the night of. You can help get them used to the idea of Halloween by participating in arts and crafts, reading Halloween themed books to them, and watching shows/movies that are Halloween related. If they are afraid of the dark or do not like the cold, plan for day time activities instead.

Decorate your home as you prepare for Halloween. Be aware of their comfort level. If they do not like change, gradually decorate your house and take it slow. Be aware of your child's needs and limits. Make it festive to help get them in the mood for Halloween.

Halloween Day

Make sure you try on the costume earlier in the day and that everything fits comfortably. Make sure it is easy for them to take on and off. Let them know that at any time they can take the costume off.

Go over the schedule and visual map with them. Review the social story you created for them and make sure you bring the schedule with you.

Review the rules and expectations for the evening. Let them know how long they will be out for. They may need extra reinforcement at the end of the evening for completing the night. If they have siblings that want to be out longer try to allow that either with another parent or with friends. Having one adult available to your child will allow there to be changes if he/she has a hard time and needs to go home. Make sure you have a visual representation of the rules and expectations so you can bring them with you.

Keep things short and know your child's limits. Don't try and push them to stay out longer. If you see them starting to hit their limit, be aware and allow them to end the activity. Go with people they enjoy being around.

Be prepared for a meltdown. Know what you will do if your child has one. Make sure to bring activities, stress ball, calming pillow,

weighted blanket, or calming toys to help if your child needs extra support. Be flexible with them. Remember Halloween is for them. Allow for a break if they need it. If they aren't having fun or if they are stressed out, do what you can to make the evening fun. If that means going home, that is ok.

If your child is on a restricted diet you can make sure there are alternatives to the candy. You can give your neighbors other things to hand out to your child. Go over with child, what the rules are regarding the treats. You could also allow for this special occasion if it won't hurt them. If you allow for the candy, set the limits as to how much they can have per day. Another alternative is to allow them to trade in each piece of candy for tokens/money that can be traded in for another option such as a toy or movie pass.

Above all, have fun!! Be flexible! The more you prepare of the day, the better chance you have that the day will go smoothly. Even if it doesn't, pick out the good parts about the day or your child's behavior and let them know that you are proud of them. You want the day to be a success for the following years, so even if there are behavioral problems or you have to end early, point out all the positive points to the evening. Know what went wrong so you can plan for next year. There does need to be added work to ensure a fun evening, but the extra preparation will pay off for you and your child. Happy Halloween everyone!!!

For questions about Northeast Arc's Autism ABA Program, contact program director, Stacey Villani at 978-624-2340.



IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

SUPPORT GROUPS

GROUP NAME	GROUP DESCRIPTION	MEETING DETAILS	CONTACT INFO
Central Middlesex Area			
Mandarin Group	ASC-sponsored For Mandarin-speaking parents of children diagnosed with ASD; connect and network with other families; enjoy periodic family days	Acton Memorial Library, 486 Main St, Acton. Bi-monthly meetings, TBA. Facilitator: Wen Li	ASC at 978-777-9135 or asc@ne-arc.org
Burlington Group	ASC-sponsored General discussion and networking for parents of children and teens with ASD. Occasional guest speakers.	@ Burlington Public Library, 22 Sears St, Burlington. Meets the 1 st Monday of the month @ 6:30pm Facilitator: Chris Curtin	ASC at 978-777-9135 or asc@ne-arc.org
Merrimack Valley Area			
Spanish Group	ASC-sponsored for Spanish-speaking parents of children with disabilities. Occasional workshops & events offered	@ Family and Youth Initiative, 130 Parker Street, Lawrence; Meets 3rd Friday of the month, 9:30-11:30 am. Facilitator: Gloria Ricardi Castillo	Gloria Ricardi Castillo at 978-624-23201 or gcas-tillo@ne-arc.org
Newburyport Group	ASC-sponsored for parents of children diagnosed with ASD. General discussion and networking.	@ Newburyport 5 Cents Bank, State St, Newburyport; Meets the 2 nd Thursdays at 7 pm. Facilitator: Nancy Lucier	Contact Susan Gilroy at 978-624-2302 or asc@ne-arc.org
North Shore Area			
Parents of Adults (18+) with AS	ASC-sponsored for parents of adults with Asperger's, high cognitive autism; general discussion, info sharing.	@ Autism Support Center, 6 Southside Rd, Danvers; 2 nd Mondays, 6-8 pm; Facilitator: Phyllis Kizner	Phyllis Kizner at 978-624-3747 or pkizner@ne-arc.org
Grandparents' Group	ASC-sponsored for grandparents coping with ASD. Networking, info sharing, support.	@ Autism Support Center, 6 Southside Road, Danvers; 3 rd Mondays at 10-11:30 am Facilitator: Susan Gilroy	Susan Gilroy at 978-624-2302 or sgilroy@ne-arc.org
Danvers Group	ASC-sponsored for parents of young children (under 10), info sharing and occasional workshops/guest speakers	@ Autism Support Center, 6 Southside Rd, Danvers, 5:30 to 7:30 pm; Sept. 15 th and Nov 17 th ; Facilitator: Jackie Murphy	Jackie Murphy at 978-624-3721 or jpmurphy@ne-arc.org
Transition Group	NeArc-sponsored for parents of transition-aged youth ((14-22). Discussion and workshops on turning 22 related topics	@ NeArc, 6 Southside Rd, Danvers; 3 rd Tuesdays at 6:30-8:30 pm; Facilitated by Kathy Kelly	Nancy Lucier at 978-624-2350 or nalucier@ne-arc.org
Adult Group (18+)	ASC-sponsored for adults with Asperger's, high cognitive autism.	@ Breaking Grounds Café, 57 Main St., Peabody. 1 st Thursday, 9:30-11 am. Facilitated by Phyllis Kizner	Phyllis Kizner at 978-624-3747 or pkizner@ne-arc.org
AANE Pizza & Games Night	AANE/ASC sponsored; for adults with Asperger's; enjoy pizza, salad, dessert, beverage then participate in board games with friends	@ASC, 6 Southside Road, Danvers; 1 st Thursdays, 6-8 pm; \$12 for refreshments, pay at the door; prior registration required. Facilitated by Gail Kastorf	Stephanie Birkdale Asperger/Autism Network 617-393-3824 x32 events@aane.org
AANE Adult Group (18+)	AANE/ASC sponsored; for adults with AS	@ASC, 6 Southside Road, Danvers; 3 rd Thursdays at 6:45 to 8 pm; \$5 at door; Facilitated by Gail Kastorf	Karen Doran, AANE, 617-393-3824 x 30
Danvers Panera Group	NeArc Family Resource Center sponsored; for parents of children with disabilities; general discussion	@Panera Bread, Liberty Tree Mall, 100 Independence Way, Danvers; 2 nd Tuesdays at 10 am. Facilitated by Aymee Lucifora/Fariba O'Donald	Fariba O'Donald at 978-624-2381 or Aymee Lucifora at 978-624-2380
Lynn Group	NeArc Family Resource Center sponsored; for parents of children with disabilities; general discussion	@ Brothers Deli, 41 Market Street, Lynn; Last Tuesdays at 10 am. Facilitated by Aymee Lucifora/Fariba O'Donald	Fariba O'Donald at 978-624-2381 or Aymee Lucifora at 978-624-2380

IT'S A FACT:

Northeast Arc is the second largest Arc in the country.

Focus on: *Friends & Collaborators*

Contributed by Gloria Ricardi Castillo, co-director

We should invent a word bigger than thank you since that it looks like for these “friends and collaborators” thank you, just does not cut it!

Alan Hartnett and the Danvers Kiwanis Club:



We have had the honor and pleasure of counting on the Danvers Kiwanis Club and Alan Hartnett to volunteer and support events at the Northeast Arc for the past fifteen to twenty years. This wonderful collaboration started out many years ago at the Northeast Arc Walk, following the Autism Support Center Annual Picnic and now at our Harvest Family Festival for the past four years.

Alan and his team of volunteers arrive early and they don't stop grilling until the last burgers and hot dogs are gone. For many of the families and staff attending the event, the burgers and dogs are the delicious staple that never disappoint. We know for sure that our event would not be the same without our caring, dedicated and enthusiastic friends of Kiwanis and their fearless leader Alan Hartnett.



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Focus on: *Friends & Collaborators*

Contributed by Gloria Ricardi Castillo, co-director

One Step at a Time

Contributed by Mary Kae Marinac

Fantastic NE67 4K finish at Baxter State Park for my sons Will and Jeff, hubby Paul Quirnbach and I yesterday on North Brother! Autism brought us to the mountains for calmness, focus and peace. But it was courage, strength and shared belief in ourselves that brought us home - and will carry us through forever. How rare it is that kids of our sons' profile can complete such rugged climbs - a skill that transcends rocks and roots, into the wider horizon of adult living, employment and finding life joys. Special thanks to Jen Quirnbach for making the trek in time to join us as official photographer and mountain gymnast. In a sign that we are not alone- we hiked with a special needs mom from our area, she just happened to be completing her NE67 the same day. Every step, every word yesterday was a journey in love, mutual support and faith that no matter the challenge – we can accomplish anything, one step at a time.



