

CARD NEWSLETTER

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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.

Parent Craft Group

by Chelsea Pierce, M. Ed.

Some of the greatest challenges faced by parents of children with exceptional needs include taking time for self-care, developing adult friendships and establishing relationships with other parents. Our Parent Craft Group is held once every other month at our center in Jacksonville. This group is all about parent-to-parent support, encouragement and relaxation. This group is led by our CARD clinicians and is offered to parents only. Children are not permitted to attend this group, as we discuss personal information and parents are encouraged to take this time for themselves.

If you're reading this and thinking "I'm not crafty! How can I join this group?" Don't fret! The crafts that we select for this group are guided, and are completed during each session. Generally, the group is quite small, consisting of 3-5 parents. This allows for it to



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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.

Upcoming Events

10/19 Fall Family Festival

11/4 UF Health & Microsoft - Holiday party

1/17-19 27th 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.

be an intimate session, in which open conversation and creativity is encouraged. We start the session with a voluntary discussion and introspection. We then introduce the craft, offer a writing opportunity, and conversation flows while crafting.

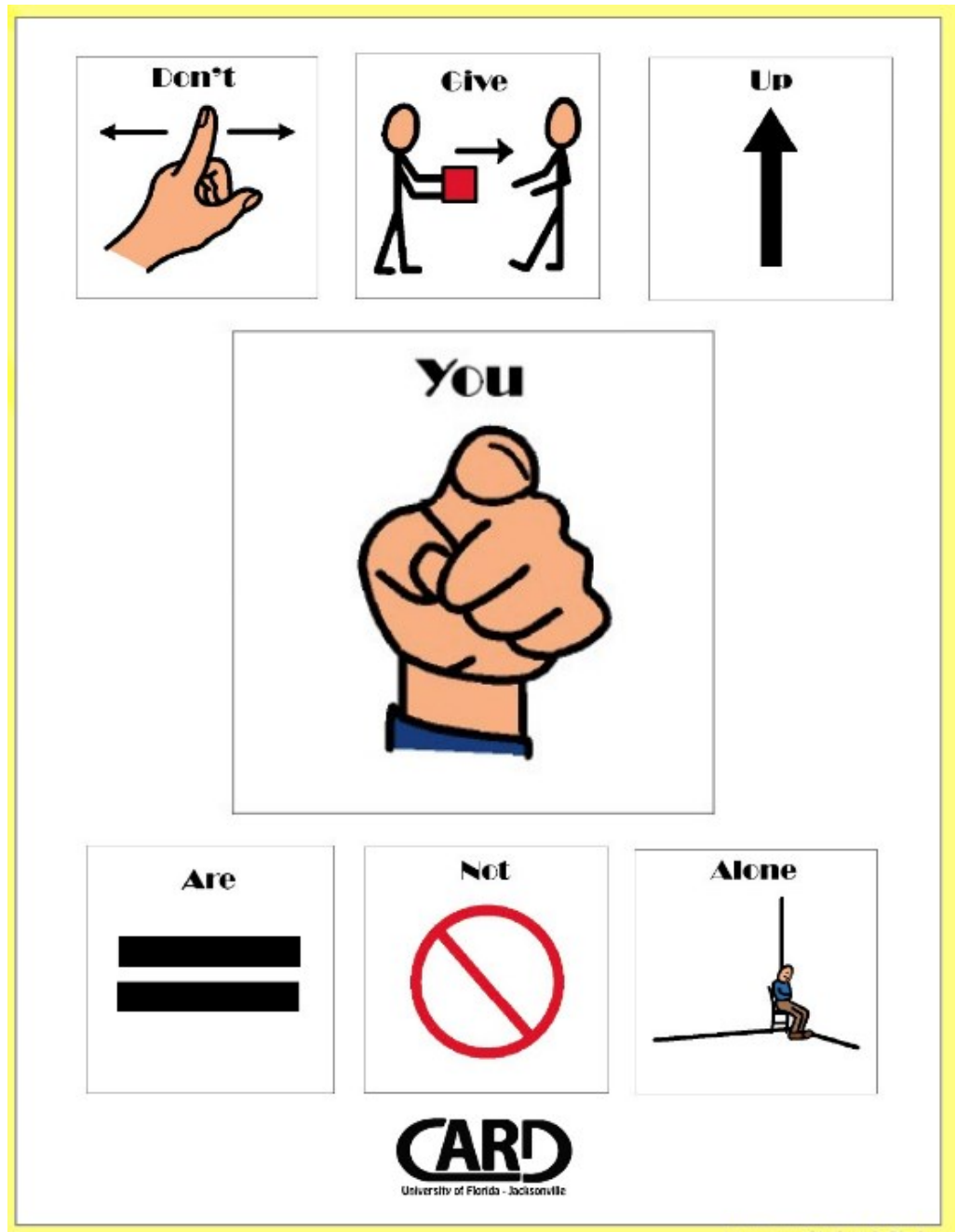
One of the mothers who attends the group frequently shared, *"I could not be happier with my experience at CARD. I came home and told everyone what a great time we had last night. Laughing, talking and just being there for one another makes all the stress melt away. It's so nice to be able to share things we may be insecure about without the fear or backlash or being misunderstood. It has been such a wonderful experience for me.*

