

Resource Connection

We are the **Center** of the **Autism** Community

Volume 21, Issue 78 Winter 2019

New Year — New Center

We begin 2019 with high hopes and expectations in our new home. The culmination of years of planning, HMEA has combined four family support programs and a new Center Based ABA Center under one roof. Our Center has been a support for families with members on the spectrum for over 21 years now. The children of the families who began the Center, petitioning DDS to fund a Center for Central Massachusetts are now adults. As they grew, the services at the Center grew with them as well. Initially funded to serve families raising children on the spectrum, the Center continues to be a source of information and support for adults on the spectrum and their parents, and will continue to grow to meet the needs of the families we serve. As a founding member of Advocates for Autism Of Massachusetts, we've been part of the effort to influence policy changes which have improved the lives of those on the spectrum, creating the autism waiver for low income children, giving families access to insurance coverage for treatment, expanding the criteria for services from DDS for adults with ASD who have normal cognition and creating an autism commission to continue to advise the Governor and influence policy.

Under the same roof we have two other family support programs, Intensive Flexible Family Supports (IFFS) which is a closed referral program funded by DDS to help families in crisis with intensive case management. Over the years, IFFS staff and Center staff have shared resources and collaborated to help families. The Massachusetts Families Organizing for Change program, for Central Massachusetts, supported by HMEA is also housed in the new Center. Many of our families have participated in the Family Leadership Program over the years and become effective advocates for change.

With the opening of HMEA ABA Center, also at 712 Plantation Street, we have the ability to see forty families leave wait lists and begin receiving evidence based treatment for autism. An Indoor Sensory Gym is part of the Center made possible by a donation of equipment from Sensibility Gym when they closed their doors. Many years ago the Center helped Sensibility Gym with a grant for starting up and they in turn thought of us as they closed. An outdoor playground will be built soon, as well. With this new Center families will have one stop for treatment, support and education. We aim to make Central Massachusetts the best place to live for families affected by Autism .







FOR FAMILIES OF TEENS & YOUNG ADULTS
BRING IN THE NEW YEAR WITH
DINNER, DANCING & GOOD COMPANY

Friday December 28, 2018 6:30 PM | The Manor Restaurant 242 West Boylston St., West Boylston Ma

RSVP 508-298-1610





CANDO EDUCATIONAL SERIES

January 8, 2019 - 6:30-8 PM

Puberty & ASD

Jim Ingalls - Sexuality Educator

February 5, 2019 - 6:30-8 PM
DDS Services & Supports
for Transition Aged Youth
Pamela Ferguson -DDS

March 5, 2019 - 6:30-8 PM
Benefits of Medication
Dr David Cochran
Medical Director CANDO

April 2, 2019 - 6:30-8 PM
Behavior Challenges and
Neurobiology
CANDO Program Director
Mary Beth Kadlec SCD OTR/L &
Susan Swanson MA

May 7, 2019 - 6:30-8 PM

DDS 101

Pamela P. Ferguson , DDS

Central/West Regional Autism

Program Coordinator

Ingrid Flory, DDS , Central/ West Regional Family Support Director

Pamela Hickey, DDS, Central/West Regional Self -Direction Manager

June 4, 2019 - 6:30-8 PM
Planning for the Future
Social Security, Trusts & Wills
Christopher Sharry Esq.

Register at: www.autismresourcecentral.org

508-835-4278

autism@hmea.org

712 Plantation St Worcester MA 01605

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ABA FOR PARENTS

This winter HMEA's Autism Resource Central will offer a parent training course on Applied Behavior Analysis (ABA) for parents of children with Autism. ABA is a research based approach that has been shown to be effective in the education and treatment of children. Parents who attend will gain an understanding of the basic concepts and principles of ABA, and how these are applied in the treatment and education of children with autism. Parents will work with the instructor to identify a behavior to shape, create a program to address the behavior and implement the program. Topics will include:

What is ABA?

ABA and Effective Treatment Programs

Basic Concepts and Principles of ABA

Using ABA to teach

Using ABA to address problematic behavior

The class format is intended to provide parents with ample opportunity to discuss and apply what they are learning to their child, and to assist them in understanding how they can be effective in doing so.