Mary Kae Marinac: Autism Hikes

Building on her family's love of the outdoors, Mary Kae Marinac started a meet-up for families and individuals living with autism. With Mary Kae and her family, which includes two sons who have autism, others "discover the joy of putting one foot in front of the other on New England's most scenic mountain-view trails in autism-friendly, supportive and safety-focused environments." Using the social network of Meetup, Mary Kae has grown her list of hikers to 117! Mary Kae has truly expanded the horizons of many families and individuals with her joy of walking in the woods!

The Autism Support Center is a proud sponsor of Autism Hikes.

Is your IEP appropriate?

Does it meet your child's
unique needs?



Take advantage of a 1 hour Individual IEP Consult
with an Educational Advocate for \$25

*Thanks to the Support from Department of Developmental Services and the United Way of the North Shore these Consultations may be **FREE** to families who are eligible to receive family support services through the North Shore Area office.*

Restrictions: 1 per year at the \$25 rate per person. (Regularly \$80)

October 12th & 26st

Northeast Arc Center for Excellence

6 Southside Road, Danvers, MA

9:30am, 10:45am & 12:00 noon

October 17th & 24th

Centerboard

16 City Hall Square, Lynn, MA

9:30am, 10:45am & 12:00 noon



For more information or to schedule an appointment, please contact:

alucifora@ne-arc.org / 1-978-624-2381

or

fodonald@ne-arc.org / 1-978-624-2380



The Arc

For people with intellectual
and developmental disabilities



LIVE UNITED



United Way
of Massachusetts Bay
and Merrimack Valley



Ladies Night
\$20.00/week includes pizza!
RSVP to Chris
by noon on Friday
978-624-2335
Sep 30 - Nov 18
6:30p-8:00p
1 Southside Rd Danvers

Fall Sessions!

Girls are...

Amazing, awesome, fun, inspiring, incredible! However so are ALL kids! Girls face their own unique challenges socially, and Spotlight Friday Night is a place for ladies to come and relax and hang out in a supported environment to be who they are with no judgement or expectations. It's a time to unwind and have fun!



Social Programs!

Spotlight Program **Fall Session Saturday Programs**
October 1st - November 19th 1 Southside Rd

Take One
 Age 2.5-5yrs Saturdays 9a-10a 'Parent Support Group offered'
 \$20.00/week RSVP Friday prior by noon

On Cue
 Age 5-9yrs Saturdays 10:30a-12:30p
 \$520.00/session

Social Scenes
 Age 9-16yrs 10:30a-12:30p
 \$520.00/session

Next Stage
 Age 16-22yrs 1:00-3:00 (field trip e/o week)
 \$750.00/session

Contact Ms. Chris Curtin 978.624.2335



Pizza and Video Game Night
\$20.00/week
Sept 30 - Nov 18
RSVP by Friday at noon!
Call Chris
978 624 2335

Why video games?

Not only are Video Games super fun they have a lot to offer to enrich a social experience. Video games create opportunities for turn taking, collaboration, sportsmanship, and tolerance all the while throwing bananas!





Sign Up for Practices in **CONCORD**

www.teamverge.org/registration

SATURDAYS at 11am
October 1 - November 19

EMERSON PARK TRACK
(Next to the Hunt Recreation Center)
90 Stow St, Concord

Not sure if you want to join? Come try it out!

VOLUNTEER!

Help us with the practice. If you like it, come back! Great opportunity for high school/college students to gain community service hours.

PARTICIPATE!

Not sure what it's all about or if it's right for you or your child? Come on out and give it a try! Join the whole practice or just a part of it.

Questions?

arussell@teamverge.org | www.teamverge.org

VERGE is a nonprofit inclusive running/walking/wheelchair athletic training program for adults and youth over age 6 with developmental, intellectual, emotional/behavioral, and physical challenges. All abilities. Participants train for general fitness, to prepare for inclusion in school sports, or for competition. They also have opportunities throughout the year to participate in mainstream and para events in road races, track and field, cross country, trail running, and team events.



**UMass Lowell's Psychology Department
in Partnership with the North American
Family Institute (NFI) Family Resource**



FREE Support Services for Families that have a child with Autism from 0-6 years old

This Service has two components.

1. Students from UMass Lowell run a socialization group for children with autism to:
 - Encourage social skills & play
 - Give opportunities to interact with typically developing children (siblings)
 - The group is supervised by Dr. Rocío Rosales—faculty member in the Department of Psychology at UMass Lowell.
2. A support group for caregivers led by parents, with support from UMass Lowell and Family Resource Center staff. The group gives caregivers a chance to connect with others who are facing a similar experience.

