

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.

Don't Forget About Your Wellness Goals For 2020

by Audrey Bringman, B.S.

Did you make a New Year resolution that focuses on your health, nutrition, mind and spiritual wellness or physical fitness? Research shows that most people have given up on those New Year resolutions by mid-January. If you do not fall into that category, congratulations, keep up the great work! If you have let your fitness, nutrition, mind and body goals go out the window, check out some of these apps and podcasts to get you back on track! Listen to a quick podcast on your commute to work or school to get you in the right mindset for the day. Use an app to set an achievable goal and then build your goal from there. These little steps can get you back on track and improving your wellness for the rest of the year!

Disclaimer: This is not an endorsement, nor do we get any financial benefits for making these recommendations. Further, there is no guarantee that all of these are free and we do not receive any payment or reimbursement for these recommendations.

Podcasts that inspire, motivate, and focus on Health, Nutrition, Mind and Body Wellness:

1. On Purpose with Jay Shetty – A great motivational listen!
2. The Nutrition Diva's Quick and Dirty Tips for Eating Well and Feeling Fabulous – Nutritional tips and eating advice.
3. The Model Health Show- Provides evidence-based reviews on fitness trends and fads and has a focus on the impact of psychological wellbeing on overall health.
4. Life Kit: All Guides- A podcast from NPR that provides "how-to" guides to help you overcome life challenges.
5. Sleep With Me: The Podcast – Bedtime stories for adults, it will have your mind at ease and ready for sleep in no time!

Apps that focus on enhancing your mind and body wellbeing, allow you to set goals and track progress:

1. MyFitnessPal – Set fitness goals, track the foods you eat, water you drink, exercise and more! (There is a free and paid version)

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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

April 2	Annual Spring Fling
May 2	CARD/FDLRS Sibshops
Coming Soon!!	New Online Groups

Keep up to date on events. Join the CARD Weekly Update Email Newsletter. To sign up please email Anthony.Rhodes@jax.ufl.edu.



2. Calm- An app to calm the mind and body with guided meditation, sleep stories, and calming music.
3. Fitbit – if you have a Fitbit tracker, sync to the fitbit app and track steps, daily water intake, sleep cycles, and more!
4. RoadID- An activity app with a safety feature! Great for those who like to explore and want to let emergency contacts of their whereabouts.
5. NFL Play 60 – A fitness App for kids (under close parental supervision). It is an augmented reality game that is interactive and requires movement and play.

Resources:

<https://www.nytimes.com/2020/01/31/arts/podcasts-exercise-diet.html>

<https://www.healthline.com/health/mental-health/top-healthy-lifestyle-iphone-android-apps>

<https://wezift.com/parent-portal/blog/the-top-10-fitness-apps-to-get-kids-moving/>

There are so many apps and podcasts that can support your wellness journey, check out these lists for more so that you can find the best fit for you and your family!

Medical and Educational Evaluations

By Marlena Jenkins, M.S., BCaBA

Parents often wonder why it is important to have their student evaluated by both the public school and a medical or private provider. How often they should be conducted and for how long are the results valid are just a few questions that parents have when making such an important and potentially life altering decision. In this article, I will discuss a few reasons these two evaluation types can be helpful to your student as he or she ages and their needs change.

Medical evaluations, those typically conducted at the family's expense or paid in some percentage by the individual's insurance, are a series of test conducted

obtaining medically necessary or beneficial interventions, such as therapies (Speech, Occupational, Physical, Applied Behavior Analysis (ABA), and Rehabilitative) and medication based interventions. Once conducted, the findings of a medical evaluation are typically permanent and lifelong, persisting and present across all environments, even periods where the student does not display symptoms. Updates to medical evaluations may be required in order to continue receiving interventions services or materials. Families are encouraged to discuss timelines with your provider and/or insurance carrier. A copy of



