WALK NOW
Annual autism walk returns to Tempe Beach Park Nov. 1
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ALL DECKED OUT
After Hours Gallery auctions off artistic skateboard decks to raise funds for SARRC
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PLAY TIME
Thunderbirds Charities sponsors Play Village at SARRC’s main campus
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pump it UP!
SARRC teams up with the YMCA to pilot PowerWorks™ for teens with autism
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Monday, November 1, 2009
Tempe Beach Park
Arizona Walk Now for Autism Speaks 5K and 1 Mile Family-Fun Walk
Walker Registration/Resource Fair Opens at 8 a.m.

For help forming a corporate or family walk team, or for information about volunteering at the 2009 walk event, please contact Lyndsey Waugh with SARRC at (480) 220-4548.

Register Today:
www.walknowforautism.org/az

Together we’ll find the missing pieces.
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30 Break Out the Sneakers More than 10,000 people participated in last year’s Arizona Walk Now for Autism, the state’s largest autism awareness- and fund-raising event. This year, thousands more are expected to join the walk on Nov. 1 at Tempe Beach Park.

32 All Decks on Hand After Hours Gallery in Phoenix is coordinating an auction involving 200+ unique skateboard decks painted by local and national artists. To bid on one, visit www.allhandsondeck.org. Proceeds benefit SARRC.

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Your Thoughts

FRIEND Program a Success at Copper Ridge

I have been employed in the public education system for the past 15 years. The last four years have been as an administrator. It is well documented that for many students, recess can be a harrowing experience. Whether it is the unstructured environment, the lack of friends or the inability to initiate play, recess can create real feelings of fear and inadequacy for school-age children. As the Assistant Principal in charge of discipline for a public K-5 school, I have tracked the high number of office referrals that are initiated on the playground versus other areas of school.

Since the implementation of SARRC’s FRIEND® playground program, there has been a vast improvement in the number of office referrals for playground misbehavior. In my opinion, this can be traced to the fact that there is more structure on the playground and overall kinder behavior from the typical kids toward each other and toward the kids on the autism spectrum.

Of course there has been dramatic improvement with the children on the spectrum and their ability to initiate and participate in social activities. The FRIEND playground program has been a win-win situation for our students.

Nick Noonan, Assistant Principal
Copper Ridge Elementary School, Scottsdale Unified School District

Family Relocation Made Easier Thanks to SARRC

Our time at SARRC has been life changing for our family. I have to remind myself that almost a year ago when Juan was diagnosed he had no eye contact, no speech, he didn’t point, he couldn’t play appropriately with very many toys and he was lost. To see him now is truly amazing. We have our son back. He is a funny, smart and happy little guy. We now know how to work with him and how to handle most of his behaviors.

The teachers at the Community School are our heroes. I watched Juan the first few weeks at school have such a hard time. The teachers helped him and never gave up on him. When we move to Texas, I will miss all of you guys so much. I feel very confident that with all of the amazing tools you have given us to work with, Juan will do wonderful in Texas.

The Galvezes are ready to start a new chapter in our lives and we are forever grateful to have been a part of the SARRC family.

Tammy Neubay-Galvez
Phoenix, Ariz.

Vocational Program Makes a Difference

I just wanted to take a minute to thank you for all you have done with Cory as part of SARRC’s Vocational & Life Skills Academy. Our family is very excited about his job! He and Amy have enjoyed the outings and look forward to many more. I am so pleased with SARRC. You have given me some peace of mind regarding Cory’s life. I cannot thank you enough.

Jodi Kalman
Phoenix, Ariz.
For complete title and escrow services, Think Great. Think Great American.

We are proud to support the staff and volunteers of SARRC, which makes a world of difference in the lives of children with autism and their families.

Bruce E. Beverly
(602) 445-5529
beb@azgat.com

7720 N. 16th Street, Ste. 450 - Phoenix, AZ 85020
Opening Words

Letter from the Editor

Heavy Lifting

This summer, our son Matt was building muscle, improving his posture and using proper locker room etiquette, while making friends and having fun at the Lincoln Family Downtown YMCA. SARRC’s PowerWorksSM pilot program involved two four-week sessions that paired teens with autism with typically developing peer mentors.

Across the board, the results were impressive. One young man even lost 13 pounds during his four-week session. (Cutting out Oreos might have helped!) Beyond weight loss and muscle strengthening, these teens also strengthened their social skills and built the foundation for new friendships. Special thanks to Blue Cross Blue Shield of Arizona for supporting the expansion of this program and providing the opportunity to help build more healthy bodies and minds.

The Autism CommunityWorks® YMCA program represents another way we are helping prepare our children to build skills that support them at home, at school and in the community. We are grateful to this community for rallying around our families and children of all ages, accepting them for their abilities and respecting what it takes to navigate their disability. We also realize more needs to be accomplished as the number of children in the U.S. expected to need extensive adult services over the next 15 years totals more than 380,000, roughly equal to the populations of Tempe, Yuma, Flagstaff, Prescott and Payson combined.

Recently released statistics by the federal government have placed the incidence of autism at 1:100 children (ages 3-17) in the U.S. on par with reported rates in England, Japan, Sweden and Canada, representing an increase from the 2007 federal estimate of 1:150 children.

Our country and state urgently need to focus on new models of care. We need to design programs that help maximize their independence and engage them in productive daily living. We need accurate information on what constitutes appropriate evidence-based intervention and practice for adults, and standards of professional accreditation for direct-care staff. We need to reduce the annual turnover rate of caregivers, which exceeds 50 percent, and to promote greater professional interest in the provision of quality, effective services and support. We need federal legislation that supports individuals beyond the end of their 21st year and effective strategies for engaging the private sector in solutions.

SARRC is currently working with the Urban Land Institute (ULI) Arizona, Arizona State University and Advancing Futures for Adults with Autism (AFAA), a national collaboration of 10 autism organizations, to address these and other concerns, and create lifelong living opportunities for adults with autism.

Thanks to a grant from the Urban Land Foundation, made possible by Pivotal Foundation, SARRC has been studying existing long-term care options and hopes to advance best-practices models that engage the private sector and integrate housing for adults with autism (see page 37).

SARRC is also serving as one of 16 hosts in the U.S. for the virtual AFAA National Town Hall meeting. More than 1,000 stakeholders will engage in a dialogue that establishes priorities in the areas of housing, employment and community life, and Arizonans are invited to participate on Nov. 13 (see page 42).

Doing the heavy lifting together,

Denise D. Resnik

SARRC Co-founder, Development Chair
For the past 12 years, and its impact both locally and nationally, have been remarkable thanks to the generous support from our community. I feel fortunate to have been part of SARRC since 2000, first as a family impacted by the disorder, then as a donor and active volunteer, and now as board chair.

Today’s challenging economic times are seriously impacting the large number of children, adults and families who rely on SARRC every day. They rely on program scholarships or heavily subsidized programs that SARRC works hard to support through its limited financial resources. They rely on vocational training, employment opportunities and a paycheck that comes from a job well done. And they rely on hope for a better and more promising future.

SARRC’s board and senior leaders have done an impressive job tightening the belt and ensuring maximum impact for each dollar spent. However, with increased demand combined with the reduction in philanthropic and government program support, SARRC is being challenged to maintain all of its programs at the same level.

We’re working on solutions. We’re forging new collaborations and doing our best to provide support for individuals with autism and their families. And we need your help. This issue of Outreach reports on ways you can Make Your IMPrint on Autism®. Tickets are now being sold to the 9th annual Beauty of the Bonzer benefit concert, sponsored by Outback Steakhouse, and hosted at U.S. Airways Center on Oct. 17. Walkers and corporate walk teams are gearing up for SARRC’s largest event of the year, Walk Now for Autism Speaks, which will be held at Tempe Beach Park on Nov. 1. Through All Decks on Hand, you can bid on one-of-a-kind artistically designed skateboards from Nov. 6 through Dec. 4. Also, KTAR’s 3rd annual radio fundraiser, Action for Autism, is scheduled for March 2010. Now is the time to get involved. Please mark your calendars for SARRC’s 12th Annual Community Breakfast at the Arizona Biltmore on April 29, 2010.

My son Tyler will be 11 in a few months, and he has greatly benefited from SARRC’s services and impact on our community. SARRC’s involvement in advancing supportive public policy to help individuals with autism and in establishing more services for the entire autism community have had positive impacts on Tyler’s life and given our family more confidence in his future.

SARRC is blazing a trail to make life easier for all of the families in Arizona, including mine. Thank you for standing with us during these challenging times.

Sincerely,

Howard Sobelman
SARRC Chairman
Board of Directors

Despite challenging times, SARRC continues to provide essential autism-related programming to families in need
Steven's Law Goes Into Effect

Effective July 1, 2009, many insurance companies are now required to provide coverage for the diagnosis and treatment of autism spectrum disorders (ASDs), including autism, Asperger’s syndrome and Pervasive Developmental Disorder, also known as PDD-NOS. Services covered include Applied Behavioral Analysis therapy (ABA), as well as occupational, speech and physical therapy.

For a step-by-step guide to assist you in finding out whether your child is eligible for coverage under this new law, please visit www.azautism.org.

New Insurance Reform Bill Introduced in House and Senate

Both the U.S. Senate and House of Representatives have introduced new legislation designed to put an end to autism insurance discrimination. The Autism Treatment Acceleration Act (ATAA) requires that health insurers cover the diagnosis and treatment of autism spectrum disorders, including Applied Behavior Analysis (ABA) therapy.

At present, only 10 states have enacted autism insurance reform legislation, including Arizona. If passed, the federal bill will supersede all state laws and become the “floor” requirement for all insurance companies. States will still have the ability to pass laws enhancing the federal requirements.

To make your voice heard or to find out more, visit www.autismvotes.org/ATAA.