Class schedule: Monday Evenings 7-9 PM February 4, 11, 25th, March 4, & 11th Snow date March 15th

Class location: Autism Resource Central

Instructor: Stacee Hansen BCBA Director of HMEA Children's Services

Included in your registration is the supplemental text: Raising a Child with Autism: A Guide to ABA for Parents Class size is limited to 14 parents please send payment with the information below by mail or register online at www.autismresourcecentral.org

**************************************	***ABA For Parents Mail In I	Registration *************	******
Address:			
Child's Name	Age:	Diagnosis	
Phone		E-mail	

Fee: \$25.00 for Center Parents \$50.00 for parents from outside the Central Massachusetts area

Make checks payable to: Autism Resource Center mail to: 712 Plantation Street, Worcester MA or register online at www.autismresourcecentral.org

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Sensory, IEP, ADL Clinics & Inclusion Grants

Participants for all groups MUST be DDS eligible, and under the age of 18. Parents must register at the YMCA for the membership within 30 days of request for funding.

Social Skills

Those who would like to enroll their child in a Social Skills Groups with a clinician may apply for funding, up to \$300.00 towards a group session. Funds will be sent directly to providers, and families are responsible for any fees beyond \$300.00. If a provider charges less than \$300.00 the fee will be covered in total by the funding. Funding for social skills groups is limited to eligible candidates under the age of 18 who meet the criteria for participation as set by the clinician.

Call Donmarie Smith 508-298-1609 at the Resource Center to request funding.

Once your DDS status has been verified your provider may invoice the Center for payment of \$300.00 for your child.

IEP, ADL & VISUAL CLINICS

To book all clinics please call Donmarie Smith at (508) 298-1609.

ADL and Visuals Clinics are by appointment. ADL Clinics are booked only upon request. For Visual Clinics, parents may drop by the Center at any time during regular business hours to access the Boardmaker Program and materials to create visuals.

I Hour IEP Clinics

Meet with an Advocate to discuss your child's IEP, concerns and needs and how best to advocate for changes with your school. Please send a copy of your child's IEP to Center before meeting.

January 15, 2019 Leominster Public Library

33 West St. Leominster MA Advocate Gayle Greene M.Ed. 9, 10, 11 AM, 12, 1, 2 PM

January 17, 2019 Autism Resource Central Advocate Gayle Greene M.Ed. 9, 10, 11 AM, 12, 1, 2 PM

January 22, 2019 KDC Family Support Center I Maple St. Milford MA

Advocate Gayle Greene M.Ed. 9, 10, 11 AM, 12, 1, 2 PM

Sensory Clinics with Mary Loughlin MS OTR/L

Clinic will provide consultation to families in the area of Sensory Processing Dysfunction. Child and Parent will meet with Mary for four (4) I hour sessions across 4 weeks. A Sensory Profile Assessment will be done which will identify any sensory specific needs their child may or may not have. Parents will be provided with resources including websites, DIY sensory equipment, sensory play and activities. Parents will be given an individual "sensory diet" for their child.

Session I Jan 9, 16, 23 & 30th Session 2 Feb 6, 13, 20, & 27th 3PM - 4PM - 5PM

INCLUSION GRANTS

Please call Donmarie at 508-298-1609 to request Inclusion Grants for Youth YMCA Memberships

The Autism Resource Center will provide scholarships to the following YMCA's for children under 18 with ASD who are DDS eligible, which will run through to the end of June 2019.

Greendale YMCA in Worcester

Montachusett YMCA in Fitchburg

Tri Community YMCA in Southbridge

Hockomock YMCA, Franklin Branch,

Boroughs YMCA Branch in Westborough

The Clark YMCA in Winchendon

Whitins Community Center in Northbridge

Children who qualify may be accompanied by a parent or a 1:1 aide. Access to some of the program areas for children under the age of 13 may require the person accompanying the child to have a CORI & SORI check done, which would take 24 hours.



