

# CARD NEWSLETTER

## CARD Staff

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& Executive Director of CARD

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Clinician

**Katrina Ressa, B.S., BCaBA**  
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**Audrey Bringman, B.S.**  
Clinician

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Clinician

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**Lorena Ponce**  
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Client Service Rep/MA

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Administrative Assistant

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Client Service Rep/MA

**Carrie Fagen, M.Ed**  
Certified Teacher & Clinician

**Candice Rosenberg, M.Ed**  
Educational Coordinator

The UF-JAX CARD program provides support and assistance with the goal of optimizing the potential of people with autism spectrum disorders and related disabilities. Services are provided at no cost. The UF-JAX CARD program provides services to Baker, Clay, Duval, Flagler, Nassau, and St. Johns counties.

## A Memorable Spring Fling 2016

CARD would like to thank all of the families, performers, and volunteers who came together March 17, 2016 to help make our Spring Fling for children with disabilities one of the best ever.

Those who attended were treated to the gravity defying bubbles of Bubbles are My Superpower, the Nassau Jeep and 4x4 club, face painting, egg hunting, game playing, and an outdoor performance by CARD's own drumline.

## Upcoming Events

April 11	Two Feet Forward Workshop—JaxHATS
April 16	Connecting the Dots Conference
April 19	Digital Citizenship—Be Respectful
Keep up to date on events. Join the CARD Weekly Update Email Newsletter. To sign up email <a href="mailto:Anthony.Rhodes@jax.ufl.edu">Anthony.Rhodes@jax.ufl.edu</a> .	



CARD Clinician Chanel Baldwin poses next to one of the signs she crafts and re-crafts with each seasonal event.

CARD offers regular year-round seasonal themed autism awareness events, often co-sponsored with community groups and businesses, in an attempt to create a comfortable, fun, friendly, and accepting environment for children with disabilities and their families.

Other events include An Evening with Santa, The Fall Family Festival, and others.

### CARD's Mission

To educate and empower individuals and families throughout the lifespan by providing support, assistance, and awareness within the community; with the goal of optimizing the potential of all individuals with autism and related disabilities.

## Elise Summa's Top Ten Toileting Tips:

1. Make sure your child can follow 5-10 routine household instructions *independently* (no prompting, no gestures) before beginning training, i.e. "Come here," "Sit down," "Throw it away," or "Bring me your shoes."
2. Make sure they can pull their pants up and down.
3. Set aside three days you can devote fully to toilet training. Most children I work with do not do well with a "gradual" approach.
4. Once you start training, your child must be in *underwear*. No pull-ups under or over the underwear. The sensory difference is very important!
5. If your child loves to flush toilets, only let them flush if they "make a deposit".
6. If your child is scared of the sound of a flush, wait until they are out of the room to flush the toilet. Your CARD Clinician can help you with a plan for desensitization to the sound.
7. Use a regular toilet, with a seat, if needed, instead of a free-standing potty chair.
8. Have plenty of consumable reinforcers on hand, such as preferred food items or bubbles.
9. When accidents occur have your child participate in the cleanup process, and remind them to go in the bathroom. No scolding, no comforting, just remain very neutral.
10. Make use of technology! I like the "See Me Go Potty" app by AvaKid. It's \$1.99 in the App store and you can customize the avatar to resemble your child.

As always, your friendly CARD Clinician is available for consultation and we'd be happy to e-mail to you a copy of our Toilet Training Protocol.



# Health & Nutrition

By Audrey Bringman, B.S.