SARRC Board Member Honored at ‘Art of Giving’ Reception

SARRC Board Member Christine K. Wilkinson, Ph.D., senior vice president and secretary of Arizona State University, was one of three women honored by the Asian Pacific Community in Action for her outstanding contributions to the Asian and Pacific
Islander community in Maricopa County. Two hundred community members, government officials and healthcare providers attended the annual reception at the Phoenix Art Museum this summer. Wilkinson was recognized primarily for her healthcare activities through the Valley of the Sun United Way.

Recent Grants to SARRC

SARRC is grateful for the support of many generous community organizations. The following grants were received between January and July 2009 for SARRC programs:

- UNION PACIFIC FOUNDATION – SARRC Community School
- KNIGHTS OF COLUMBUS – SARRC outreach programs
- CITY OF PHOENIX - CITY DEVELOPMENT BLOCK GRANTS (CDBG) – SARRC’s Vocational & Life Skills Academy (VLSA) facilities improvement
- TODDS FOODS/HEINZ – JumpStart®
- PHOENIX SUNS CHARITIES – SARRC Community School
- SOROPTIMISTS INTERNATIONAL OF CAMELBACK – SARRC outreach programs
- USAA FOUNDATION – JumpStart®
- WELLS FARGO COMMUNITY PARTNERS – SARRC/Whispering Hope Ranch teen summer camp
- EMPLOYEES COMMUNITY FUND OF BOEING MESA—JumpStart®
- COX CHARITIES — FRIEND® Program
- DANIEL JORDAN FIDDLE FOUNDATION– Vocational program scholarships
- HALLE FOUNDATION/DISCOUNT TIRE — SARRC’s educational programs
- JP MORGAN CHASE—Autism CommunityWorks®
- MORGAN FAMILY FOUNDATION—General support of SARRC’s programs
- US AIRWAYS CORPORATE FOUNDATION—SARRC’s Remote Parent Training Program
- US AIRWAYS EDUCATION FOUNDATION—SARRC Community School
- BLUE CROSS BLUE SHIELD – SARRC’s PowerWorks®
Rachel McIntosh

Q. What is your role at SARRC?
A: I’m the Community School and JumpStart® Director, and I oversee SARRC’s Hispanic outreach efforts. That may sound very important and glamorous, and sometimes it is. Of course, there are the times when it’s not so glamorous, like when a teacher grabs me and says, “There’s been a potty accident!” and I learn very quickly how to use a steam vac. I do a little bit of everything, but most of all I teach, I learn, I laugh, I cry and I get to go home at night saying, “I love what I do!”

Q. What do you enjoy the most about working with the children?
A: It is hard to pinpoint one thing in particular that I like most about working with children with autism. I love it all! From their brutal honesty (a child looking at me while I’m running a one-on-one session and saying, “Rachel, is this speech or something?!”) to their unconditional love (a little one once told me, “Jenny’s heart was hurting her today and you can’t put a Band Aid on it so I gave her a hug to make it better. Did her heart bleed?”), the kids are a constant source of joy and learning that make coming to work everyday an absolute delight.

Neil and Lynn Balter

Ever since Neil and Lynn Balter’s son, Jack, was diagnosed with autism in 2005, the two have been deeply involved with autism causes. Not willing to just sit by, Neil and Lynn devote their time and resources to raise money and awareness because, as Neil says, “It’s the right thing to do. It is what it is with Jack, but we are fighting for the next generation – our grandchildren and the future.”

The work that Neil and Lynn do with newly diagnosed families is especially close to their hearts. They provide these families with hope by letting them know the world may change, but it doesn’t end. “Life goes on and is still filled with great experiences,” Neil says.

The Balters have raised more than $500,000 for autism charities, including SARRC, and were instrumental in bringing Walk Now for Autism to Arizona. Neil and Lynn continue their involvement with the 2009 Walk Now for Autism Speaks and, for the fourth year, Neil is serving as the chair of the volunteer committee.
Sutton Strokes for Little Folks

Daron Sutton, the voice of the Arizona Diamondbacks, and his wife, Kristin, hosted the 4th Annual Sutton Strokes for Little Folks Golf Tournament at the Whisper Winds Golf Club in late spring. Created by Rob and Kym Feidler in honor of their son, this year’s event saw 144 players turn out to enjoy the beautiful day, camaraderie and competition. Thanks to sponsors Gila River Casino, the Arizona Diamondbacks, Whisper Winds Golf Club, KTAR, Northern Trust, Peter Piper Pizza and Agents4Autism, more than $25,000 was raised to benefit SARRC. For updates on next year’s event, please visit www.suttongolf.org.

Denise Resnik Receives OAR’s Jae Davis Memorial Award

The Organization for Autism Research (OAR) recently named Denise D. Resnik, SARRC co-founder and board member, as the 2009 recipient of the prestigious Jae Davis Memorial Award for Community Service. Established in 2004 in honor of Jae Davis, the mother of a child with autism and a committed advocate for individuals with autism spectrum disorders who lost her battle with cancer in 2003. The award recognizes individuals, like Jae, whose actions serve to enhance the quality of life for those affected by autism.

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Cox Communications Arizona

At Cox Communications Arizona we are committed to being the most trusted provider of communication services. We strive to honor this by constantly building, strengthening and investing in our network, business operations and our employees and the communities we serve.

There are many ways we are realizing our trusted provider goal in Arizona – from Cox Charities and our employees’ support of non-profits in the community to an increased focus on diversity with the launch of Su Vida, a program on Cox7-AZ highlighting Hispanic culture, to our own employees banding together to create Project TWIG, a recycling program focused on turning local waste into growth.

Since Cox Charities’ inception in 1996, more than $2 million in grants have been awarded to non-profit organizations that impact our community primarily through youth education programs.

For more information about Cox services visit: cox.com/arizona
Summer Camp at Whispering Hope Ranch

This summer, 40 teens unpacked their sleeping bags, put their hesitations aside and geared up for an adventurous four days and three nights at Whispering Hope Ranch in Payson, Ariz.

Teens with ASDs, alongside their typically developing peers, rotated through different camp activities, including horseback riding, bocce ball, soccer, animal interaction, crafts and nature exploration. The camp focused on developing social skills and building relationships. Typical peers served as mentors and role models, and helped the teens with ASDs learn how to develop lasting friendships. When it was time to go home, there were lots of tears and long goodbyes, which spoke volumes about the special friendships that were formed during their time together.

SARRC is grateful to Wells Fargo Community Partners for making the camp program possible.

We are proud to support the Southwest Autism Research & Resource Center

and salute its efforts to promote awareness and provide resources for the education and empowerment of individuals with ASDs.

On behalf of our son, Benjamin - 5 years old, we thank you for your love and support of our family and those families like us in the Valley.

Shaun and Jamee Klein

Shaun M. Klein is a partner in our Phoenix office.

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A Bright Future is never too much to ask

Proud to support the Southwest Autism Research & Resource Center

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SARRC Wins Outstanding Achievement in Marketing

SARRC recently received the 2009 Be More...Informed award for outstanding achievement in marketing at the Eight Be More Awards™ Luncheon and Awards Ceremony. SARRC is honored to receive this prestigious award and congratulates the other nonprofits on their outstanding accomplishments:

Waste Not: Be More...Unstoppable and Be More...Brilliant
UMOM New Day Centers: Be More...Entertaining
Highlands Center for Natural History: Be More...Knowledgeable
Free Arts of Arizona: Be More...Creative

Girl Scouts—Arizona Cactus-Pine Council: Be More...Humble
Kitchen on the Street: Be More...Encouraged

VLSA Participants Get to Know Metro Light Rail

Arizona Republic senior reporter Sean Holstege escorted seven of SARRC’s Vocational & Life Skills Academy (VLSA) teens and adults along with VLSA staff on a trip aboard Phoenix’s new Metro Light Rail. Holstege taught the group how to purchase tickets and read a train schedule prior to boarding the train at the Montebello and 19th Avenue station. The group stopped in Tempe and grabbed a bite to eat before making the trip back to Phoenix.

SARRC would like to say thank you to our friends at FASTFRAME for their continued support.
Giving Back

Four Corporate Donors Who Make a Difference

BY NANCE WICKINS

Company: The Williams Real Estate
Owner: Dan Williams
Contact: (480) 686-9899 or thewilliamsre.com

Dan Williams and Thuy Pham hosted the grand opening of their philanthropic real estate business, The Williams Real Estate Company, in the height of the recession. But they possess an unabashed confidence because they’ve proven that community support is the foundation of their business model. Their company’s first order of business: get involved in the community. Williams and Pham have already donated $300,000 to local nonprofits through their real estate transactions and have hired 45 agents pledging their own community support. The company is on track to double by 2010. Williams says, “Our agents are happy because they’re focused on more than real estate. They’re focused on our community.”

Agents are encouraged to develop long-term relationships with community organizations through volunteering and financial support. Colin Friedman and Charity Larson are Williams agents who’ve declared SARRC as their charity of choice. “Autism has a special place in our family and we’re eager to make a difference through our support and real estate businesses,” Friedman says.

Company: AccuTemp Refrigeration
Owner: Kevin McCarthy
Contact: (602) 957-3745 or accutempaz.com

Impressed with SARRC’s work and impact on the community, Kevin McCarthy and AccuTemp jumped at the opportunity to partner with SARRC during KTAR’s Action for Autism on-air radio fundraiser. “Children and adults with autism face a multitude of challenges. We feel good about doing what we can to assist SARRC in creating a brighter future for children with autism and their families.” says McCarthy. “and we began talking internally about what we could do to continue our involvement.”