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Groups & Financial Wellness Workshop

FAMILY FUN & FITNESS

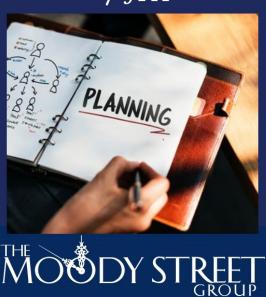
Just last week yet another study was released on obesity and autism. To address this we are partnering again with Adaptive Exercise LLC to provide a six week group exercise program this winter. David Crowley, is a special educator and personal trainer. Adaptive Exercise was formed in accordance with the American Council on Exercise using Applied Behavior Analysis based strategies. Programming is individualized and developed based on assessments, to ensure client success, and establish positive exercise experiences. And it is fun! David provides the adaptive PE at The Darnell school. Classes will take place on Monday evenings from 6:00-7:00 PM beginning on January 7th and ending on February 25th. There will be no class on MLK Day and Monday of February Vacation. Classes will take place at the Center, 712 Plantation Street in Worcester. Fee \$30.00/pp In case of snow we will reschedule in March.



THE PLAY'S THE THING

This fall we launched our new program geared to older teens and adults. We promised a holiday show for this season. The Hanover Theater is once again, presenting Dickens' classic, A Christmas Carol. Those interested in attending this production on December 15th at 2 PM should notify Cid DeLeo BEFORE December 4th and we will procure 10% off group rate tickets at \$42.70 for adults and \$24.00 for students (if available, we need at least 10 people to get a group rate.) A reminder that the aim is to attend with the general public and not attend "sensory friendly" productions.

Financial Wellness Workshop Social Security, Medicare & Long Term Planning December 5, 2018 7-9 PM



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One Family's Experience - Sally Lampi

Eric and I would like to share a story about our young adult son, Pat, who was diagnosed on the spectrum when he was four. Pat is about to turn 21 and graduated from high school in 2016. He decided that college was not for him, and a few months after graduation he began to work as a temp in the Shipping department at Eric's company. Although he is fortunate to be working there part-time still, he is aware that he needs to find "his niche" and has been unsure of what to do with his life.

To try to help him, we suggested post-graduate learning of some sort, but Pat had a notion that continuing education meant long, boring programs, sitting in classrooms, and scribbling notes during lectures. To help him understand that continuing ed classes are not necessarily the same as "school', I suggested that we take a one-session class together, since Pat is not driving yet, and I would need to drive him back and forth anyway. When we got the Assabet After Dark brochure, we chose the "How to Be a Voiceover Talent" class in April, and had a blast.

The woman who led the class has a studio in Wellesley (as well as one in NY and one in Miami), and invited us to participate in her weekly Improv Mania class (on a drop-in basis). We did that a few times (lots of fun) and she then told us she was working with a young adult on the spectrum to put on a theater production with both neurotypical people and some on the spectrum – a VERY diverse group. To our surprise, Pat signed up and began practicing/ rehearsing In August. On November 15, 16 & 17, Pat performed in a production that was written by several cast members (Pat chose not to be part of the writing team) called "Show Me Your Story, I'll Show You Mine". The play was based on life experiences and had an adult theme. The stories were ones that many of us have experienced and were very relatable. Although he was extremely stressed-out the entire week before the first performance, Pat did a great job. Even if he hadn't done well, we would have been very happy that he tried something new and stuck with it to the end.



Next month we will be traveling with Pat and a group of others from the studio to New York to a Voice Over Pro event, where Pat will receive intensive coaching and may possibly be practicing in front of industry agents. This is also out of Pat's comfort zone, but a little less so, since it will just be his voice and not his entire body plus his voice on display.

Back in the days when Pat was young and having meltdowns several times a week, we never would have imagined that he would be able to hold himself together through the stress of learning lines, taking direction, and performing in front of a live audience. However, we've learned never to set limits on Pat, and he is showing us that he is capable of much

NEED HELP?



Does your family include someone with a developmental disability?

When a family includes a child with special needs parenting becomes even more of a challenge. There are no manuals and finding the help that is available becomes a full time job. Nobody has time for THAT! Learn how to navigate the system, receive assistance with applications, connect with others facing similar challenges, and give your other children the chance to explore their feelings about the difference in their family while having fun by participating in a Sibshop!