The group meets the **FIRST** and **THIRD** Wednesday of every month 4:00-5:30 pm through May of each year.

*This is not a drop off group, parents are required to stay in the building.

*Siblings of children with autism are encouraged to attend.

**Hablamos español!*

**THIS GROUP IS AN OPEN
ENROLLMENT PROGRAM.
REGISTRATION IS ENCOURAGED.**

NFI Family Resource Center
27 Prescott Street
Lowell, MA 01852

(978) 455-0701
NFIcLowell@uwl.edu



Parking for the NFI Family Resource Center is street or garage parking.

Garage parking in the same lot as street parking being \$1.00 per hour.



¿Tiene usted un niño con autismo?

Le invitamos a participar en un estudio de investigación titulado "Barreras Culturales Impactando Entrega de Servicios para Niños con Trastorno del Espectro Autista" que examina las barreras culturales que pueden afectar la prestación de servicios para su hijo.

! Usted recibirá una tarjeta de regalo de \$30 de Market Basket por completar la totalidad de la entrevista!

- ✓ La entrevista tomará aprox. de 45-60 minutos
- ✓ Debe tener al menos 18 años de edad
- ✓ Debe ser de origen Latino
- ✓ Debe tener al menos un hijo con un diagnóstico de autismo (ASD), que es de 6 años o menor
- ✓ La entrevista se llevará a cabo en su casa o en el lugar de su elección

Llamar por favor al (978) 934-4305!

Rocío Rosales, Ph.D., BCBA-D
Profesora
Correo electrónico: rocio_rosales@uml.edu

Richard Serne, Ph.D.
Profesor
Correo electrónico: richard_serne@uml.edu



Do You Have a Child with Autism?

We invite you to participate in a research study titled "*Cultural Barriers Impacting Service Delivery for Children with Autism Spectrum Disorder*" that examines cultural barriers that may impact the delivery of services for your child.

You will receive a \$30 gift card to *Market Basket* for completing the entire interview!

- ✓ Will take approx. 45-60 minutes
- ✓ Must be at least 18 years of age
- ✓ Must be of Latino descent
- ✓ Must have at least one child with a diagnosis of autism (ASD) that is 6 years or younger
- ✓ The interview will take place in your home or other location of your choosing

Call 978-934-4305!

Rocío Rosales, Ph.D., BCBA-D
Assistant Professor
Email: rocio_rosales@uml.edu

Richard Serne, Ph.D.
Associate Professor
Email: richard_serne@uml.edu

IT'S A FACT:

ASC serves 68 communities in northeastern Massachusetts.

Behavior and Anxiety

Behavior and Anxiety workshop

Presenter: Jessica Minahan, M.Ed, BCBA

MONDAY OCTOBER 17, 2016, 9:30-11:30AM

Milestones Day School, 410 Totten Pond Road, (building #410), Waltham

Follow Signage to gym on first floor

The National Institutes of Health (NIH) reports that one in four thirteen-eighteen year olds in the general population has had an anxiety disorder in their lifetime. Students with autism are at greater risk than their typically developing peers for developing anxiety and anxiety disorders such as phobias, OCD, and social anxiety disorder. Without intervention, these children are at risk for poor performance, diminished learning, and social/behavior problems in school. Understanding the role anxiety plays in a student's behavior is crucial and using preventive strategies are key to successful intervention. Effective behavior plans for these students must focus on the use of preventive strategies and on explicitly teaching coping skills, self-monitoring, and alternative responses. As a result of this workshop participants will be able to easily implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

Jessica Minahan, MEd, BCBA, is a board certified behavior analyst and special educator and consultant to school's nationwide.

RSVP@advancingmilestones.com Call Milestones at 781 895-3200 for more information.

ArcWorks invites you to view its newest exhibit

SPECTRUM

September 8—October 15, 2016
22 Foster Street, Peabody

This exhibit features works from artists of the Asperger/Autism Network in Watertown. The Asperger/Autism Network (AANE) works with individuals, families, and professionals to help people with Asperger syndrome and similar autism spectrum profiles build meaningful, connected lives. They do this by providing information, education, community, support, and advocacy, all in an atmosphere of validation and respect.

For information, contact ArcWorks at 978-548-5855
www.arcworksart.org

IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

Transition Talk



Are you or your loved one eligible for DDS services and you don't know it?

In 2014, the Omnibus bill was passed which: Changed eligibility criteria for The Department of Developmental Services (DDS) to include; adults(18+) with Autism Spectrum Disorder, Prader-Willi, and Smith-Magenis syndrome. Many individuals with autism do not have an IQ lower than 70 (past requirement for DDS eligibility) but do have significant functioning limitations (self-care issues, mobility, unable to live independently, learning issues.) Rather than relying solely on an IQ criteria, DDS is now required to use the federal definition of "developmental disability" to expand eligibility to adults with ASD and PW who meet conditions for "substantial functional limitations".