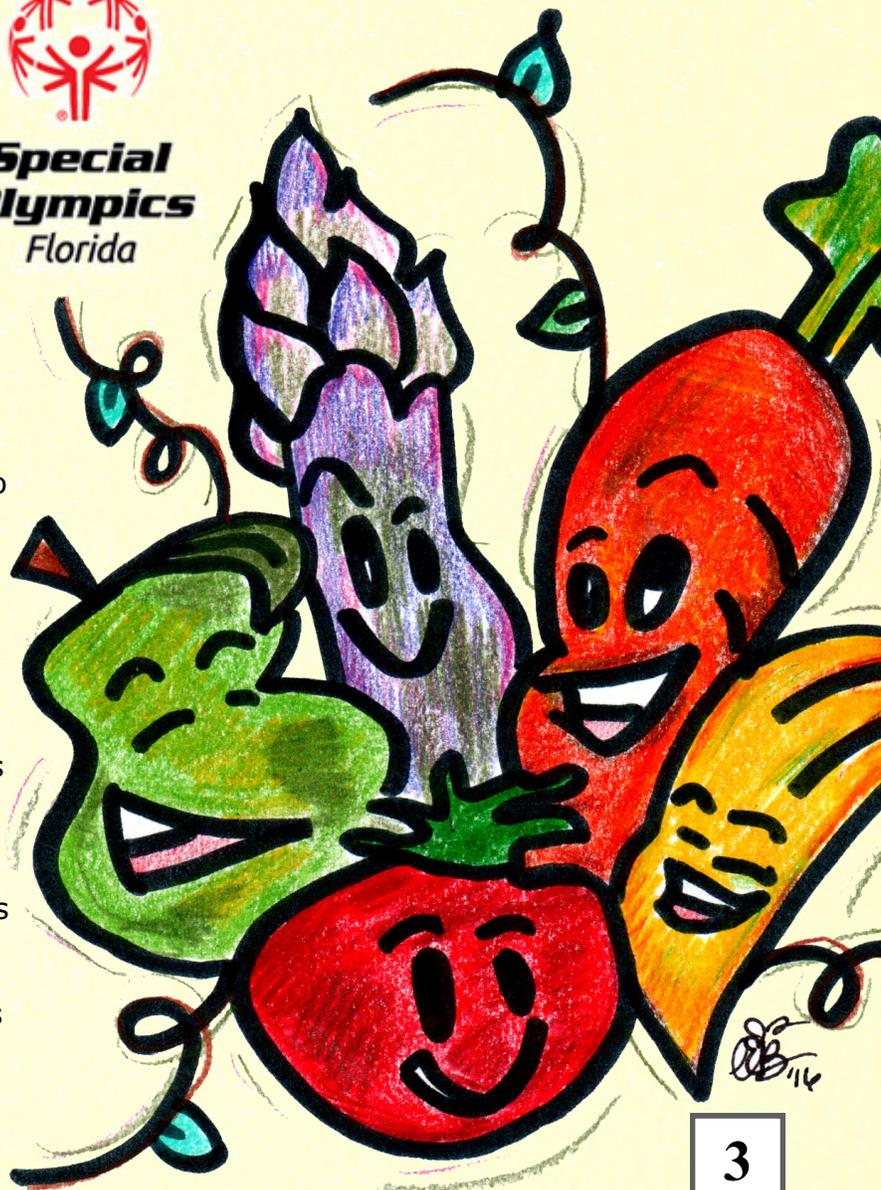
Parents, use this guide to create a balanced and healthy plate. Be sure that half of your plate is filled with fruit and vegetables such as sweet potatoes, carrots, green beans, broccoli, squash and salad. Consider whole grain bread or dinner rolls for your grain portion. Try white turkey meat without skin, fish, ham or beans for your protein portion. After your meal, burn a few extra calories by going on a family walk. To calculate how many calories you burned, use this [calorie burn calculator](#).



Are you looking to make some healthy lifestyle changes in 2016? Do you need inspiration or motivation? For a family or classroom activity, watch the *Fed Up* Movie. Then, consider joining the [10 day sugar-free challenge](#). Educators can [request a Fed Up food education kit](#).

## Let the Games Begin!

Several counties in Florida held Special Olympic summer games and athlete competitions throughout the month of March. The Special Olympics offers athletes the opportunity to train or compete in a variety of Olympic-type sports for much of the calendar year. The Special Olympics are a great way to encourage physical fitness, enjoy healthy competition, and showcase natural skills and talents. In addition to the traditional Special Olympics individual and team sports (i.e.: soccer, track and field, swimming, etc.), there are programs and resources that are available to athletes that may also help improve their overall quality of life. One such program is the [Motor Activity Training Program \(MATP\)](#). MATP is designed for individuals who are unable to participate in team or individual competitions due to severe physical and/or behavioral limitations. There is also the [Healthy Athletes® Program](#) which promotes health and wellness to all athletes by offering services such as foot, hearing, dental, vision screenings and more. For more information about the Special Olympics and to learn about local programs, please visit their [website](#). To register to become an athlete, [click here](#). Special Olympics athletes are at least 8 years of age and have an intellectual disability, for more information on athlete eligibility, [click here](#).

