

CARD NEWSLETTER

CARD Staff

David O. Childers Jr., M.D.
Chief of Developmental Pediatrics
& Executive Director of CARD

Jeannie M. Bowles, M.B.A.
Assistant Director - CARD

Maria R. Tapia, Ph.D.
Psychological Consultant

Stephanie Kinnare, Ph.D.
Licensed Psychologist

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

Elise Summa, M.A., BCBA
Clinician

Katrina Ressa, B.S., BCaBA
Clinician

Jennifer Flagge, B.S.
Event Coordinator

Anthony R. Rhodes, M.S.
IT Expert

Audrey Bringman, B.S.
Clinician

Chanel Baldwin, M.Ed.
Clinician

Chelsea Pierce, M. Ed.
Clinician

Autumn Mauch
Executive Assistant

Karen Auger
Office Manager

Tyler Rounds, B.S.
Administrative Assistant

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.



The 25th Annual CARD Conference January 12-14, 2018

We've come a long way in 25 years of supporting those with autism and related disabilities. Join CARD this January as we explore what the future holds.

The purpose of this annual statewide conference is to provide information on state-of-the-art practices in areas that promote best practices in education, early intervention and quality community based life-styles for individuals with autism, deaf-blindness, and related disabilities.

Keynote speakers will include Chantal Sicile-Kira, Paul Wehman, Jennifer O'Toole, Susan Faja, Jed Baker, and Sylvia Diehl.

For more information go to <http://card-usf.fmhi.usf.edu/CARDconference/>.

The 25th Annual Statewide Autism Conference and PEPSA Pre-Conference will take place January 12-14 2018, at the Trade Winds Island Grand Resort, in St. Pete Beach, Florida.



Upcoming Events

Oct 14 Microsoft Gaming Party

Oct 21 Annual Fall Festival

Jan 12-14 Annual CARD Conference

Keep up to date on events. Join the CARD Weekly Update Email Newsletter.

To sign up please email Anthony.Rhodes@jax.ufl.edu.

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.

SLD, OHI and ASD ... Oh My!*

By Chelsea Pierce, M. Ed.

Caring for a child with special needs can be a challenging, yet rewarding experience ... but no one ever said it was easy! In addition to supporting their needs at home and encouraging them at school, you must also be their advocate during Individual Education Plan (IEP) meetings. So how can one person fill all of these important roles? Here are some helpful hints so you feel more prepared to represent your child's needs the next time you attend a school meeting.

IEP meetings can sometimes seem overwhelming, with many new acronyms being verbally thrown around by a small army of strangers who work with your child at school. You and the others might feel like sardines packed into a small conference room. The teachers and therapists may be using terms that are unfamiliar to you and speaking faster than you can process the information. STOP!

Just as we quickly use abbreviations like "LOL" (laugh out loud) when texting or emailing, some professionals may use acronyms and jargon without even thinking about it. You are entitled to understand what is being discussed and have all of your questions answered. Although the teachers and therapists are all specialists in their fields ... YOU are the expert on your child!

The key to navigating these meetings and achieving a favorable outcome is in the preparation. You must begin preparing for the meeting before you arrive at school. It may be helpful for you to bring along a list of questions or concerns, as well as an explanation of common Exceptional Student Education (ESE) acronyms. During the meeting, do your best to follow along on your copy of the paperwork, and remain focused on the needs of your child. You may choose to construct an academic binder of your own including assessment information, previous IEPs, doctor's notes, etc. This will show that you are organized, interested in your child's education, and can readily access data that may be helpful for the current IEP meeting.

The teachers and therapists should review the data they collected in order to determine future

goals and instruction. Everyone in the meeting ("on the team") will take turns speaking and should work collaboratively to formulate a realistic plan for the coming year. You will leave with a stapled stack of papers specifying the services that the school will provide for your child.

Websites such as Understood.com offer helpful information regarding the purpose and development of an IEP. It details the specific parts of an IEP such as goals, modifications, supplementary aids/services, extended school year services, the amount of time your child spends in general education classes, assessment data, and the Present Level of Performance.

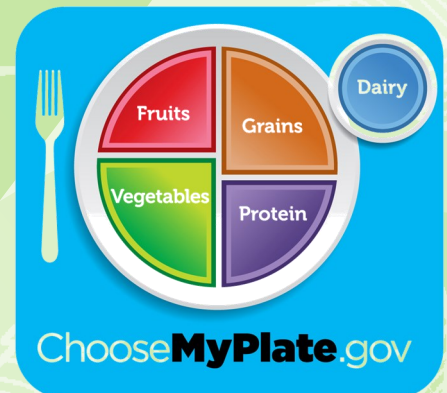
For more information regarding ways to prepare for an IEP meeting, check out the links below:

- Questions to Ask Before and During an IEP Meeting, Worksheet
<https://www.understood.org/~/media/6a7a4939af7d4d91a6a87606547134a1.pdf>
- IEP Binder Checklist
<https://www.understood.org/~/media/57844e3ea812406caf6cdd91ec4830b3.pdf>
- Before the IEP Meeting, 6 Tips for Parents
<http://www.smartkidswithld.org/getting-help/the-abcs-of-ieps/iep-meeting-6-tips-parents/>
- Frequently Used Acronyms in Education
<https://www.greatschools.org/gk/articles/acronyms-in-education/>

* SLD=Specific Learning Disability, OHI=Other Health Impaired, ASD=Autism Spectrum Disorder

Health & Nutrition

Thanksgiving and Christmas are just around the corner. Use this guide to create balanced and healthy plate for the holidays. 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 holiday meal, burn a few extra calories by going on a family walk. To calculate how many calories you burned, use this [calorie burn calculator](#).



