Center for Autism & Related Disabilities Programs

The following programs are currently being offered on a regularly basis from CARD-Jacksonville. Most clinics and trainings are held at the UF-Pediatric Center located at 6271 St. Augustine Rd., Suite 1, Jax, FL, 32217. For more information about these programs please contact the staff member coordinating the program.

Social Skills Programs

- **Behavioral Detective Social Skills Camp:** A detective themed camp designed for children ages 10-12 diagnosed with Aspergers. During this 10 week camp they will work hand in hand with CARD staff members to address the socials concerns that face this population, such as, bullying, engaging in a conversation, managing anger and making friends. Please contact Elisha Landers for information.

- **Asperger’s Social Skills Group:** This 1 hour and 30 minute, social skills group is led by Dr. Maria Tapia, Licensed Clinical Psychologist and assists adolescents diagnosed with Aspergers Syndrome. During this time, problem solving techniques and real world scenarios are practiced to assist this population with troubleshooting topics that are of concern to them. This group meets at 3:30pm on the 1st Monday of every month. The siblings of participants also meet for a Sibling Shop, which is lead by Dr. Tapia, and parent, where they share topics or concerns they have as the sibling of an individual with Autism Spectrum Disorder, while playing an enjoyable game, activity or making a craft. For more information please contact Dr. Maria Tapia.

- **Pre-K/Kindergarten Social Skills Clinic:** This clinic, offered by Elise Bowers is for children on the spectrum who are speaking in sentences. Parents will learn strategies for engaging their child, promoting communication and conversation, turn-taking, developing joint attention and other social skills. Parents will also learn how to practice, prompt and reinforce their child’s socialization. For more information, please contact Elise Bowers

Adult/Adolescent Programs

- **Adult/Adolescent Support Group:** This 1 hour and 30 minute support group is led by Dr. Maria Tapia, Licensed Clinical Psychologist and assists adolescents diagnosed with Aspergers Syndrome. During this time, Dr. Tapia provides problem solving techniques and group exercises to assist this population with troubleshooting topics that are of concern to them. This group meets at 3:30pm on the 2nd Monday of every month. Please contact Dr. Maria Tapia for additional information. *Individuals are also free to make an appointment for a 1 hour private counseling session with Dr. Tapia.

- **Two Feet Forward:** This group meets once a month on Tuesdays and is led by Anne Wilson and will provide parents and caregivers of individuals with Autism Spectrum Disorders an overview of transition, self determination and advocacy skills, IEP planning, post secondary options, as well as, helpful job seeking information. Groups will run from 6p-7:30p. Please contact Anne Wilson for additional information.

- **Resumes, Applications and Interviews (monthly training):** This clinic held the 1st Monday of every month, is for individuals with Aspergers Syndrome, who are in High School and College and need assistance with gaining the skills necessary for job seeking. During these clinics, Anne Wilson will provide information that will make the job seeking process run more smoothly.

- **Support Group for Parents of College Students with Autism Spectrum Disorders (ASD):** This 4 session group is held on every first Monday of the Quarter and will allow parents an opportunity to meet other parents and share information that has been helpful to their family while raising a young adult with ASD. For more information contact Anne Wilson.

CARD Staff Emails

Anne M. Wilson, BCaBA - anne.wilson@jax.ufl.edu
Elise Bowers, M.A., BCBA - elise.bowers@jax.ufl.edu
Elisha Landers, M.Ed., BCBA - elisha.landers@jax.ufl.edu
Katrina Ressa, B.S., BCaBA - katrina.ressa@jax.ufl.edu
Mary Belkin, Ph.D. - mary.belkin@jax.ufl.edu
Maria R. Tapia, Ph.D. - maria.tapia@jax.ufl.edu

Phone: (904) 633-0760
www.hscj.ufl.edu/pediatrics/autism
Parent Support

- **Computer Based Parent Training:** This computer based training will allow parents and caregivers an easy to follow curriculum designed to teach them skills necessary to foster appropriate social skills in young children with ASD. Please contact Elisha Landers for additional information.

- **CARD 101:** A new, introductory training for families just beginning their journey with CARD. The training informs families about the services provided at the UF-Jax CARD. It also gives parents a chance to ask questions and complete the necessary consent forms for receiving services. Each of these trainings provides parents with an underlying knowledge of how to best work with their child. Once the parents have completed a CARD 101 training, they can then schedule an individual appointment with a CARD Clinician to address individual concerns. It is our hope that CARD 101 will help families better understand how CARD can assist them while providing them with important foundational skills.

- **Supporting Students with ASD in Inclusive Settings:** This On Demand training is designed to provide parents and caregivers with the tools helpful when preparing their child with ASD for inclusion in the general education setting, including an overview of inclusion, accommodations and IEP goals and strategies to work with the school personnel to help your child. Please contact Elisha Landers for additional information or to request this training in your home.

Teacher Support Programs

- **ABLLS Training for Teachers of the Self-Contained Setting:** This training is designed to instruct teachers of how to administer and evaluate students using the Assessment of Basic Language and Learner Skills (ABLLS). Teaching strategies will also be provided to assist with planning targets and goals for instruction. For additional information contact Katrina Ressa.

- **County Training: Data Collection:** This training provides a framework for teachers and paraprofessionals to follow when using data collection throughout the day. For additional information please contact your school’s Autism Site Coach or Katrina Ressa.

- **Asperger’s Syndrome: Bully Prevention:** (Upon request) This On Demand training is designed to provide parents, caregiver and school personnel with tools helpful in preventing and addressing bullying for school aged individuals diagnosed with Autism and Asperger’s. Please contact Katrina Ressa for additional information.

- **Supporting Students with ASD in Inclusive Settings:** Provides school and administrative personnel tools helpful with including students with ASD in the general education setting, including an overview of inclusion, accommodations and IEP goals. Please contact Elisha Landers for additional information or to request this training in your office or school.

- **County Training: Social Skills:** Provides strategies to assist school personnel with teaching appropriate social skills to students with ASD. For additional information please contact your school’s Autism Site Coach or Katrina Ressa.