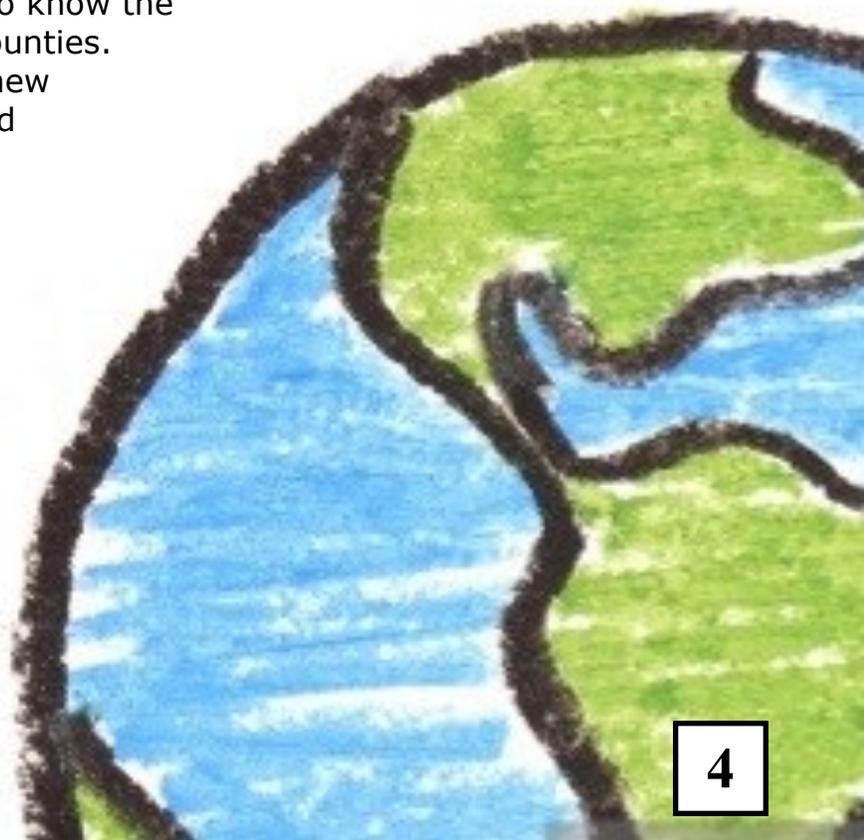




# New CARD and FDLRS-MDC Satellite Clinics in Your County

*By Katrina Ressa, B.S., BCaBA*

The UF-Jacksonville Center for Autism and Related Disabilities (CARD) and the UF-Jacksonville Florida Diagnostic & Learning Resources System Multi-Disciplinary Center (FDLRS-MDC) are currently offering clinics to outlying counties in order to more effectively serve our constituents. Satellite Clinics are scheduled every other month in Baker, Clay, Flagler, Nassau, and St. Johns Counties. Parents can schedule consultative appointments with clinicians to discuss behavior issues, academic interventions, IEPs, autism screeners, transition questions, and social skills, or to register with CARD. Since starting the Satellite Clinics, CARD and FDLRS-MDC have been able to get to know the needs of families in each of these counties. Parents have been excited to have new opportunities to meet with CARD and FDLRS-MDC clinicians in locations that are more assessable. If you join us, remember to bring an extra copy of your child's IEP or other necessary documentation for us to keep in your child's record. We do not have the facilities to make copies at many of these locations. If you are interested in signing up for one of our Satellite Clinics in your county please contact Chanel Baldwin at [chanel.baldwin@jax.ufl.edu](mailto:chanel.baldwin@jax.ufl.edu).



# What is College Bound?

By Anne Wilson, M.S.T., BCaBA

College Bound is a support group for parents and students who want to attend college or to have the college experience. Parents and students learn about the various programs (degree and certificate), resources, and services offered on college and university campuses in our area for students with ASD.

For more information about College Bound contact [anne.wilson@jax.ufl.edu](mailto:anne.wilson@jax.ufl.edu).



# The Autism Wandering Bill: Kevin and Avonte's Law

By Anne Wilson, M.S.T., BCaBA

Two years ago, U.S. Sen. Chuck Schumer, a Democrat from New York, originally proposed a bill to establish federal resources to individuals who had the propensity to wander. Today, the senator has reached an agreement and is getting the legislation off the ground.

The current proposal, *Kevin and Avonte's Law*, demands tracking devices for children with autism and other developmental disabilities to be made available. An existing reauthorization of a federal program was reviewed and revised to assist individuals with Alzheimer's disease who wander.

Under the bill, the Justice Department will distribute grants to states and local law enforcement agencies to pay for training, tracking devices, and other efforts to help keep individuals with autism spectrum disorders (ASD) and Alzheimer's safe.

The high-tech devices allow parents of children with ASD to take advantage of the technology and use the equipment, no matter their financial means.





Microsoft

# Gaming Party

**Saturday**  
**April 9th**  
**May 14th**  
**June 11th**  
**July 9th**  
**August 13th**  
**9:00-10:00 A.M.**

**Join us for a Gaming Party at the Microsoft Store at the St. Johns Town Center. Xbox One consoles will be set up in the theater space for gaming. While the children are gaming the parents have a breakout session on internet safety and parental controls. Come show us what you've got!**

**Register online at:**  
<https://gamingparty.eventbrite.com>

40 spots available on a first-come, first-serve basis. RSVP to Autumn.Mauch@jax.ufl.edu



**Gaming Party**