One way AccuTemp continues its support is by donating $250 to SARRC for every new air conditioning system purchased between now and Dec. 31. If you’re looking to replace your air conditioning system, simply show a copy of this magazine to the AccuTemp representative when placing your order.
Back in 1995, when Rose Arck founded Arck Corporate Services (ACS), a corporate real estate and development consulting firm, she called Denise Resnik & Associates to help her put together a marketing plan. When Arck met with Resnik, she was struck by a photograph of Resnik’s son Matthew. “Back then, SARRC was just a dream in a box,” says Arck.

Inspired to help make the dream a reality, Arck worked alongside Resnik’s father, Herb Dreiseszun, to get SARRC’s first 1,800-square-foot center built out and furnished. After about six months, SARRC’s first location at 10th Street and McDowell in Phoenix was ready for occupancy. Arck says, “Every individual has a right to be the best they can be and I like to work with organizations that contribute to that.” She remains committed to SARRC and its mission and is an active member of SARRC’s board of directors.

Arck continues to actively support SARRC with its real estate concerns and so much more. From its 18,000-square-foot Campus for Exceptional Children to the recent opening of its 10,000-square-foot Vocational & Life Skills Academy, Arck is contributing to make SARRC’s dreams come true.

“Every individual has a right to be the best they can be and I like to work with organizations that contribute to that.”

In April, Susan Brooks contacted SARRC to share the news about Cookies From Home’s new gluten-free cookie line. Initially Susan was simply looking to promote her new cookies, but what she found was an opportunity to partner with SARRC’s CulinaryWorks™ program. Cookies From Home’s “dessert” was the perfect pairing for the program’s gourmet meal on the go featuring SARRC’s signature soups.

In addition, Brooks provides employment opportunities for SARRC’s young adults and hopes to hire more of SARRC’s young adults and grandparents to help during the busy holiday season.

“Giving is what makes us rich. After arriving here from Athens, Georgia, 29 years ago with two small children and everything we owned packed into two U-haul trucks, the community opened its arms and welcomed us.”

For a sample of what Cookies From Home has to offer, stop by their gift and coffee shop, located at 1605 W. University Drive, Suite 106, in Tempe between 8 a.m. and 5 p.m. Monday through Friday.
Feeding Issues

BY LORI VINCENT, M.ED., BCBA

Why is my child with autism only eating a few different types of foods?

There are many reasons a child with autism may have a limited diet. First, look into potential medical causes that might be at the root of your child’s food selectivity. If your child is gagging, choking or coughing while eating, this might be a sign that the problem is medical. If medical causes are ruled out, your child might have sensory issues with certain foods. Some children with autism have a sensory aversion to crunchy foods, slimy foods, red foods, etc. If sensory issues are not the cause of your child’s limited diet, your child may have learned that if he does not consume certain foods, he will have access to more preferred foods (the few items your child will consume). If your child is having difficulty consuming a variety of foods, it is best to consult with an expert to determine the reasons behind your child’s food selectivity.

Who should I refer to if my child won’t eat?

The first person you should refer to is a doctor. It is important to rule out any medical causes for your child’s feeding issues before trying any behavioral interventions. When referring to your doctor, you may want to ask for information on a feeding therapist who specializes in working with children with autism. If your child has a limited diet due to sensory aversion or learned behavior, you may want to consult with a behavior analyst who has experience working with children with food selectivity issues. Additionally, a great local resource on feeding issues is POPSICLE Center (www.popsiclecenter.org or 602-222-6222).

If my child has learned to be a selective eater, what can I do to change the behavior?

There are some simple changes that can be made within mealtime routines that may increase your child’s food repertoire. It is important to always make mealtime a positive experience. Reinforcement should be provided (access to preferred foods, activities, toys, praise, etc.) immediately upon trying a new or less preferred food. For some children, reinforcement may need to be provided for simply tolerating new foods being present during mealtime. Your child may be more willing to try new foods if they are similar to the foods they already consume. Try starting with the same food item but a different brand. Choices between less preferred foods may also increase a child’s willingness to try a different food. If these small changes in mealtime routine are not increasing the number of foods your child consumes, a more intense intervention may be needed with the support of a trained behavior analyst.
Problemas de Alimentación

POR LORI VINCENT, M.ED., BCBA

¿Por qué es que mi niño con autismo solo quiere comer ciertos alimentos?

Hay muchas razones por las cuales un niño con autismo podría tener una dieta limitada. Primero, investigue para averiguar si existe alguna condición médica que podría causar que su niño solo quiera comer ciertos alimentos. El problema podría ser médico. Si su niño sufre de náuseas, se ahoga o tose cuando come. Si se determina que la causa no es médica, su hijo podría tener problemas sensoriales con ciertas comidas. A algunos niños con autismo les da asco comer comidas crujientes, comidas viscosas, alimentos rojos, etc. Si los problemas sensoriales no son la causa de la dieta limitada, su hijo tal vez se ha dado cuenta que si se rehúsa a comer lo que no le gusta, se le ofrecerán comidas favoritas (de las pocas que prefiere comer). Si su niño tiene dificultad consumiendo una variedad de comidas, es recomendable ver a un experto para determinar la causa.

¿A quién debo consultar si mi niño no come?

La primera persona que debe consultar es un médico. Es importante determinar que los problemas de alimentación de su hijo no son por alguna causa médica antes de intentar terapias de cambio de comportamiento. Cuando hable con su doctor, podría pedir una recomendación para un terapeuta de alimentación que se especializa en trabajar con niños con autismo. Si su niño tiene una dieta limitada por problemas sensoriales o comportamientos que haya aprendido, podría consultar a un analista de comportamiento que tenga experiencia trabajando con niños que tienen dietas limitadas. Además, la organización POPSICLE Center es un excelente recurso local para solucionar problemas de alimentación (www.popsiclecenter.org o 602-222-6222).

¿Si mi niño ha aprendido a rechazar ciertas comidas, que puedo hacer para cambiar su comportamiento?

Hay cambios sencillos que se pueden hacer durante la rutina de la hora de la comida que pueden incrementar el reportorio de comidas que su hijo está dispuesto a comer. Es importante que le hora de la comida siempre sea una experiencia positiva. Se deben ofrecer recompensas o premios (acceso a comidas favoritas, actividades, juguetes, elogios, etc.) inmediatamente después de probar la comida nueva o menos preferida. Para algunos niños, se podrían necesitar recompensas simplemente por tolerar alimentos nuevos durante la hora de la comida. Su niño podría estar más dispuesto a probar alimentos nuevos si son similares a los alimentos que ya consume. Empiece probando con el mismo alimento pero de diferente marca. Dándole a escoger entre dos comidas menos preferidas a su hijo también podría incrementar la posibilidad de que su niño pruebe una comida nueva. Si estos cambios pequeños durante la rutina de la hora de la comida no están incrementando el número de alimentos que su hijo consume, una intervención más intensa con el apoyo de un analista de comportamiento capacitado podría ser necesaria.
Research Snapshots

BY SHARMAN OBER-REYNOLDS, MSN, C-FNP, CCRP, SARRC RESEARCH COORDINATOR

Early Childhood Services Selects Openden as Editor of Special Issue

SARRC Vice President and Clinical Services Director Daniel Openden, Ph.D., BCBA-D, recently served as the editor of a special issue of *Early Childhood Services: An Interdisciplinary Journal of Effectiveness*. The issue, “Interventions for Reducing Problem Behavior and Improving Socially Appropriate Behavior in Young Children,” focuses on managing the behavior of young children who are developing typically, atypically and/or those at-risk.

The authors of each article, including Philip Strain, Lee Kern, Amanda VanDerHeyden, Michael Morrier and Gail McGee, were invited by Openden to submit their manuscripts, which were then subjected to peer review coordinated and accepted by Openden based on the reviews. *Early Childhood Services* is primarily designed to provide information to early childhood service providers. To order a copy, visit www.pluralpublishing.com/journals_ECS.htm.

Current Research Projects

**Now Enrolling Participants for ConnectMe Clinical Research Trial for Autism**

A review from a treating physician and small, uncontrolled trials published in 2004 and 2006 suggested a potential for clinical improvement in the core symptoms of autism following treatment with an investigational medication. The goal of the ConnectMe clinical trial is to test these findings in a well-controlled and unbiased manner.

This study will determine if the investigational medication is safe, tolerable and effective in treating core symptoms of autism in children ages 6 to 12 years old. It will also help researchers better understand how the investigational medication is distributed in a child’s body.

The study lasts approximately three and a half months. During this time, the same caregiver will need to accompany the child to each scheduled visit. There are eight clinic visits, occurring about once every two weeks. If participating in the study, your child will receive comprehensive study-related evaluations and will be closely monitored by physicians in the field of autism at no cost. Half of the participating children will receive the investigational medication and
Families Needed for SARRC/TGen Genetic Study

In late 2003, SARRC forged an unprecedented research collaboration with the Translational Genomics Research Institute (TGen) to conduct one of the largest and most comprehensive genetic and molecular studies on autism. Building on this collaboration, SARRC and TGen hope to characterize the different ways that autism may present and link these presentations to specific components in the blood.

Because some autistic traits may be expressed in other family members, this study will include information collected from the immediate family. Researchers will be comparing typically developing children to children with autism to investigate genetic differences. The aim of this study is to ultimately better understand factors that may trigger autism.

Participants will be asked to complete a series of interviews and questionnaires, cognitive tests, medical evaluations, observational assessments and provide a small blood sample.

AGRE Database Facilitates Autism Research

SARRC continues to collaborate with the Autism Genetic Resource Exchange (AGRE), funded by Autism Speaks, to further the investigation of genetic vulnerability to autism. The goal of AGRE is to facilitate more rapid progress in the identification of the genetic underpinnings of autism spectrum disorders by making all research data available to the entire scientific community to access.

