



Charlottesville Region Autism Action Group

Connect, Engage, Learn, Change

The [Autistic Self-Advocacy Network \(ASAN\)](#) in collaboration with several other advocacy organizations created a [video](#) to provide much needed information for self-advocates on staying safe during Covid-19.

Charlottesville Parks and Recreation's [January 2021](#) newsletter has links to virtual art and music, crafts, and recreational programs for ages 8+ and older. [Subscribe](#) to get the monthly newsletter emailed directly to your inbox.

Virginia Institute of Autism (VIA) and Attorney Neal Walters invite family members or professionals to a **FREE** virtual workshop and Q & A on Wednesday, February 17th from 11a.m. - 1 p.m. The topics are special needs trusts, guardianship, and financial and government benefit issues that arise when a loved one with a disability reaches adulthood. [Email](#) Hilary Nagel by February 15th to receive the workshop link.

[PREP's Spring 2021 newsletter](#) announced four two-night virtual workshops from January to April. The ***Promoting Independence Through the Use of Visual Supports*** covers four different basic visual supports for individuals with ASD and other executive functioning deficits. Two supports will be discussed each night with an open Q&A session following the presentation. Visual Supports covered include: visual schedule, first-then, countdown strip, and visual directives. [Subscribe](#) to receive the newsletter in your inbox.

[UVA Star](#) has two new research opportunities and an opportunity to contribute to the STAR monthly newsletter:

1. **Why Is Autism More Common in Boys Than Girls?** The National Institute of Health's network of Autism Centers of Excellence (ACE) and the University of Virginia are seeking healthy individuals ages 7-35 to help researchers better understand autism spectrum disorders in males and females. Participants may be asked to participate in online questionnaires and medical visits. Families will receive up to \$440 to assist with time and travel necessary for participation. [Find out more!](#)
2. **Effects of Mantra Recitation on Anxiety in Young Adults With or Without Autism** (IRB-SBS: 3843) To support individuals now and help develop better strategies and preventative interventions for the future, this study will provide a free short-term online meditation training. Researchers are seeking adults aged 18-45 who are experiencing symptoms of anxiety or depression. Participants will have the chance to learn a life-long coping skill to reduce stress and will be entered in raffle to win a \$50 gift card. [Find out more!](#)
3. STAR is looking for individuals with autism to share their unique perspective on a variety of topics that are important to them, their loved ones, and the community. Please [email](#) STAR if you or someone in your family would be interested in contributing to the STAR monthly newsletter through a dedicated "Voices of Autism" column.

Department of Behavioral Health and Developmental Services (DBHDS) publishes the monthly *Individual and Family Support Program (IFSP) Digest* for people on the DD Waiting List. Check out the [December 2020 issue](#) and subscribe to keep it coming to your inbox.

We provide a link to [Monday Musings](#), from the [Virginia Network of Private Providers, Inc. \(VNPP\)](#), commenting on the latest report from the DOJ Settlement Agreement Independent Reviewer. Don't be put off by VNPP's update's odd title, it doesn't disappoint. [Here](#) is the full Report dated December 15, 2020.

[Adult REACH](#) announced its **January to May 2021 Training Calendar:**

- **January - *The Complexities of the Criminal Justice System and Its Impact on People with Intellectual and Developmental Disabilities***

Jan 19, 2021 at 2 p.m.

Training Link:

<https://zoom.us/j/98932732123?pwd=M1RVQ0VUS2F5RXRtZzErY1VYeHZjUT09>

Meeting ID: 989 3273 2123 Passcode: 8CZ6s5

- **February - *Neurodevelopmental Disorders in People with Intellectual and Developmental Disabilities***

Feb 17, 2021 at 11 a.m.

Training Link:

<https://zoom.us/j/92159331500?pwd=TjQvbEUyc1pRL240d05OVFZR VHI3UT09>

Meeting ID: 921 5933 1500 Passcode: bTTS12

- **March - *The Experience of Grief, Loss, and Bereavement in People with Intellectual and Developmental Disabilities***

Mar 12, 2021 at 1 p.m.

Training Link:

<https://zoom.us/j/97509130038?pwd=RXI3OGIEY0VMVllnY2tMZjNQ aHc3dz09>

Meeting ID: 975 0913 0038 Passcode: nyd5y0

- **April - *Fetal Alcohol Spectrum Disorders: More Common Than Autism and Frequently Misdiagnosed***

Apr 7, 2021 at 2 p.m.

Training Link:

<https://zoom.us/j/92099668677?pwd=WnhlQmRyakdhRk9ORndYOW o1UklGQT09>

Meeting ID: 920 9966 8677 Passcode: 4c9HdZ

- **May - *Supporting Healthy Sexuality in People with Intellectual and Developmental Disabilities***

May 18, 2021 at 2 p.m.

Training Link:

<https://zoom.us/j/99327888665?pwd=ci92RkIPRWZLdEZTcUtxOUN2 aktZZz09>

Meeting ID: 993 2788 8665 Passcode: 556Cq4

[Virginia Board for People with Disabilities](#) announced two opportunities:

1. Grant funding in [two categories](#): ***Creating Inclusive Communities*** and ***Strengthening Self-Advocacy in Virginia***. The Board requests Letters of Interest by 4 p.m. on February 1, 2021.

2. [Partners in Policymaking \(PIP\)](#) is accepting applications to join the **2021-2022** class. The class will consist of seven two-day sessions beginning September of 2021 and lasting through April of 2022. Eligible participants are people with developmental disabilities and/or parents of young children with developmental disabilities. Application deadline is 5 p.m. on March 19, 2021.

January 18, 2020