Being able to have time to focus on myself and have others encourage me to do so is very helpful. Spending so much time taking care of others we often forget our own needs and I know when we meet I'll

have others who understand what I'm going through.

Everyone is always supportive and reminds each other that our feelings are not only ok to have, but are actually quite normal."

If you are interested in finding out more about the next Parent Craft Group, please



Study Skills = School Success

by Marlena Jenkins, M.S.,
BCaBA

Studying for school related activities and assignments, can be a daunting task. We hope that you and your student will find these tips easy to implement and reinforce over time, both in and outside of the classroom.

Please keep in mind that many of the tips listed within this article are topics that would be appropriate for discussion at your student's Individualized Education Plan (IEP) Meeting, 504 Plan Meeting or Parent Teacher Conference. Giving the educational support team insight on the strategies used outside of the classroom, are just as helpful as discussing what is being done within the classroom. Since learning occurs in all locations, practicing proactive and healthy learning habits sets a foundation for educational success and growth.

Designate a homework location in your home

- Find a space that is quiet and away from distraction
- Find a space that is near a restroom
- Keep this area stocked with homework supplies (pencils, pens, erasers, paper, calculator and any other needed materials)
- Mount a clock on the wall or a shelf to keep track of your time limits



- Labeled bins that will store writing paper, scratch paper, tape, stapler, and other items
- Make sure you clean your homework area after each usage so it is ready for you the next time

Using an 'In and Out' bin

- Take 2 bins, baskets or shoe boxes
- Label one bin 'IN' and label the other 'OUT'
- Place papers that need to be checked by your parent in the 'IN' bin
- Once items have been reviewed by your parent, they will place them in the 'OUT' bin
- Check the 'OUT' bin every night and place the 'OUT' bin items in your folder so they can be returned to your teacher by the designated due date

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Organizing your notebook

- 2-pocket folder for each class/subject
- Place a label on the left side pocket that says 'take home' and a label on the right side that says 'return to school'
- Place the items you or your parents need to review in the 'take home' pocket.