More than 100 research articles citing the AGRE database have been published. SARRC has partnered with AGRE in order to make this research more easily available to families living outside the greater Phoenix area.

Participation in this new collaboration with AGRE will allow your family to be part of a national registry. The knowledge gained from this study may assist in the early diagnosis of autism and lead to more effective treatments for the disorder.

Participants will need to complete a series of interviews, cognitive tests, medical evaluations and provide a small blood sample.

Please contact a SARRC research coordinator for additional information about participation in any of these research projects:
Sarah Brautigam, MPH: (602) 218-8196
sbrautigam@autismcenter.org
Sharman Ober-Reynolds, MSN, C-FNP, CCRP: (602) 218-8225 soberreynolds@autismcenter.org
Remembering Edward (Ted) Carr

Researcher’s work positively impacted SARRC programs

BY DANIEL OPENDEN, PH.D., BCBA-D

“...could never go back there,” Edward “Ted” Carr said.

During the last in-person meeting I had with Ted before he died, I told him that the state hospital where he was employed during his postdoctoral work in the early seventies, a hospital that used aversive—if not cruel—forms of punishment and was eventually shut down, had reopened recently as a California State University campus. While Ted was pleased with the news, he was so affected by the inhumane ways in which people with severe disabilities were treated that he knew he could never bring himself to visit what was now an institution for higher learning.

This past summer, the autism community lost an autism expert, colleague and friend. Dr. Edward (Ted) Carr, Leading Professor in the Department of Psychology at State University of New York, Stony Brook, and his wife, Ilene Wasserman, were killed when a drunk driver struck their car not far from their home in Long Island.

Ted’s experience in the state hospital shaped his career as he began working with many other pioneers in the field who were all committed to developing a technology of nonaversive behavior support. It was as if Ted and his colleagues knew then that there was a better way for handling even the most severe forms of problem behavior, and then spent their careers doing research to prove it.

Indeed, Ted’s work has had an impact on what we do every single day at SARRC with children, adolescents and adults. Here are just some of the numerous ways he has impacted our organization:

Ted contributed to the “Me Book” that laid the foundation for early intensive behavioral intervention (EIBI). Many of those procedures are present in SARRC’s JumpStar®, Community School and in-home intervention programs.

Ted studied and articulated how severe forms of problem behavior—such as aggressive and self-injurious behaviors—were functional for individuals with disabilities, particularly those who did not have a more effective way for communicating their needs. In each of our clinical programs at SARRC, we take a functional approach to addressing problem behavior and have no use for the aversive interventions Ted witnessed in his
early days at that state hospital.

Perhaps one of Ted’s greatest contributions to the field was the work he did on functional communication training (FCT) with V. Mark Durand, a student of Ted’s who continues to have one of the most distinguished careers in the field. Together, they built on Ted’s earlier work on functions of behavior and began teaching individuals with disabilities to communicate appropriately instead of engaging in problem behavior.

For instance, instead of throwing a tantrum to get attention, individuals can be taught to say, “Look at me” or “Excuse me,” and instead of hitting to escape a difficult task, individuals can be taught to ask, “Can I have a break?” Their work showed that if we teach an appropriate way to communicate that matches the function of the problem behavior, problem behaviors rapidly decrease. Every program offered at SARRC relies extensively on FCT to eliminate problem behaviors and increase socially appropriate behaviors.

As one of the developers of positive behavior support (PBS), Ted understood that problem behavior was not the result of defective individuals, but of defective environments. When environments—and the people in those environments—are improved, problem behaviors decrease as appropriate behaviors increase. This thinking shifted our focus from a reactive approach to problem behavior to a preventative approach. SARRC works with families, schools and communities to modify environments in a way that promotes positive behaviors.

Ted understood how setting events impact behavior. Setting events may be related to the environment (e.g. changes in schedule or routine) or the individual (e.g. hunger or fatigue) and can influence behavior in either a positive or negative way. In one of my favorite studies, Ted demonstrated how rapport with staff influenced the work performance of individuals with disabilities: staff with good rapport saw better performance. More recently, Ted began describing medical problems that may be painful for individuals with autism as setting events for problem behavior. Ted argued that if we could better address medical problems and reduce pain in individuals with autism, they may be more responsive to behavioral interventions. SARRC staff pay special attention to the setting events that may influence the behavior of individuals with autism and we adjust our treatment programs accordingly.

For the last several years, Ted wrote and spoke frequently about the importance of addressing quality of life. He felt strongly that one of the most important variables that influences quality of life is happiness, and that increased attention needed to be directed toward ensuring individuals with autism were happy. As SARRC continues to view autism from a lifespan perspective and expand into providing services for adolescents and adults with autism, we will remain focused on the goal of addressing quality of life for individuals with autism and their families.

Ted Carr was one of my research heroes as a young graduate student. As we mourn the loss of an accomplished researcher and leader in our field, we also mourn the loss of an exceptional individual, one whose guidance and support I will forever cherish. As I reflect on his accomplished career and on the amazing gifts he leaves behind, I understand why Ted never wanted to return to that state hospital. Thanks to Ted, neither do we.

Daniel Openden, Ph.D., BCBA-D, is SARRC’s Vice President and Director of Clinical Services.
Recordando a Edward (Ted) Carr

Sus investigaciones tuvieron un impacto positivo en los programas de SARRC

DANIEL OPENDEN, PH.D., BCBA-D

 Nunca podría regresar ahí, dijo Ted Carr. Durante la última reunión que tuve en persona con Ted antes de que falleciera, le dije que el hospital estatal donde él trabajó durante su pos doctorado a principios de la década de los setenta, un hospital que utilizaba castigos negativos, y hasta crueles, que eventualmente se cerró, había vuelto a abrir sus puertas como un campus de la Universidad Estatal de California.

El 20 de junio de 2009, la comunidad del autismo perdió a un experto, colega y amigo. El Dr. Edward (Ted) Carr, Profesor Líder en el Departamento de Psicología en la Universidad estatal de Nueva York en Stony Brook, y su esposa, Ilene Wasserman, fallecieron cuando un conductor ebrio impacto su auto cerca de su casa en Long Island.

La experiencia de Ted en el hospital estatal, forjó su carrera al empezar su trabajo con muchos otros pioneros en el campo, quienes estaban comprometidos a desarrollar técnicas de apoyo de comportamiento que no fueran negativas. Era como si Ted y sus colegas supieran en ese entonces que había una manera mejor de manejar hasta las formas más severas de comportamientos problemáticos, y luego pasaron sus carreras haciendo investigaciones para comprobarlo.

De hecho, el trabajo de Ted tuvo un impacto en lo que hacemos con niños, adolescentes, y adultos todos los días en el Centro de Investigaciones y Recursos de Autismo del Suroeste (SARRC). Aquí tiene algunas de las muchas maneras que ha impactado a nuestra organización:

Ted contribuyó al libro Me Book o Libro Sobre Mi el cual fue la fundación de intervención intensiva temprana de comportamiento (EIBI por sus siglas en inglés). Mucho de esos procedimientos están presentes en los programas JumpStart®, Escuela Comunitaria e programas de intervención en casa de SARRC.

Ted estudió y explicó cómo las formas severas de comportamientos problemáticos como agresión y comportamientos auto-destructivos funcionan para individuos con discapacidades, especialmente para aquellos que no tienen una manera más efectiva de comunicar sus necesidades. En cada uno de nuestros programas clínicos en SARRC, tomamos una técnica funcional para asesorar comportamientos problemáticos y no necesitamos las intervenciones negativas que Ted observó en el hospital estatal cuando iniciaba su carrera.

Tal vez una de las contribuciones más importante de Ted fue su trabajo en el entrenamiento de comunicación funcional (FCT por sus siglas en inglés) con V. Mark Durand, un estudiante de Ted quien tiene una de las carreras más distinguidas en este campo. Juntos, continuaron con el trabajo anterior de Ted en el área de funciones de comportamiento y empezaron a enseñar a individuos con discapacidades a comunicarse adecuadamente en vez de utilizar comportamientos problemáticos. Por ejemplo, en vez de...
hacer un berrinche para obtener atención, las personas se pueden entrenar a decir, "Mírame" o "Perdón", y en vez de pegarle a alguien para escaparse de una tarea difícil, se les puede enseñar a decir, Necesito un descanso. Su trabajo demostró que no es necesario depender exclusivamente en procedimientos de castigo para terminar con comportamientos problemáticos. De hecho, si enseñamos una manera apropiada de comunicación que reemplaza la función del comportamiento problemático, los comportamientos no deseados disminuyen rápidamente. Todos los programas ofrecidos en SARRC dependen exclusivamente de la técnica FCT para eliminar comportamientos problemáticos e incrementar comportamientos adecuados socialmente.

Como uno de los autores del apoyo de comportamiento positivo (PBS por sus siglas en inglés), Ted entendió que el comportamiento no era el resultado de personas con defectos, sino de ambientes defectivos. Cuando los ambientes—y las personas en esos ambientes—mejoran, los comportamientos problemáticos disminuyen y los comportamientos adecuados aumentan. Esta manera de pensar cambio nuestro enfoque de una técnica reactiva a una preventiva. SARRC trabaja con familias, escuelas y comunidades para modificar ambientes de una manera que promueve comportamientos positivos.

Ted comprendió como los eventos antecedentes impactan el comportamiento. Los eventos antecedentes podrían ser relacionados al ambiente (por ejemplo cambios en el horario o la rutina) o el individuo (por ejemplo hambre o cansancio) y pueden influenciar el comportamiento de una manera positiva o negativa. En una de mis investigaciones favoritas, Ted y uno de sus estudiantes graduados demostraron como una buena relación con el personal tiene una influencia en el desempeño de individuos con discapacidades: el personal con mejor relación vio mejor desempeño de trabajo. Más recientemente, Ted empezó a describir problemas médicos que podrían causar dolor a individuos con autismo como eventos antecedentes que causan comportamientos problemáticos. Ted argumento que si podemos asesorar los problemas médicos y reducir el dolor de individuos con autismo, podrían responder mejor a intervenciones de comportamiento. El personal de SARRC pone mucha atención a eventos antecedentes que podrían influir el comportamiento de individuos con autismo y adaptamos nuestros programas de acuerdo a sus necesidades.