by a medical or psychiatric provider. For the purpose of this article, I will also include a licensed psychologist in this category with the caveat that families can private pay for diagnostic testing through this type of provider as well and their testing may be both educational and medical. Oftentimes, the results of assessments conducted by these providers are notated in terms of ICD-10 codes and/or DSM-V diagnoses. ICD-10 Codes fall under the International Statistical Classification of Disease and Related Health Problems, a medical classification list by the World Health Organization. The DSM-V, also known as The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition is the 2013 update to the Diagnostic and Statistical Manual of Mental Disorders, the taxonomic and diagnostic tool published by the American Psychiatric Association. Additionally, results are utilized to aid the student in

your student's medical evaluation should be shared with school-based personnel, especially if it involves allergies, life threatening conditions, falls under the category Other Health Impaired (such as Attention Deficit Disorder (Combined or Hyperactive Type), as their results can influence the services or exceptionality for which a student is found to be eligible.

Educational evaluations, which are typically conducted by a school-based professional (e.g., Speech and Language Pathologist, Occupational Therapist, and Licensed School Psychologist), are utilized to determine if a student meets criteria for Exceptional Student Education (ESE). Such evaluations are conducted on school grounds and during school hours. Students do not need to travel to a private office or pay money to receive these evaluations. The findings are discussed at an ESE

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Eligibility Meeting and the Team, which includes the parent and in some cases the student, will discuss the student's strengths, weaknesses, and presentation both academically and behaviorally, as well as the variables of concern. At the conclusion of the Meeting, the Team will present a recommendation based on areas in which the student is found to be eligible for services under IDEA (Individuals with Disabilities Education Act). Some educational labels include Autism Spectrum Disorder (ASD), Deaf-Blindness, Orthopedic Impairment, Traumatic Brain Injury (TBI), and Emotional Disturbance (EBD), among others. The Team will then proceed with creating an Individualized Education Plan (IEP) for the student. The areas of eligibility are only applicable and relevant while the student is in school or participating in a school related activity. This label does not travel to other life or community-based activities and thus does not traditionally lead to other lifelong services or supports. The IEP Team must convene at least once annually to discuss the student's progress toward goals and to re-evaluate the related services and accommodations/modifications in place to aid the student in being successful. At the student's three year IEP Meeting, known as a Triennial, the IEP Team must discuss updated assessments and present such findings to the full IEP Team, which includes the parent and in some cases, the student.

The results of updated educational evaluations may alter the programs for which the IEP Team initially found the student to be eligible. In the event a school district presents assessment results that a parent does not agree with, the parent has the right to request an Independent Educational Evaluation (IEE) at the school district's expense. This evaluation must be conducted by the private provider of the parent's choosing and cannot be influenced by the school district other than the presentation and review of provider credentialing or licensing qualifications. The IEE is meant to be a nonbiased evaluation of the child, which may lead to the consideration of other educational labels, related services or supports by the IEP Team. Additional information regarding IEEs can be found in IDEA Section 300.502. The goal of the

IEE is to alleviate any concern from the parent with regard to the accuracy, thoroughness or applicability of the assessment(s) and the implications they have on their student.

As you can see, medical and educational evaluations are both valuable tools to have when considering educational and life services for a student. Many of their components overlap or may even seem redundant, but they truly complement each other when desiring to learn about the whole student and his or her needs across their lifespan. Keep in mind that a school district is not permitted to pressure or coax a family into obtaining a medical evaluation. If the ESE Eligibility Team finds that a medical evaluation is necessary, they are required to set forth a plan for the family at the school district's expense. The ESE Eligibility and IEP Team do not have to accept the findings of the medical evaluation, but they should allow proper time to review and discuss the report in detail in order to determine if the findings are educationally relevant and thus requiring interventions or supports while the student is in school.