If you think that you or your loved one now qualifies for services, please download the application (<http://www.mass.gov/eohhs/consumer/disability-services/services-by-type/intellectual-disability/support/developmental-services-eligibility-application.html#form>) and complete. You may be eligible for a variety of funding and services. If you have questions, please contact your local DDS office or if you need the application emailed to you, please call me directly at 978-624-3747 and I would be happy to assist you.

If you have questions about Turning 22 and adult services, contact Phyllis Kizner, Adult Specialist, at 978-624-3747.

PARENTS OF ADULTS JOIN US OCTOBER 17!

Parents of adults (18+) living with Asperger syndrome or high cognitive autism have unique needs for information and support. To meet those needs we have formed a support group that will meet at the Autism Support Center, 6 Southside Road, Danvers on **2nd Mondays from 6:00 to 8:00 p.m.** Why join a support group? Many parents find it very useful to attend a group with other parents who have similar needs.

This is a great way to network and share information about services and supports in local communities. It's also a way to give and receive emotional support, to share the joys and challenges of living with a person on the autism spectrum.

Participants will also learn what programs and services are available at Northeast Arc as well as other agencies. Information shared at a support group is confidential and will be respected. Participants may shape the group to specific needs, for instance requesting speakers on topics of interest. **For more information please contact Phyllis Kizner at 978-624-3747 or pkizner@ne-arc.org**



IT'S A FACT:

Autism is the fastest growing serious developmental disability in the United States.

Autism Eats

October 18th at
Andolini's in Andover



First four ASC families (up to 4 members) to sign-up with ASC eat free!

Contact us at asc@ne-arc.org

GUARDIANSHIP WORKSHOPS

The Massachusetts General Hospital Lurie Center is offering a series of small-group informational workshops for parents, caregivers and families about **Understanding the Guardianship Process in Massachusetts**.

All sessions will take place at the Lurie Center (1 Maguire Road, Lexington). *Please Note: These workshops are provided by a parent/professional, are not intended to provide legal assistance or advice, rather they are informational only. Referrals to legal experts are provided as needed.*

The first series, **Guardianship 101**: Learn the Basics of the Guardianship Process, provides an overview of what guardianship is and how it is determined in Massachusetts; the types of guardianships (including limited, Rogers); how to decide if your child needs a guardian and alternatives to consider; a review of how to begin the process and what the Massachusetts probate court requires; the

steps you need to follow and a suggested timeline to prepare for your child turning age 18. Guardianship 101 is offered on the first and third Friday of most months, from Noon to 1:00 p.m. The fee: is \$20 per person/family. Registration is required: phone 781-860-1700.

The second series, **Guardianship 102**: Learn the Step-by-Step Process for court required Paperwork, offers a more hands-on group tutorial and will include: where you are in the process and moving forward; a review of relevant checklists for each attendee; guidance with probate court processes and referral to legal resources as needed; guidance on filling out required documentation (petition, bond, citation/giving notice, care plan); and a question and answer session. Guardianship 102 is offered on the second and fourth Thursday of most months from 11:00 a.m. to 12:30 p.m. The fee is \$35 per person/family.

Registration is required: phone 781-860-1700.

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2016 Family Harvest Festival



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2016 Family Harvest Festival



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Transition Support Group

Transition Support Group

Tuesday, October 18, 6:30-8pm

Northeast Arc Center for Developmental Excellence

6 Southside Road, Danvers

Guest Speaker: Adam Quinn, Director, Northeast Arc Recreation & Leisure

Facilitated by Kathy Kelly

- ◇ Are you the parent or guardian of a teen or young adult between 14 and 22 years old?
- ◇ Would you like some support as you work to prepare your loved one for a fulfilling life beyond school? (Of course you would!)

Join us! But first, please RSVP via email to Nancy Lucier, nalucier@ne-arc.org

CONFERENCE

The Northeast Region of Massachusetts Families Organizing for Change and Riverside Community Care are delighted to present
Building A Home, A Housing Conference For Families

October 29th, 2016 at the Andover Country Club, 60 Canterbury St, Andover, MA

Registration and vendor fair open at 8AM; program runs from 9AM - 4:30PM

For more information please call 508-824-6946

The world of housing for people with disabilities continues to change around us. Families and individuals are demanding greater movement towards housing based on the needs of the individual, and federal policy continues to move away from building congregate settings. If we all agree this is the way to move forward, how do we work with funders, developers and state and local agencies to create truly individualized, integrated housing for everyone?