En años recientes, Ted escribió e hizo presentaciones muy seguido sobre la importancia de la calidad de vida. Estaba convencido de que uno de los variables más importantes que tiene influencia sobre la calidad de vida es la felicidad, y que se necesitaba dirigir más atención para asegurar que las personas con autismo estén felices. En un discurso que Ted dirigió a la Conferencia de 2007 de la Sociedad de Autismo de América (ASA por sus siglas en inglés), Elena Pollard, Coordinadora de Investigaciones de SARRC, recordó su respuesta cuando se le preguntó por un consejo de todo lo que había aprendido durante su carrera: Cuando las personas están contentas, explicó Ted, se portan mejor. Mientras SARRC continúa a ver el autismo desde una perspectiva a lo largo de la vida, e incrementamos servicios para adolescentes y adultos con autismo, permaneceremos enfocados en tomar en cuenta la calidad de vida de personas con autismo y sus familias.

Ted Carr era uno de mis investigadores héroes cuando yo era un joven estudiante de doctorado. Después de que termine mi título, me relacioné con Ted a través de correos electrónicos y reuniones en varias convenciones. Mientras sentimos la pérdida de un distinguido investigador y líder en nuestro campo, también sentimos la pérdida de una persona excepcional. Su orientación y apoyo siempre serán apreciados. Mientras reflexiono sobre su distinguida carrera y los obsequios maravillosos que nos dejo, entiendo porque Ted nunca quiso regresar al hospital estatal. Gracias a Ted, nosotros tampoco.

Daniel Openden, Ph.D., BCBA-D, es Vicepresidente de SARRC y Director de Servicios Clínicos.
Jayne Newmark has gotten used to urging her teenage son to participate in the social activities most teens can’t seem to get enough of. Kevin, who is 17 and is on the autism spectrum, would much prefer the safe confines of his own home rather than wade into the unknown waters of group activities, conversations with strangers and crowds. So, when Newmark found out about the new summer program the Southwest Autism Research & Resource Center (SARRC) was piloting at her local Phoenix YMCA, she dug in and persuaded Kevin to give it a try.

Reluctantly, he did. When Newmark dropped him off, the teenager slumped inside with his head hung down. But when she picked him up at the end of the day, he came out wearing a beaming smile and immediately asked if he could get there early the next day. “I had no trouble getting him to go every day; he just loved it,” Newmark says. “It made me so happy and relieved that he found something he really enjoyed, and it was a joy to see him get so excited.”

**A Summer to Remember**

The program was introduced to youths this summer as a pilot called PowerWorks SM under SARRC’s YMCA-Autism CommunityWorks® partnership. Two four-week sessions were held at the Lincoln Family Downtown YMCA with a total of 24 youth participants. Like other Autism CommunityWorks programs, the summer program paired teens who have autism with typical peers who were able to mentor and help their partners navigate through everything from fitness activities to the appropriate use of a locker room.

Throughout each month-long session, the teens were introduced to a variety of exercise options, equipment and team sports for three hours a day, three days a week. Beyond the health benefits, this program also afforded many participants their first opportunity to explore their independence in a social setting that many teens and adults take for granted.

“Many of these kids have never even been on a team before, so this was truly something special for them,” says Stephanie Hock, who coordinates SARRC’s Autism CommunityWorks programs.
Autism CommunityWorks programs occur in a variety of settings and teach teens with autism valuable employment and social skills to help them function independently as they enter adulthood.

“We have learned that these kids want to be a part of a community,” Hock says. “We just need to teach them how.”

For Kevin Newmark, it turned out that kickball, swimming and weightlifting was a real motivator to interact with others. He was even named “Most Valuable Player” for his kickball team after participating in one of the summer sessions.

“I really liked playing the games and talking with all the people, even the girls,” Kevin says of his experience. “I think the most important thing I learned, though, was getting my problems solved by talking.”

Goals and Beyond

Brian Drengson, who has worked as a job coach for adults with autism through SARRC’s vocational programs, served as a counselor for the YMCA summer program and couldn’t believe the amazing accomplishments of some of the teenage participants. Their goals came in all forms—fitness, social interaction or a sense of feeling accepted by peers. And by month’s end, Drengson witnessed them all, including one participant who lost 13 pounds and another who lost 5 percent body fat.

“It was unbelievable to see these things that the kids thought they couldn’t possibly do, and then they did it,” he says. “They felt so proud at the end.”

Drengson structured the program to maintain a sense of routine while introducing the participants to new experiences. Those with autism worked alongside typical teens, who started by showing their partners the basics of going to the gym. Check-in procedures were practiced as was locker room etiquette, including how close to converse with others and when and where one should change clothes before a workout. Participants then took part in cardio workouts and moved into equipment use, learning how to “work in” with others on weights. Each day also included a group activity such as swimming, kickball or a spin class.

“Every goal they set for themselves, they ended up achieving,” Drengson says, adding that he started each session with overall fitness assessments of each participant so they were able to track their own progress. “I have seen more growth in these kids than I sometimes see in myself.”

For 15-year-old Hunter McCann of Phoenix, the social growth he experienced by participating in the summer YMCA program was extensive. Hunter’s mother, Stephanie, knew her high-energy teen would enjoy the active programming, but she was worried he might not take to the group atmosphere so well. Hunter, who has been diagnosed with high-functioning autism, participated in physical education at his school but only in a one-on-one setting.

“He did so well at the YMCA, and it just gave me the awareness as a parent that this [type of activity] needs to be a regular part of his day,” Stephanie McCann says. “He was so proud of himself, and I think he kind of knows that going to the gym is sort of cool. By the third day, he was asking for ear buds so he could listen to the TV while he worked out on a treadmill.”

A Promising Future

The pilot summer program was a successful venture for both SARRC and the Lincoln Family Downtown YMCA. Thanks to the generous support of Blue Cross
Takeaways

Participants in the pilot sessions of SARRC’s PowerWorks™ program walked away with more than a general fitness plan. The major outcomes included:

- Donated memberships, courtesy of the YMCA.
- Comfort and confidence navigating through the YMCA facility independently.
- An understanding of how to engage others appropriately in the gym, at the front desk or in the locker room.
- An increased awareness of physical health and how to live a healthy lifestyle.
- Confidence to participate in team sports and a greater understanding of how to work together.
- Appropriate social skills such as sharing equipment, taking turns and cleaning equipment after use.

Tips for Instruction

The following are helpful tips to guide you in instructing a teen with an autism spectrum disorder in a social setting such as a gym.

- Be familiar. Use a setting your family is already familiar with, such as a gym you belong to or a sporting store you frequently visit.
- Travel in pairs or more. Having a sibling, family member or friend experience things along with your teen will emphasize the group setting and maintain a sense of comfort.
- Pair with the same gender if you plan to introduce experiences such as a locker room at a gym.
- Take turns teaching. Allow your teen with autism the opportunity to show something he has learned and share the teaching duties with siblings or friends in the group to emphasize the value of taking turns.
- Invite more friends or siblings for team sports. By creating your own group setting you can show how to support teammates, communicate with a team and celebrate exercise.
- Take it into your home. Continue the health lessons, sense of team, sharing and support for one another at home so it becomes a part of everyone’s lifestyle.

Blue Shield of Arizona the program is expanding to two other Valley facilities and the program curriculum is being prepared for broader distribution.

“We’re excited about the future of this program. It advances SARRC’s awareness mission, promotes the abilities of those affected by autism, helps facilitate friendships and demonstrates to us all how much this community truly cares about our teens,” Hock says.

The awareness and education was also a positive experience for the staff at the Lincoln Family Downtown YMCA, says Erica Hoppin, health and wellness director. “It was a tremendous experience and an excellent staff development tool,” Hoppin says. “The summer program with SARRC gave our staff members some great exposure to a variety of needs, and it was a welcoming challenge for them to learn how to adapt programming and learn new skills.”

Hoppin says it was also a breath of fresh air to have teens enter the downtown facility, which more often is a hub for busy urban professionals looking to squeeze in a workout. She says she hopes to add more nutrition and wellness aspects to future sessions for the program so both typical teens and those affected by autism leave with a more complete healthy lifestyle plan, one she hopes they will be motivated to continue.

“Working with the kids at SARRC is just a natural extension of our mission here at the YMCA,” Hoppin says. “And building a healthy body, mind and spirit for all is something that also really speaks to the mission at SARRC.”

Across the country at the Ridgewood, NJ, YMCA, the Daniel Jordan Fiddle Foundation piloted a program similar to SARRC’s. Together, the organizations will be working with the National YMCA to formalize the curriculum and expand the program in communities throughout the U.S.
For the second year, the dynamic team at KTAR promoted statewide autism awareness through Action for Autism, a radio-based fundraising event. Turning the front multipurpose room at SARRC’s Campus for Exceptional Children into a remote broadcast location, the station broadcast commercial-free autism coverage, both educating the community about autism and inspiring listeners to roll up their sleeves and get involved. Presenting sponsor Sanderson Ford Lincoln Mercury Volvo generously donated $10,000 through Action for Autism and AccuTemp Air Conditioning donated $5,000.

Building on the success of last year’s inaugural event,
the team from KTAR expanded the Action for Autism radio-based event to include a robust community change collection program, turning every day people into “Autism Change Agents.” In total, more than $3,500 in change was collected to benefit Action for Autism, including a matching gift of $1,000 from Midfirst Bank, which helped count event change on-site.