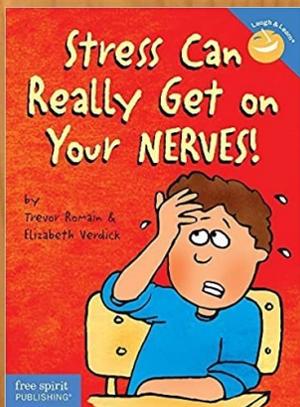
If you are a parent, student, or school related personnel and you would like additional training on this topic, please contact your local FDLRS-MDC at 904-633-0770.

References and Resources:

www.disabilityrightsflorida.org Disability Rights Florida – ESE Understanding the Eligibility Process
<https://sites.ed.gov/idea/regs/b/e/300.502> IDEA Section 300.502 Independent Educational Evaluation (IEE)



Now available in the CARD Lending Library:



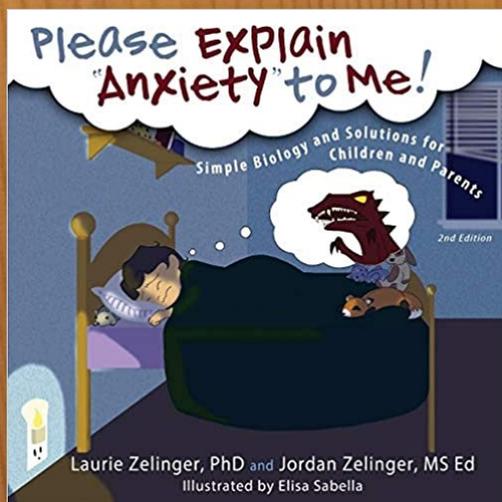
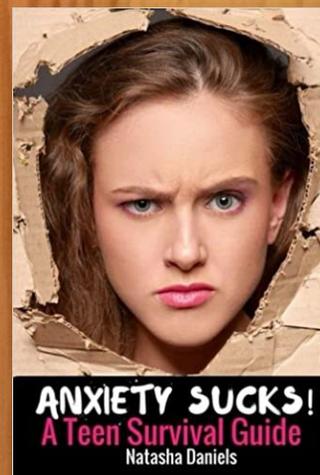
Stress Can Really Get on Your Nerves! *By Trevor Romain & Elizabeth Verdick*

Skipping school and kicking bricks are NOT good cures for stress. Stop being a worried wreck and start handling your stress. This book tells you how. Look inside to find: facts about stress, strange tales about stress, the worlds worst stress relievers, ways to be a Panic Mechanic and fix your own stress mess, and more.

Anxiety Sucks! A Teen Survival Guide

By Natasha Daniels

Is your anxiety kicking your child's butt? If they are 9 and up this book can help. Anxiety Sucks! A Teen Survival Guide is short and to the point. Designed to be short and to the point this book offers a death blow to the anxiety dictator living in their head. A book that will help teens develop skills to counterattack their "dictator" and show him who is boss.



Please Explain Anxiety to Me!: Simple Biology and Solutions for Children and Parents

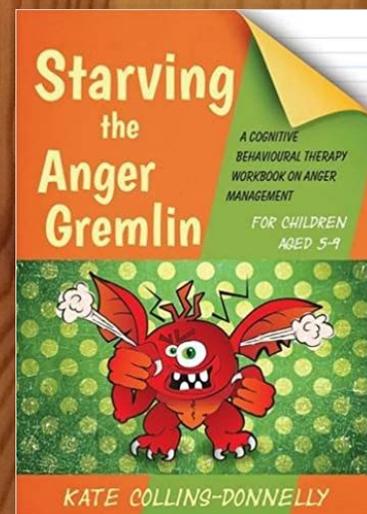
By Laurie Zelinger, Jordan Zelinger, & Elisa Sabella

This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. *Please Explain Anxiety to Me, 2nd Edition* gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves.