Our keynote speaker, Joe Wykowski, will speak on "*Re-Thinking the Future of Housing; the Changing Landscape of Integrated Housing for People with Disabilities*". Joe is the Executive Director of Community Vision, a Portland Oregon-based organization that provides an array of person-centered supports to individuals with disabilities to assist them to live, work and thrive in the communities of their choice.

State Senator Barbara L'Italien will speak over lunch on "*The Power of Advocacy*". Barbara is the past chair of the MA Commission on Autism, and co-wrote and championed the Autism Omnibus bill that became law in 2014.

A sampling of the 12 breakout sessions offered include "*Everything You Need To Know About Section 8*" with Susan Nohl, Deputy Director of the Metropolitan Boston Housing Partnership, "*What You Need to Know About SSI, SSDI and Related Health Benefits*" with Linda Landry, senior attorney at the Disability Law Center and a parent panel, "*We Needed More Intensive Supports...Here's How We Did It*"

WHO:	Children ages 2-7 with and without intellectual disabilities.
WHAT:	A FREE, unique sports & play program focusing on fun activities important to mental and physical growth. This program is an early introduction to sports & the world of Special Olympics.
WHERE:	Pingree School – 537 Highland St. South Hamilton, MA
WHEN:	7 week FALL session: October 8th – November 19th Saturdays: 9am-10am
VISIT:	www.specialolympicsma.org/youngathletes for further details and video introduction



Register Today:

- Fill out attached registration and submit form to Program Director Adam Quinn at AQuinn@ne-arc.org
- Registration or program questions? Please call Adam at 978-624-2308
- www.specialolympicsma.org/youngathletes



Young Athletes Registration Form
Special Olympics Massachusetts
512 Forest Street Marlborough, MA 01752
Phone: 508-485-0986 Fax: 508-481-0786

Program: _____

Athlete's Name: _____ **Parent/Guardian Name:** _____

What is your relationship to the Athlete you are registering:

☐ Parent/Guardian ☐ Sibling ☐ Other family member ☐ OTHER (please specify): _____

Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____

Home Phone: _____ **Cell Phone:** _____ **Email:** _____

Birthday: Month _____ Day _____ Year _____ **Gender:** ☐ Male ☐ Female

Emergency Contact Name: _____ **Phone Number:** _____

Athlete T-Shirt Size: ☐ Child Small ☐ Child Medium ☐ Child Large ☐ Adult Small ☐ Adult Medium

Basic Health Information:

Heart Problems ☐ Yes ☐ No

Blind ☐ Yes ☐ No

Diabetic ☐ Yes ☐ No

Deaf ☐ Yes ☐ No

Epileptic/Seizure ☐ Yes ☐ No

Hepatitis ☐ Yes ☐ No

Down Syndrome ☐ Yes ☐ No

Other: _____

Allergies: _____

Ethnicity: ☐ White ☐ Black/African American ☐ Asian ☐ Hispanic/Latino ☐ Other: _____

Young Athlete is being registered as a: ☐ Traditional Young Athlete (with Intellectual Disability)

☐ Unified Partner (without Intellectual Disability)

Young Athletes Release Form

I am the parent/guardian of the minor participant, on whose behalf I have submitted the attached application for participation in Special Olympics. I further represent and warrant that to the best of my knowledge and belief, the participant is physically and mentally able to participate in Special Olympics.

In permitting the participant to participate, I am specifically granting my permission, forever, to Special Olympics to use the participant's likeness, name, voice and words in television, radio, film, newspapers, magazines and other media, internet and in any form, for the purpose of publicizing, promoting or communicating the purposes and activities of Special Olympics and/or applying for funds to support those purposes and activities. I also understand that group data collected from the Young Athletes Pilot Program will be used to plan, evaluate, and improve the program.

If a medical emergency should arise during the participant's participation in any Special Olympics activities, at a time when I am not personally present so as to be consulted regarding the participant's care, I hereby authorize Special Olympics, on my behalf, to take whatever measures are necessary to ensure that the participant is provided with any emergency medical treatment, including hospitalization, which Special Olympics deems advisable in order to protect the participant's health and well-being. **(IF YOU HAVE RELIGIOUS OBJECTIONS TO RECEIVING SUCH MEDICAL TREATMENT, PLEASE CONTACT SPECIAL OLYMPICS MASSACHUSETTS)**

I am the parent (guardian) of the participant named in this application. I have read and fully understand the provisions of the above release, and have explained these provisions to the participant. Through my signature on this release form, I am agreeing to the above provisions on my own behalf and on the behalf of the participant named above. I hereby give my permission for the participant named above to participate in Special Olympics games, recreation programs, and physical activity programs.