In total, more than 1,300 callers participated in the 14-hour radio-based fundraising and awareness event and just over $355,000 in donations and matching gifts were processed through the event. Special thanks to all of the volunteers, community partners and friends for their participation.

While on his national “Common Sense Tour,” Glenn Beck stopped in to get listeners to open their hearts and wallets for SARRC. From left to right: Mac Watson, Glenn Beck, Jayme West and Larry Gaydos.
You assemble a team. You request donations. You get out of bed early on a Sunday and enjoy a walk around Tempe Town Lake. Maybe it seems like a simple gesture. But it’s more than that. Every Walk Now for Autism Speaks participant is helping create something bigger — hope for individuals with autism and their families.

Held in communities across the country, Walk Now for Autism Speaks is Autism Speaks’ signature fundraising and awareness event. In Arizona, Autism Speaks and the Southwest Autism Research & Resource Center (SARRC) work together to build the event and share the proceeds.

Evan Danziger, this year’s Walk Now for Autism Speaks chair, knows SARRC’s value and the need to
ensure its programs endure. His 5-year-old son, Eric, was diagnosed with autism in 2007, and SARRC was there to help guide the Danziger family.

“That’s why I’m chairing the walk,” Danziger says. “They were there when we needed them. It’s important to raise money so SARRC can continue to be there for families in times of need.”

Arizona Diamondbacks president and CEO Derrick Hall is serving as the honorary walk chair. “I’m pleased to serve as honorary walk chair for such an important cause,” Hall says. “SARRC is not only making incredible strides at finding a cure for autism, they are helping thousands of families and children affected by this complex disorder.”

**The Benefits to Our Community**

SARRC’s portion of the walk funds are directed toward three major initiatives: research, school outreach, and vocational and adult programs. Here’s an overview of those core areas.

**Research.** SARRC is a top recruitment site for the Autism Genetic Resource Exchange (AGRE). Proceeds from the walk are used to help facilitate data collection for this program. SARRC recruits families with one or more individuals who have autism and conducts diagnostic, cognitive and adaptive behavior assessments on all family members. This information, as well as blood samples, are sent to the AGRE repository, where this information is made available to the scientific community to expedite genetic and other kinds of autism research.

**School Outreach.** The Fostering Relationships in Early Network Development (FRIEND®) program is an inclusive social-skills curriculum that provides opportunities for students on the autism spectrum to improve their social communication skills in a natural setting, supported by their peers, parents, educators and therapists.

“It’s important for neurotypical children as well as educators to understand autism,” Danziger says. “My kid is the happiest kid on the planet. But a neurotypical child without outreach and information would probably be hesitant to be his friend.”

One recently added component of the FRIEND program is Wings of EPOH. Written by acclaimed author and Holocaust survivor Gerda Weissmann Klein and illustrated by *New York Times* best-selling author and illustrator Peter H. Reynolds, Wings of EPOH is the story of a young boy with autism who takes a journey with a butterfly named Epoh (hope spelled backward). The collection includes the book, a short film and an educator activity guide.

**Vocational and Adult Programs.** SARRC’s Vocational & Life Skills Academy is designed to help young adults and adults with autism spectrum disorders determine how their interests and abilities can be applied in the workplace as they learn necessary life skills that enhance their ability to live and work more independently. In addition, SARRC is part of Advancing Futures for Adults with Autism (AFAA), a national consortium seeking to create meaningful futures for adults with autism that include homes, jobs, recreation, friends and supportive communities.

**Goals for the Walk**

This year’s goal is to register 45 corporate teams, 325 family teams and 45 school teams, according to Danziger, who also co-chaired last year’s walk. He says the committee has its sights set on signing up 12,000 walkers and raising at least $500,000. Plus, he says, he’s hoping for 50 booths at the resource fair. At 43 booths, last year’s Arizona walk had the largest resource fair of any Autism Speaks walk in the country.

Danziger is confident in his team’s ability to reach — and even exceed — these goals.

“I am thankful to have so many people on this committee who are involved and dedicated,” he says.

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**Build a Corporate Team**

Want to get your staff more involved in the community and increase morale at the same time? Then consider forming a corporate team for this year’s Walk Now for Autism Speaks.

Here are some tips to get your team started:

**Set a Goal.** How many walkers do you want and how much do you want to raise? Host a kickoff meeting. Get your co-workers excited about getting involved. Autism Speaks will even help you with your presentation.

**Encourage Friendly Competition.** Challenge departments to out-fundraise one another.

**Don’t Limit the Team.** Encourage staff to invite family and friends to join your team.

**Create Incentives.** Recognize teams with the most walkers or the most funds raised by offering a half-day off, a special casual day, a pizza party or sporting event tickets. For step-by-step support in forming your corporate walk team, contact Amy Hummell, Arizona walk director with Autism Speaks, at amy.hummell@autismspeaks.org or (480) 293-4373.

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Ever watched someone skateboard and thought, “I could do that!,” then snap back to reality as the skateboarder wipes out and skins his shin? Well, now it’s your time to reconsider your dream of owning that skateboard, but not for gravity-defying stunts—for your art collection.

After Hours Gallery, located at 116 W. McDowell Road in Phoenix, is collaborating with the Southwest Autism Research & Resource Center (SARRC) to produce and auction off more than 200 skateboard decks. Note: wheels not included, so no reliving your skateboarding fantasy. These are not ordinary skateboard decks; each one is a unique work of art featuring original artwork from national and local artists, including participants from SARRC’s Autism Artisans program. Styles range from paintings and mosaics to photographs and more. Artists are limited only by the size and shape of the skateboard deck itself.

Russ Haan and Mike Oleskow, owners of After Hours Gallery, together with Trevor R. Hill, a designer at After Hours Creative, conceived the “All Decks on Hand” idea as a gallery fundraiser. “Since many commercial skateboards are works of art, the idea of doing a skateboard show seemed too cool to pass up,” says Haan. “Skateboard artwork is fun, kid-oriented and accessible art for everyone,” Oleskow adds.

The team at After Hours is bringing about greater autism awareness and generating support in new and different ways. When they reached out to well-known artist John Nelson to inquire whether he’d participate, he responded with a resounding, “Yes!”

Nelson already contributes his time and talent to SARRC and created the entry feature at SARRC’s Campus for Exceptional Children. According to Nelson, “SARRC is a terrific cause, and contributing my time and talent is a wonderful way to give back to our community and help more children and families.”

All Decks on Hand is being sponsored by National Bank of Arizona and the Pearson family and sponsorship opportunities are still available.

Look for sneak previews of the boards across the Valley this fall. Many will be on display at AIA High School football games through a collaboration with News Channel 12. The boards will also be displayed at the Beauty of a Bonzer concert on Oct. 17 at U.S. Airways Center and at the Walk Now for Autism Speaks event at Tempe Beach Park on Nov. 1.

All the boards will be displayed at After Hours Gallery at First Friday on Nov. 6 and the bidding will officially open at $100 per board. To bid on a board after the opening, go to www.alldecksonhand.org, select your favorite board and submit your bid. Your bid will post on the website within 24 hours. Bidding will close at 8 p.m. on Dec. 4, the first Friday in December, and the winners will be announced at After Hours Gallery. All proceeds will be donated to SARRC.

For information on the All Decks on Hand exhibit and auction, contact After Hours Gallery at 602-710-2398 or visit alldecksonhand.org

Join us at After Hours Gallery Nov. 6 through Dec. 4 to see, and potentially own, a one-of-a-kind, artistic skateboard deck.
With Knochel Brothers as your paving and grading contractor, the only speed bumps in your project are the ones you request in the plans. Since 1983, we’ve earned a reputation as one of Arizona’s most trusted and respected contractors—thanks to hundreds of successful turnkey, self-performed projects in the private and public sector. On-time, within-budget performance is our priority, from groundbreaking to closure.

Construction quality speaks volumes about a community’s image. So, from the excellence of our work to the energy we put into pro bono projects, our standard is to make residents and businesses proud.

Our Services:
- Earthwork
- Asphalt Paving
- Utility Adjustment/Striping/Signage

Design phase services:
- Cost estimating and value engineering
- Planning, scheduling, and operations maintenance

Construction phase services:
- Construct all improvements
- Facility security
- Coordinate with agencies, municipalities and utility companies

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Consider it a date night with all the bells and whistles. And, better yet, babysitters. The ninth annual Beauty of a Bonzer charity party and concert at U.S. Airways Center on Oct. 17 is a chance, says Addie Mocca, SARRC’s volunteer coordinator, to give a night off to SARRC parents.

They can dress up, eat well and listen to Kool & the Gang and The Commodores sing 100 hits in celebration of Motown’s 50th anniversary.

For others it is a chance to donate to these worthy causes: SARRC, Alzheimer’s Association Desert Southwest Chapter, The Arizona Republic Charities, For Those Without a Voice, The Real Gift Foundation, Special Olympics Arizona and Veteran Tickets Foundation.

“This is a phenomenal night,” Mocca says. “The food and entertainment are always great. You get something for your money.”

That something includes a pre-party, live auction with travel packages up for grabs, dinner, concert and after party, depending on the level of giving. Concert tickets range from $25 to $55; tables from $2,500; and individual seats to the party and concert are $250 to $650.

Matt McMahon, an Outback joint venture partner and SARRC board member, first put together a charity concert in 2001 to raise money to honor his parents who had Alzheimer’s disease and his son who was diagnosed with autism. That year Little River Band sang to 865 people under a big tent at Westworld in Scottsdale.

“I love great food and I have great employees and thought we could put something together,” McMahon says. He’s proud to say that none of the donations go to administrative overhead. “What makes this work is that not only do all the charities work together, but we fill the arena.”