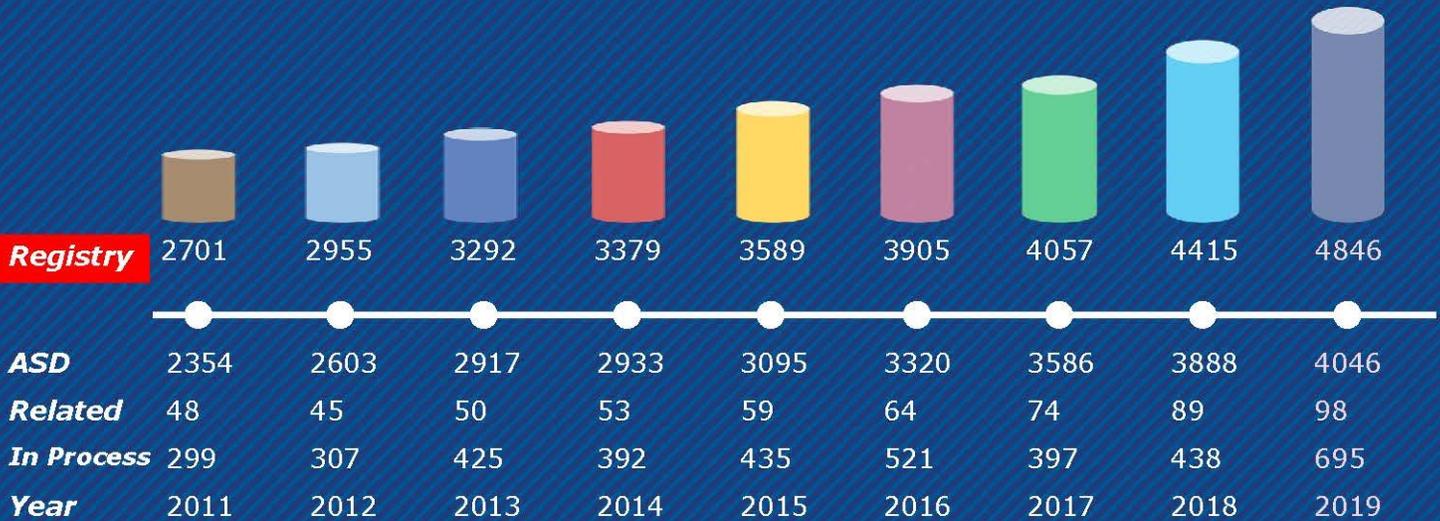
Starving the Anger Gremlin For Children Aged 5-9

By Kate Colling-Donnelly

Help children to understand and manage their anger with this fun and imaginative workbook. The Anger Gremlin is a naughty creature and his favorite food is your anger! The more anger you feed him, the bigger and bigger he gets and the angrier and angrier you feel! How can you stop this? Starve the Anger Gremlin of angry thoughts, feelings and behaviors, and watch him disappear! Based on cognitive behavioral principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – getting rid of their Anger Gremlins for good! Packed full of stories, puzzles, quizzes, and coloring, drawing and writing games, this is an excellent resource for parents or practitioners to use with children aged 5 to 9 years.



All items in the CARD Lending Library (including books, games, and movies) can be backed out at no cost to the family or individual. Ask at the front desk for more information.



Registry by Age

	2011	2012	2013	2014	2015	2016	2017	2018	2019
Age 0-2	130	118	60	16	29	31	30	91	107
Age 3-4	249	257	220	166	140	147	139	200	277
Age 5-15	1592	1705	1875	1880	1950	2016	1990	2015	2075
Age 16-21	431	493	682	769	824	937	991	1085	1210
Age 22+	299	357	431	24	631	760	894	1014	1162

Registry by County

	2015	2016	2017	2018	2019
Duval	2383	2568	2654	2867	3126
Clay	494	536	553	606	680
St. Johns	374	402	434	483	521
Flagler	138	155	158	171	194
Baker	34	41	41	45	50
Nassau	141	157	167	182	197

CARD-JAX Data 2019

	Contacts	Participants
Individual Direct Family Assistance	4509	7724
Technical Assistance	2192	5479
Trainings	117	1675
Support Groups	62	385
Public Awareness Events	20	1895