AFTER you or your parents have reviewed the items at home, place the items in the 'return to school' pocket and give them to your teacher during the class

Tip: Match the folder's color to the color of your book cover (for example, red book cover, red folder = science class)

General Note-taking Tips

- Use index cards to write definitions to new terms that you found while reading

- Place key words on a list and notate synonyms (words that mean the same) and antonyms (words that mean the opposite)
- After reading a chapter of text, write a paragraph that summarizes the information you read (this will be helpful when you are reading larger chapter books)

Helpful Resources:

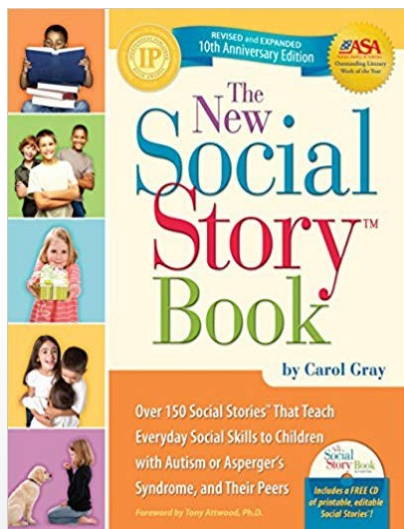
UF Health Florida Diagnostic Learning & Resources System Multidisciplinary Center (FDLRS-MDC), 904-633-0770

Smart but Scattered by Peggy Dawson and Richard Guare, 2009 (book)

ADDitude Magazine (online resource), <https://www.additudemag.com/>



Now available in the CARD Lending Library:



The New Social Story Book

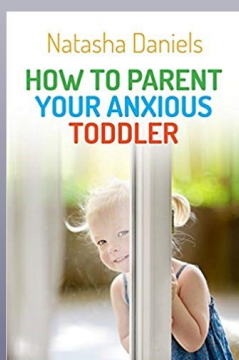
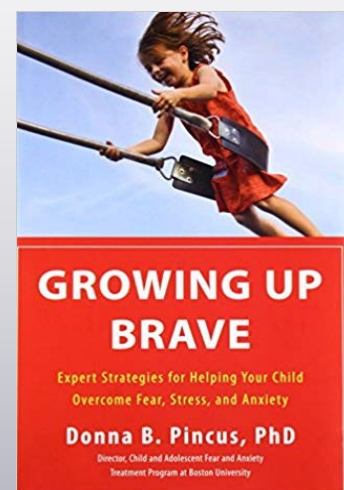
By Carol Gray & Tony Attwood

Social Stories provide REAL social understanding! Carol Gray developed the Social Story in 1991 to promote social understanding in children with autism spectrum disorders (ASD). Carol Gray also teaches you how to write Social Stories yourself! Years of experience and trial-and-error have led to updated Story guidelines. Carol explains her fine-tuned process in the included ten-step learning module The Social Story™ 10.1 Tutorials perfect for parents and teachers!

Growing Up Brave

By Donna B. Pincus, Ph.D.

In *Growing Up Brave*, Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. From trouble sleeping and separation anxiety to social anxiety or panic attacks, *Growing Up Brave* provides an essential toolkit for instilling happiness and confidence for childhood and beyond.



How to Parent Your Anxious Toddler

By Natasha Daniels

This accessible guide offers tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, sensory issues, and behaviors such as skin picking and hair pulling.



The New Language of Toys

By Sue Schwartz & Joan E Heller Miller

The *New Language of Toys* is a how-to guide about using everyday toys--both store bought and homemade--to develop communication skills in children with disabilities and make playtime a fun, exciting and educational experience

Please join UF Health Jacksonville CARD and FDLRS-MDC programs, and First Florida Credit Union for a collaborative workshop series focused on the area of financial education. These 2-hour workshops will include a presentation from First Florida Credit Union, Q&A, and clinical problem solving and brainstorming breakout sessions with UF Health Jacksonville CARD and FDLRS-MDC team members.

Who should attend: Adolescents at least age 15 and adults
Attendees must be registered with either the CARD or FDLRS-MDC program

Time: **5:30p-6:30p** First Florida Credit Union Workshop
6:30p-7:30p CARD/FDLRS-MDC Staff Breakout

Location: **UF Health Neurodevelopmental Pediatric Center**
6271 St. Augustine Road Suite 1
Jacksonville, Florida 32217

Registration link:
<https://card-fdlrsmdc-firstflorida-financial-literacy.eventbrite.com>



Email Marlena.Jenkins@jax.ufl.edu for additional information