McMahon said this year’s choice of music came naturally. “I’m from Detroit and it’s the 50th year of Motown. I wanted to bring that here.”

Outback partners with Bud Light in sponsoring the Bonzer, which means mega party in Australia.

Mocca said that while the money SARRC receives goes toward scholarships, a real treat of the event is that parents of children with autism get a chance to go because SARRC personnel stay behind to babysit.

“It’s so they can go out for the night, which they rarely get to do,” she says.

Mocca called the night “magic” because “whatever charity it is, people are coming out together, all in one room and the energy is high. I love to see that kind of commitment to charity.”
Come on . . .
Celebrate and have a good time!

Joanna       Lady       Hollywood Swinging
Celebration   Oh No      Nightshift
Get Down on It Stone Love      Machine Gun
Ladies’ Night Brick House      Slippery When Wet
Too Hot       Three Times a Lady Sweet Love
Tonight       Jungle Boogie    Just to Be Close to You
Hollywood Swinging Straight Ahead Sail On
Jungle Boogie  Victory        Old-Fashion Love
Straight Ahead Cherish
Misled         Fresh
Victory

Saturday, October 17

Choose one of three ways to celebrate!


2. Pre-party on the Bud Light Paseo with appetizers, drinks & concert tickets ($75). Visit the Bonzer web site for tickets.

3. Sit at one of the tables on the floor with dinner from Outback Steakhouse, a hosted bar by Bud Light, an amazing live auction, and VIP concert seats ($250-$650). Visit the Bonzer web site for tickets.

Benefits 7 Valley Charities — BeautyofaBonzer.com
Our Law Firm Proudly Supports SARRC in its Research and Assistance to People and Families Affected by Autism.
Significant progress has been made toward identifying a replicable model that will provide quality, affordable, community-integrated housing opportunities for an adult population with autism and related developmental disorders. The joint Arizona research project, “Urban-Integrated Residential Development for Special Populations,” being led by the Urban Land Institute (ULI) and the Southwest Autism Research & Resource Center (SARRC), was launched in April 2008 and was made possible by a grant from the Urban Land Foundation and Pivotal Foundation.

“Given the dramatic increase in the population of children with autism, we all have serious concern about housing and care for post-school-age adults with autism and developmental disabilities,” says Francis Najafi of Pivotal, who’s foundation stepped forward with resources to help explore and resolve this pressing social dilemma. “Approximately 85 percent of the 1.5 million Americans living with autism are under the age of 21. The private sector must step up to help integrate these individuals into the fabric of our communities as they enter the adult population.”

Over the past year and a half, a team of practitioners in real estate, finance, planning, construction and healthcare have convened to address this issue. The process began with a review of more than 100 examples of independent residential settings that accommodate autism spectrum disorders (ASDs) and the developmentally disabled. These “best practice” examples were researched by a team from the Arizona State University Stardust Center and Herberger Center for Design Research led by Associate Research Director Sherry Ahrentzen, Ph.D., and Associate Professor of Architecture Kim Steele.

After reviewing the case studies, a ULI Arizona Technical Assistance Panel (AzTAP) was convened to identify successful elements from the case study properties and to move closer to a housing solution. The next steps following the AzTAP are to further explore the financial models and move toward creating a pilot project in the Phoenix region.

“As we evaluated properties worldwide, we did not find one project that fully accommodates the needs of this special population and also has the ability to scale to meet projected demand,” says Joe Blackbourn, president of Everest Holdings and SARRC board member.

SARRC plans to share the results of the research during Advancing Futures for Adults with Autism’s (AFAA) Town Hall. AFAA is a national group working to build a public policy agenda, which will be introduced in Washington, D.C., during an Autism Congress in early 2010. The AFAA Town Hall will take place Nov. 13, 2009, at SARRC’s Vocational & Life Skills Academy along with 15 additional sites across the country, which will be linked by video conference.

ULI Arizona, in collaboration with SARRC, is also pursuing the creation of a national ULI TAP in Phoenix on this subject during 2010. For more information or to get involved, contact info@autismcenter.org.

AzTAP Panelists

Special thanks to the following AzTAP participants:

Pat Gilbert, Marc Center
S. Quinn Gormley, JP Morgan Chase
Nora Hannah, Landiscor Aerial Information
Paul Harris, Local Initiatives Support Corp.
Mardie Oakes, Hallmark Community Solutions
Denise D. Resnik, Denise Resnik & Associates
Peter Wolff, The Wolff Companies

Joe Blackbourn, Everest Holdings (facilitator)
Brandy Banks, NRP Group
Trevor Barger, Espritu Loci
Reid Butler, Butler Housing Company
Jeff Covill, Pickering Street Associates
Bob Frank, Frank Development
Any parent is bound to get aggravated with their child’s eating habits once in a while. Too much sugar, too much junk food, not enough fruit and vegetables—those are all common complaints of a concerned mother. But for some parents, those concerns go even deeper.

Cara Miller’s son, Griffin, who had issues with reflux as a baby, was approaching the age of 2 and still only ate a handful of different foods—mainly just bananas and French fries. She was concerned about him getting enough protein, and Griffin’s gastrointestinal specialist recommended a liquid nutritional supplement, warning her that a feeding tube may be the only answer in the future.

Soon, however, it became clear that Griffin’s problems ran far deeper than just being a “picky eater.” At the age of 22 months, Griffin was diagnosed with autism, and Cara turned to SARRC for help. Her son was enrolled in SARRC’s Community School and in-home parent training program. SARRC Program Manager Lori Vincent took note of Griffin’s eating struggles and suggested that Cara try a researched behavioral intervention to work on his feeding issues. She readily agreed.

Today, the 4-year-old eats a much wider variety of foods (including fruits and vegetables) and Cara now understands how to introduce new foods.

As in Griffin’s case, many children with autism have oral sensitivities that manifest as eating problems. Aversion to certain tastes and textures leads many children to have extremely limited diets—a habit that, if not broken, can result in malnutrition and, in very severe cases, the need for a feeding tube.

“Feeding disturbances often manifest prior to a family receiving a diagnosis of a greater magnitude, such as autism, cerebral palsy or cystic fibrosis,” says Shannon Goldwater, president and co-founder of the P.O.P.S.I.C.L.E. Center in Scottsdale, Ariz., a nonprofit that supports and educates families and the medical community about feeding issues. “Families tell us that despite the diagnosis, the feeding challenges are the hardest to cope with because a child must eat to survive. It is a daily battle.”

The issue is an eye-opener for anyone who isn’t aware of this far-reaching problem. “I thought all children ate instinctually,” said Gary Jaburg, partner in the Phoenix-based Jaburg and Wilk law firm, one of SARRC’s biggest supporters. When he heard the compelling stories of Shannon Goldwater and P.O.P.S.I.C.L.E. co-founder Chris Linn, he made a decision. “To find and be able to afford the multidisciplined medical approach that is required to help these children grow and develop is daunting. I simply wanted to help.”

To that end, the Jaburg & Wilk Foundation—through SARRC and P.O.P.S.I.C.L.E.—is supporting a series of feeding seminars targeted for parents, speech and language pathologists, occupational therapists, clinical interventionists, and others with an interest in eating and feeding issues specific to children with autism.

“Feeding challenges require a transdisciplinary team approach,” says Shannon Goldwater. “We all need to work together to help these children.”

For more information on the upcoming Jaburg & Wilk Feeding Training Series, visit www.autismcenter.org or www.popsiclecenter.org.
After several very warm months of construction, the Thunderbirds Charities Play Village is now open at SARRC’s Campus for Exceptional Children. The team of parents, contractors, Thunderbirds, SARRC staff and SARRC board members who designed the space envisioned not just a playground, but the replication of a community setting. The play village is complete with mock streets, such as Duck Duck Drive, that are perfect for riding tricycles, visiting pretend retail stores and learning important safety skills. The play village also includes more traditional slides, swings and climbing structures.

Thanks to Thunderbirds Charities, children with autism spectrum disorders together with typically developing peer mentors, ranging in age from 18 months to 6 years, are learning appropriate playground games, turn-taking skills and safety lessons, and having some good old-fashioned fun.

According to Rachel Macintosh, director of SARRC’s Community School and JumpStart® program, “All of these things can be generalized for the school playground, public park or community setting.”

Parents and therapists are also using the play village for evaluations, data collection and training sessions.

“The space responds to the curiosity and instructional opportunities for the many children enrolled in SARRC’s Community School, JumpStart® program and remote telemedicine and research programs,” says Mike Reina, SARRC board member and a member of The Thunderbirds. “SARRC values the long-standing relationship we’ve had with the Birds, which dates back to the founding of the organization.”

SARRC, and especially all of the children who attend the Community School, are also grateful to DPR Construction for going above and beyond, according to SARRC board member John Napolitan, who oversaw the development. “Not only did DPR generously manage all of the construction, but members of their team jumped in to volunteer their own time to man phones during the KTAR Action for Autism radio fundraiser. DPR also provided special hard hats to all the children who attend our Community School.”

The new Thunderbirds Charities Play Village offers SARRC kids an area where they can do what kids do best – play. Be sure to check it out!
My daughter and son-in-law were overjoyed when they welcomed their beautiful son, Andrew, into the world. Like any parents, they looked forward to Andrew reaching all of the typical developmental milestones, but this did not happen.

Andrew was irritable, a poor sleeper, did not eat well and failed to thrive. It was a very difficult time as they sought out advice from numerous physicians and specialists. Andrew was finally placed on a special formula and did gain weight, but they were never able to pinpoint what was troubling their precious baby.

When Andrew was 2 and only saying a few words, my daughter had him evaluated by a pediatric speech therapist who referred Andrew to Raun Melmed, M.D., co-founder of SARRC. Dr. Melmed diagnosed Andrew with an autism spectrum disorder (ASD) and that’s when our journey began.