Preventing Seclusion and Restraint for Students with ASD - An Online CARD Module for Families

The Florida statewide CARD centers are offering a free training module for educators on *Preventing Seclusion and Restraint for Students with ASD* at the request of the Florida Department of Education (FDOE). This module teaches the foundational skills for positive behavior support and setting students up for success. The module will play in most internet browsers and takes about 1.5 hours to complete. Upon finishing the training you will be provided a certificate of completion after passing a short quiz with a 75 percent or above success rate. To register, visit http://usf.adobeconnect.com/sr_reg/event/registration.html.

*Sponsored by The Rotary
Club and First Coast High
School National Honor
Society*

Developmental Pediatrics Center
Spaghetti Dinner
Fundraiser

A full spaghetti dinner,
including salad, bread,
and a drink. Tickets are
only \$10 per person.
Dinner will be served
in a “to go” style for
easy carry out.

Nov 3, 2017
5:30-8:30 PM



Address:
First Coast High School
590 Duval Station Rd,
Jacksonville, FL 32218

To purchase tickets contact Dianne.Lampp@jax.ufl.edu or call (904) 633-0917

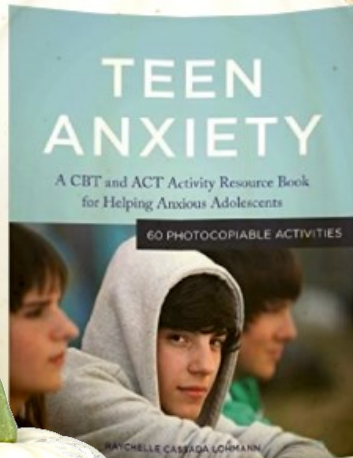
A full spaghetti dinner for you and your family with the convenience of being able to walk in, grab your meal, and walk out.

One of UF Developmental Pediatrics' rare fundraiser events made possible with the sponsorship of The Rotary Club and the

First Coast High School National Honor Society.

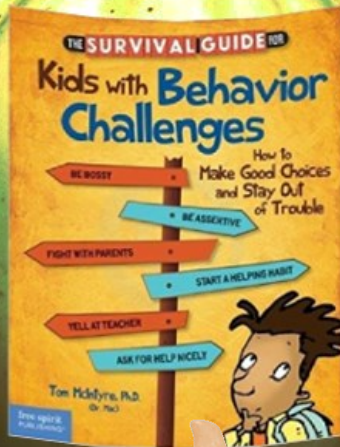
If you support CARD-Jax and want a quick meal in November of 2017 please consider buying a ticket by calling (904) 633-0917.

Now Available in the CARD Lending Library



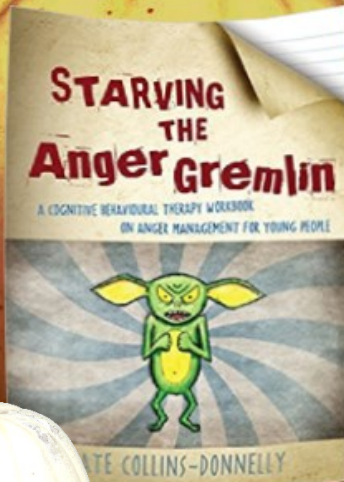
Teen Anxiety: A CBT and ACT Activity Resource Book for Helping Anxious Adolescents *By Raychelle Cassada Lohmann*

Teen Anxiety is a practical manual to use with teenagers to help them cope with anxious feelings. With 60 easy-to-do activities based on Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT), teenagers can be helped to understand what triggers their anxiety; the importance of taking care of themselves; how to work through anxious feelings, fear, stress, and panic; and how to accept and manage thoughts and emotions.



Starving the Anger Gremlin: A Cognitive Behavioural Therapy Workbook on Anger Management for Young People *By Kate Collins-Donnelly*

This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviors.



The Survival Guide for Kids with Behavior Challenges: How to Make Good Choices and Stay Out of Trouble *By Tom McIntyre, Ph.D.*

Thomas McIntyre provides up-to-date information, practical strategies, and sound advice to help kids learn to make smarter choices, make and keep friends, get along with teachers, take responsibility for their actions, work toward positive change, and enjoy the results of their better behavior.

Fall Family Festival!

An awareness event sponsored by UF Health, Northeastern Early Steps, and the Walgreens Corporation

Free
Admission!

Face
Painting!

Balloon
Artist!

Trick or Treat
Lane!



Medium Cheese
or Pepperoni
Pizza for \$5.
\$1 Pepsi
Products.
*Cash Only



Fall Festival

Family
Photos!

Costumes!

Carnival
Games!

Activities!

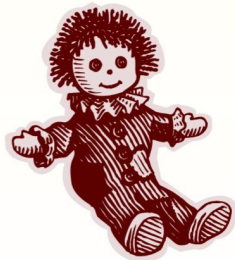
Music!

Drumline
Ensemble!

An awareness event for all families with special needs. Please consider donating a new toy to support the UF Center for Autism and Related Disabilities toy bank. **Parents must supervise their children at all times.**

**Southpaw will
attend from
12:00-1:00**

**Saturday, October 21, 2017
11:00 - 2:00 P.M.**



**Where: UF Developmental Pediatric Center
6271 St. Augustine Rd., Suite 1
Jacksonville, FL 32217**

You can now print the UF consent forms ahead of time by going online :
<http://www.hscj.ufl.edu/pediatrics/autism/activities.aspx>

For more information contact: karen.auger@jax.ufl.edu