Signature of Parent/Guardian

Print Name

Date

IT'S A FACT:

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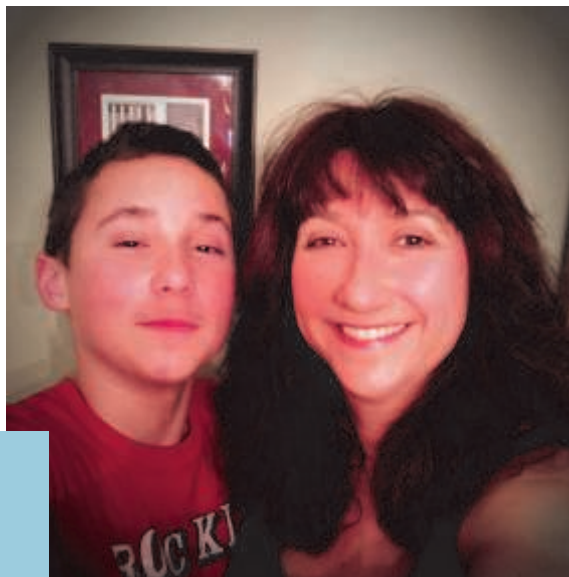
Ask the Advocate

Ask the Advocate!

Question: I've heard the term "Stay Put", what does that mean?

Answer: If the parents and school district disagree with a change regarding a decision of *no special education needs*, the placement, program and services in place through the current signed IEP will remain in effect. A parent can invoke their "Stay Put" rights once the *proposed* IEP is rejected. The student will remain in their current education program, placement or receive those services that the "Stay Put" is placed on, pending the resolution of the dispute.

*If you need an advocate, please call our **Advocacy Intake Coordinator** at: 1-978-762-8352*



INTERNET SAFETY

You are invited to hear Barbara Oliver Present:

Internet Safety: Tips & Tricks

A workshop for older teens and young adults (and their parents)
With autism or other developmental disabilities

MONDAY NOVEMBER 21, 2016

6:30-8:30 PM

Memorial Hall Library
2 North Main St.
Andover, MA

Presentation is free, open to the public & geared toward older teens & young adults

RSVP: Phyllis Kizner: 978-624-3747

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RESIDENTIAL OPPORTUNITY IN SALEM

Contributed by JoAnne Wahl
Division Director, Residential Services & Community Supports

In line with Northeast Arc's mission, we are repurposing and renovating a beautiful 150 year old, single family home, into three 2 bedroom apartments to support young adults on the autism spectrum or with mild intellectual disabilities, interested in self-determination and living in a supported independent apartment. The building is situated in the town of Salem, Massachusetts, within walking distance to Salem State University, bus and train lines, stores and restaurants. The units will be ready for occupancy in early 2017.

We maintain close relationships with our neighbors and especially Salem State Alumni who have adopted this home. In the past, they have established relationships with the residents, sharing dinners, volunteering their time and talent to design flower beds, and completing fall and spring yard work projects. The Salem Alumni group has also donated tickets to the university's sporting events and theatre productions and has generously agreed to continue their work with the residents. The Mayor of Salem, Kim Driscoll, has also lent her support and endorsement of the new project.

We will be working closely with the Salem Housing Authority and individual participants to secure section 8 subsidies or rental vouchers for those adults who are income eligible. The house already has two facility based rental subsidies which would be applied to the first 2 eligible participants.

The apartments take advantage of the beautiful hard wood floors and unique detailing associated with older homes, such as bull's eye molding and some double hung bay windows. Each apartment will have 2 large bedrooms and a fully equipped eat-in kitchen/dining area, along with an ample size living room and one full bath.

The first floor apartment is also handicapped accessible with an accessible bathroom and laundry facility in their unit. We will provide a framework of support that encourages family participation, develops community connections and teaches life skills to young adults who are able to live successfully in their own apartments with some onsite education and skills building. We complete an intake and referral for interested applicants by reviewing clinical/ educational documents provided by a family member or a referring agency. We request that applicant and families complete a questionnaire and we conduct interviews with applicant and the family. This process allows us to determine roommate compatibility in addition to identifying needs and interests. We conduct Home safety assessments and community safety assessments prior to admission dates.

Our Service Support network for New Linden Street Units would include:

Life Skills Coaches to teach independent living skills, self-determination and social communication skills. They teach apartment management skills, budgeting, and food shopping, cooking and doing laundry. Base hours per person are between 8-10 hours per week.