Through a grant from the Massachusetts Developmental Disability Council, HMEA's Autism Resource Central will bring this program to your Community Health Center and help you get a footing for the road forward. With the right supports your family can achieve more, feel the confidence that comes with knowledge, and experience less stress.

* This program is open to all with a child diagnosed with a developmental delay, not just autism.

Free Conference for Parents December 14, 2018 9AM – 3PM Tri-Community YMCA 43 Everett St. Southbridge

ACCESSING PUBLIC SUPPORTS

Learn about public supports that will help you raise your child with a disability. Get assistance applying to DDS, Mass Health & more.

SPECIAL EDUCATION LAW

Learn how to work effectively with your child's school to support your child to achieve goals and to learn.

SENSORY PROCESSING

Many children with disabilities also experience sensory challenges.

Learn how to make your child more comfortable in his world.

SIBLING SUPPORT

Brothers & Sisters often have questions and concerns about their sibling. Sibshops address the unique challenges these special siblings face in a fun format that includes games and food! You can sign up your children on the 14th



BREAKFAST & LUNCH INCLUDED
CHILDCARE WILL BE PROVIDED
INTERPRETER SERVICES PROVIDED
Call today to register 508-835-4278

www.autismresourcecentral.org

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Floortime® for Parents

HMEA's Autism Resource Central, in conjunction with the Astra Foundation will once again be offering a course on DIR® /Floortime for Parents, starting in March and running through to May.

DIR® is an abbreviation for Developmental, Individual Differences, Relationship-based. DIR® is a model, a framework, for thinking about a child's complete development, from infancy into whole joyful personhood. While DIR® can be a helpful way to think about any child's development, it is particularly useful in working with children with developmental delays.

In this course, we'll discuss the basic principles of DIR®, and learn about Floortime, a strategic, emotion-driven way of playing and interacting with a child that helps a child initiate and respond at higher and higher developmental levels. We'll also discuss the importance of understanding each child's unique sensory profile and how to incorporate this knowledge into Floortime sessions.

Participants will be provided with a copy of The Child with Special Needs as part of their registration fee. Due to popular demand, this course will include the opportunity for parents to have 1:1 consultation with their child with instructor Sarah Measures on two separate dates as the program progresses.

The Course will take place at the Autism Resource Central on Wednesday Evenings.

Course Dates are as follows: Wednesdays from 7 PM — 9PM: March 27th, April 3rd, April 24th, May 1st, May 8th & May 15th

Mentoring Dates will be Saturdays, April 6th and May 4th

To register complete the form below and return with your registration fee to the Autism Resource Central, or register online

Age:				
E-mail				
entral For Floortime. \$50.00 for Parents from outs	ide the			
	Age:			

Central Massachusetts area.

Make checks payable and mail to: Autism Resource Central, 712 Plantation Street, Worcester MA 01605 or register online., www.autismresourcecentral.org

Register for Events @ www.autismresourcecentral.org or call 508-298-1610 Fees for Events are as stated on site

DECEMBER



December 2, 2019 Children's Holiday Party

The Manor Restaurant 242 West Boylston Street Reservations Required

December 3, 2018
Center Closed

December 5, 2018
Parents of Adults
Support Group

Financial Wellness Workshop
Social Security, Medicare & Long
Term Planning
7-9 PM

December 12, 2018
Parents of School Aged Kids &
Tweens Support Group
7 –9 PM

December 17, 2018 Parents & Tots4:30 – 5:30 PM

VACATION FAMILY FUN

December 24, 2018 Friends & Family Movie Muppet Christmas Carol West Boylston Cinema 10AM \$3.00/pp

Center Closes at 3 PM

December 25, 2018
CENTER CLOSED

December 26, 2018
Pizza & Bowling
Gardner Ten Pins
560 West Broadway, Gardner MA
10:30 AM Fee \$3:00 /pp

December 27, 2018
Enchanted Christmas Village
Polar Express I Max & Lite Show
Jordans Furniture
100 Stockwell Dr Avon MA
10:30 AM Fee: \$5.00 /pp

December 28, 2018
New Year Dinner Dance
for Teens .Young Adults & Families
See page 3

December 29, 2018
Worcester Railers Game
Railers vs Maine Mariners
\$9.00/ pp
7:05 PM

December 31, 2018
CENTER CLOSES at 3 PM



JANUARY

January 1, 2019
CENTER CLOSED

January 8, 2019
CANDO /HARC Series
Puberty & ASD
Jim Ingalls
6:30 – 8 PM

January 9, 2019
Parents of Adults
Support Group
Workshop Becoming Person
Centered: For Families
Cheryl Chan
7-9 PM

January 12, 2019 Sibshop

United Parish Church
Mass Ave Lunenburg MA
For Siblings ages 7 and older
\$10.00/pp \$15.00 cap
10AM— 1:30 PM

January 14, 2019
Parents & Tots
Sing-a-Long with Lindsay
4:30-5:30 PM

January 16, 2019

Parents of School Aged Kids & Tweens Support Group 7-9 PM

> January 17, 2018 Camp Havvago Information Night 7-9 PM

January 21, 2019
Martin Luther King Day
CENTER CLOSED

All events take place at HMEA's Autism Resource Central 712 Plantation Street Worcester MA unless otherwise

January 21, 2019
Family Fun for Kids
Teens & Young Adults
Urban Air

189 Mechanic St Bellingham, MA

I0 AM Fee: \$12.00/per participant

January 23, 2019

Parents of Teens Support Group & Teen Group 7-9 PM

January 30, 2019

Parents of Girls Support Group & Girl's Social Group

6:30-8:30 PM



FEBRUARY

February 5, 2018
HARC CANDO Series
DDS Services & Supports for
Transition Aged Youth

Pamela P. Ferguson , DDS Central/West Regional Autism Program Coordinator 6:30—8 PM

February 6, 2019
Parents of Adults
Support Group

Adult Family Care and Shared Living

Workshop Christine Tobin HMEA &

Parent Panel 7-9 PM

February 8, 2019
Dad's Night Out
Worcester Railers vs Greenville

DCU Center
Front Street, Worcester MA
Game Time 7:05 PM
Fee: \$9:00/per ticket

February 9, 2019 Sibshop Chinese New Year

712 Plantation Street Worcester MA For Siblings ages 7 and older

> \$10.00/pp \$15.00 cap 10AM— 1:30 PM

Parents & Tots 4:30 – 5:30 PM

February 13, 2019
Parents of School Aged Kids &
Tweens Support Group
7-9 PM

VACATION FAMILY FUN February 18, 2019 CENTER CLOSED

February 19, 2019
Pizza & Bowling
Mohegan Bowladrome
51 Thompson Rd Webster MA

10 AM Bowling 11AM Pizza \$3.00/pp

February 20, 2019 Wachusett Meadow Snowshoeing

113 Goodnow Rd, Princeton, MA 10-11:30 AM and 12-1:30 PM \$3.00/pp February 21, 2019
Candy Camp At
Heberts Candy Mansion

\$5.00/per child Includes 2 candy crafts and ice cream sundae bar Session 1 10:30 AM Session 2 12 PM

February 21, 2019
Teen Pizza—Ice Cream Social and Game Night

6-9PM

February 22, 2019
Friends & Family Movie

West Boylston Cinema 10 AM \$3.00/pp

February 27, 2019
Parents of Girls Support
Group & Girls Socialization
Group
6:30 -8:30 PM

MEMORIAL GIFTS & DONATIONS

In Memory of Richard Linnon

Sandra & Richard Osborne

Third Party Fundraisers to Benefit the Center

Family Behavioral Heath
3 on 3 Basket Ball Tournament



71 Sterling Street West Boylston MA

Email: autism@HMEA.org

www.autismresourcecentral.org

HOURS

Monday through Thursday 9 AM- 9 PM Friday 9 AM-3 PM

We are the CENTER of the autism community

The Resource CONNECTION is a quarterly publication of HMEA's Autism Resource Central

The Autism Resource Center does not endorse any treatments, programs or products. Articles, announcements and resources are provided for information purposes only.

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