A Case Manager assigned to coordinate services, schedule life coaches, manage building issues and facilitate communication. They are available during operating hours, 9am -5pm, Monday-Friday. For situations that arise after 5pm and on the weekends, assistance is accessed via the on call service.

A Resident Aide that resides on the top floor and is on the premises between 11pm – 7:30am, seven nights a week, to guide individuals in the event of an emergency that requires immediate on site attention. They also participate in seasonal events and are part of the larger community network of natural support systems.

Proposed Costs for Services Provided in New Linden (28 Linden Street Salem Ma)

1. Each resident will be responsible to pay their rent and utilities on a monthly basis
2. Service Fees are paid separately to the Northeast Arc and are as follows:
 - Case Management: Annual Fee based on 4 person occupancy. \$ 7,327. per person
 - Life Skills Coach: Annual Fee based on 10 hours of direct service, \$3250.per person.
 - Other : staff mileage , advertising , flex relief and consult for a total cost \$18,739 person based on 12months
 - Combined Costs: \$1562. Per month/ Per Person, based on 4 person occupancy.* *does not include rent or utilities

Other Optional Services paid on fee for service basis.

- On site emergencies, \$50 / hr.
- Transportation beyond Northshore will be based on round trip service
- Medication administration to be determined
- Health Care Assessment and Care plan
- Internet Safety Assessment
- Home Safety Assessment
- Home Living Assessments
- Rep Payee

For complete details, contact JoAnne Wahl at 978-624-2469.

IT'S A FACT:

ASC serves 68 communities in northeastern Massachusetts.

Importance of Friends

Widening the Circle in partnership with Mass Families Organizing for Change Northeast and the Northeast Arc presents

INTRODUCTION TO FRIENDS

The Importance of Helping Establish and Sustain Relationships Between People With and Without Disabilities

A key activity of “**Widening the Circle**” (previously “The Real Friends Project”) is to increase the number of people in Massachusetts who understand the importance of friendships in peoples’ lives and who are willing and able to reach out to others to spread the word. Experienced training personnel from the state, community providers and schools, as well as interested family members and people with disabilities themselves, are encouraged to attend this half-day event. The TTT event will include:

- Introduction to the **value of relationships and friendships between people with and without disabilities**, at every age.
- An overview of **Adult Learner principles** to help trainers more effectively reach our primary audiences.
- A **review of the basic “Introduction to Friends”** PowerPoint presentation and its accompanying “Facilitator’s Guide” and handout material.
- This curriculum includes:
 1. What do we mean by “Friend” in these modern times?
 2. What are the benefits of friendships, especially between people with and without disabilities?
 3. What are some of the obstacles or challenges we may encounter that might make it difficult for people to make relationships?
 4. How can we figure out where to put our limited time and energy if relationships and friendships are a priority for us?
 5. What are some of the existing approaches—formal and informal—that have proven successful in helping people with and without disabilities become friends?
 6. Where can we find more information related to “Relationships” and “Friendships”, including people we can contact who might be of further help?

People who complete the TTT will be provided with access to a copy of the training material.

The Train-the-trainer event is scheduled for:

Date: October 13, 2016

Time: 10:00 a.m. – 2:00 p.m.

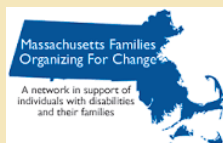
Location: Northeast Arc, 6 Southside Rd. Danvers, MA

For more information and to register for this event, contact **Jim Ross** by **October 6, 2016** at:

jbriii@comcast.net Please leave your name, telephone #, e-mail address, your affiliation/employer

People With Friends are Happier, Healthier and Safer.

Widening the Circle is a partnership between The Arc of Massachusetts and the Massachusetts Department of Developmental Services.



The Spectrum

The Spectrum is a monthly electronic publication of the Autism Support Center. This newsletter is published to inform parents and professionals of resource information, upcoming events, and other autism-related topics. ASC is funded primarily by the Mass. Dept. of Developmental

INFORMED. EMPOWERED. CONNECTED.

Services. The views expressed do not necessarily reflect those of the funding source. ASC does not endorse any product, service or theory referred to in this newsletter. Articles, resources and announcements are included for information only.

Anyone wishing to contribute information for this newsletter should send it to asc@ne-arc.org or to our mailing address. Parent contributions are encouraged. *Announcements are included as space is available.*



PLEASE CONTACT

ASC AT **978-777-9135**

OR VISIT [HTTP://NE-ARC.ORG/SERVICES/AUTISM-SERVICES/](http://ne-arc.org/services/autism-services/)

FOR MORE INFORMATION.



6 SOUTHSIDE ROAD, DANVERS MA 01923

NortheastArc
Lifelong support for people with disabilities