As any grandparent of a child with autism will tell you, it is heartbreaking to watch your child’s life fall into chaos as they deal with this puzzle. Home life is anything but peaceful. My daughter is always running to some kind of therapy: speech, occupational, physical and music, which takes an overwhelming investment of time, energy and money. My daughter and son-in-law spend hours calming Andrew during his periods of frequent anxiety and agitation while they continue to wrestle with questions like “Am I doing enough?” and “Am I providing the right interventions?”

As I observed this, I felt helpless. I desperately wanted to help but I did not know what to do. Then I realized I am Andrew’s grandmother and the best way I could help is just by being his grandmother! So I take him to the park, push him on the swing (which he loves), read books and take him to the zoo, museums and the movies. He loves to stay with me on weekends and always wants to know when he can come back.

I read every article and book I can find on autism to learn as much as I can about the disorder. I joined the Grandparents Group at SARRC and found it to be a lifesaver. The group provides support, friendship and opportunities to learn about new scientific research and potential new therapies. We, as grandparents, have the chance to share our experiences with this perplexing disorder and the impact it has on the lives of our children and grandchildren. We leave the meetings with a reason to hope for better treatments and a brighter future for our grandchildren.

Andrew is 10 years old now. He is a bright child with a remarkable fascination with birds. In fact, he’s so knowledgeable on the topic that his second grade teacher labeled him “Future Ornithologist.”

He and his parents have lived through an amazing journey, and there are still so many unknowns ahead for him as he continues his trek toward adulthood and gaining some measure of independence. And I plan to be there for him along the way by just being his “Gram.”

Dolores Galligan is the grandparent of a 10-year-old grandson who was diagnosed with an autism spectrum disorder at age 2.
At Arizona Autism United (AZA United), our mission is to provide customized services and supports that enhance the quality of life for all individuals with autism and their families. We are a nonprofit, member-driven human service co-op and a qualified vendor with the Arizona Division of Developmental Disabilities (DDD).

**AVAILABLE SERVICES:**
- Habilitation
- Respite
- Attendant Care
- Behavioral Habilitation (Hab M & Hab B)
- Skills & Behavior Assessments
- ABA Programs & Training

For more information, visit [www.AZAunited.org](http://www.AZAunited.org) or call (602) 773-5773

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*Your Voice Makes a Difference*

At The Williams Real Estate Company, we are committed to raising funds for our community each time there is a successful transaction. A portion of proceeds from any SARRC real estate referral are donated back to your foundation.

Help us help you. We are honored to be at your service.

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SARRC Happenings
October 2009 - April 2010

Special Events

2009 Beauty of a Bonzer
Celebrate a Night of 100 Hits with Kool and the Gang and The Commodores. The 9th annual Beauty of a Bonzer, sponsored by Outback Steakhouse and Budweiser, promises to be full of great fun and entertainment. For additional information, contact Addie Mocca at 602-218-8203 or visit beautyofabonzer.com.

Date: Sat., Oct. 17
Time: Pre-Party: 5:30-7:30 p.m. Concert: 8 p.m.
Place: U.S. Airways Center, 201 E. Jefferson St., Phoenix
Cost: Tables: $2,500-$10,000  (individual seat: $250)
       Pre-Party pass: $75
       Concert only: $25 - $55

2009 Walk Now for Autism Speaks
Lace up your sneakers and join us as SARRC once again teams up with Autism Speaks to host the fourth annual Walk Now for Autism Speaks at Tempe Beach Park. The family-friendly event includes a variety of children's activities, live music and entertainment, arts and crafts, and an autism resource fair. Registration opens at 8 a.m., and the 5K walk (about three miles) begins at 9 a.m. Visit walknowforautism.org/az to pre-register and build your team today.

Date: Sun., Nov. 1
Time: 8 a.m. to noon
Place: Tempe Beach Park, 54 W. Rio Salado Parkway
Cost: Free; donations encouraged

Advancing Futures for Adults with Autism (AFAA) Town Hall Meeting
Americans from 16 cities, including Phoenix, will come together to create a policy agenda for addressing the needs of adults with autism. The event will be coordinated from a main site in Chicago with a national discussion via webcast from the satellite sites. The unprecedented scale and diversity of the AFAA National Town Hall will attract attention to the issue and build momentum behind the policy agenda. For more information, visit www.afaa-us.org.

Date: Fri., Nov. 13
Time: Check-in: 7:30 a.m., Program: 8 a.m.-2:30 p.m.
Place: SARRC's Vocational & Life Skills Academy, 2225 N. 16th St., Phoenix
Cost: $100

12th Annual Community Breakfast
Save the date! Join SARRC and friends at the 12th Annual Community Breakfast and “Make Your Imprint on Autism™.” The morning promises to be inspiring as you take a journey into the world of autism and learn more about SARRC, its donors and children and adults living with autism.

Date: Thur., April 29, 2010
Time: Registration at 6:30 a.m., program at 7:30 a.m.
Place: Arizona Biltmore Resort & Spa, 2400 E. Missouri Ave., Phoenix
Cost: Free; donations encouraged
Support Groups

**Grandparents Group**

The Grandparents Group focuses on educating and supporting grandparents of children with autism and presents the latest news and research in the field. The group meets once a month October through May. New grandparents are welcome to come at 9 a.m. for a meet-and-greet and tour of SARRC.

**Dates:** Oct. 16, Nov. 13, Jan. 15  
**Time:** 10 to 11:30 a.m.  
**Place:** SARRC, 300 N. 18th St., Phoenix  
**RSVP:** (602) 218-8203

**Autism Spectrum Support, Information & Strategies for Transition (ASSIST)**

Get together with other parents who are in the process of navigating the transition of their child to adulthood. This is an informal group of parents who, through experience, have gained a wealth of information and are eager to share with and support one another. Discussions about services available through vocational rehabilitation, Social Security, Magellan Behavioral Health, SARRC and high school transition planning. For additional information, meeting dates, times and locations, contact Debbie at asparentsupport@gmail.com.

**East Valley Autism Parents Support Group (Mum’s Night Out)**

Join mothers of children with autism for a night out. Share your experiences, make new friends and learn something new. Rotating restaurant locations at Stapley Road and U.S. 60 in Mesa. Call Janet Kirwan of SARRC at (602) 218-8212 for more information.

**Dates:** First Tuesday of every month  
**Time:** 7 p.m.  
**Place:** Chili’s, Souper Salad or On the Border (Rotating restaurant locations at Stapley Road and U.S. 60 Mesa)  
**Cost:** Free

Workshops

**Jaburg & Wilk Feeding Training Series**

The framework for this series of trainings will address the interplay of ASD characteristics and the treatment of feeding issues. Participants attending this series will learn about biological factors, traumatic feeding experiences and other behavioral issues that may result in a feeding disorder. In this training, Dr. Lauren Binnendyk, Ph.D., BCBA, will provide an overview of a model for assessment and intervention for families of children with ASDs and feeding disorders.

This training is recommended for teachers, parents, professionals, habilitators, case workers and others working with children with autism spectrum disorders (ASDs) in preschool or toddler programs. The workshop will include an overview of characteristics of ASDs, motivational strategies to support appropriate behavior and a framework for incorporating instructional strategies into the classroom setting. To register, please contact SARRC’s intake coordinator at (480) 603-3283.

**Dates:** Thur., Nov. 5  
**Time:** 9 a.m. to noon  
**Place:** SARRC, 300 N. 18th St., Phoenix  
**Cost:** No cost; $10 for participants requesting ASHA CEs

**Overview of the Individual Education Plan (IEP) Process**

This training will provide an overview of the Individual Education Plan (IEP) process. Learn the step-by-step process and what leads to the development of an appropriate IEP.

**Dates:** Tue., Dec. 1  
**Time:** 9 a.m. to noon  
**Place:** SARRC, 300 N. 18th Street, Phoenix  
**Cost:** $30 per person ($25 per person/two or more family members)

**Using Data to Make Decisions**

This training will address the importance of data and how data leads to effective decision-making for treatment and intervention. Participants attending this training will be able to develop an understanding of how to establish specific goals relating to a desired outcome.

**Dates:** Tue., Dec. 1  
**Time:** 9 a.m. to noon  
**Place:** SARRC, 300 N. 18th Street, Phoenix  
**Cost:** $30 per person ($25 per person/two or more family members)
# Programs

## New Parent Orientation

SARRC provides information and guidance in this orientation for parents of children/youth newly diagnosed with an autism spectrum disorder (ASD). SARRC’s Director of Family Support Services is also available to provide direct support to parents as they deal with issues related to autism. The contents of the orientation include: assistance in developing plans of care, identifying client and family needs, accessing supports, partnering with professionals, and overcoming service barriers.

## JumpStart®

JumpStart® teaches parents about the characteristics of ASDs and covers a variety of important topics, including improving social communication, reducing problem behaviors, addressing concerns surrounding sleep and feeding, accessing state services and much more. JumpStart uses ABA-based interventions, including Pivotal Response Treatment and Discrete Trial Teaching. This five-week series is open to parents and children up to age 6, and includes discussion groups and hands-on training led by SARRC’s team of specialists.

## Community School

The SARRC Community School toddler, preschool and pre-K classrooms include children at risk for or diagnosed with autism along with typically developing children in a naturalistic classroom environment. The school promotes language and social development while providing positive supports to minimize behaviors that interfere with learning. Diagnosed children receive additional 1:1 interventions throughout the day that focus on the development of cognitive, motor, self-help, communication and social-emotional skills. Structured activities are available to all the children throughout the day and are specifically designed to foster engagement and social interaction. All-day care is available for typically developing children.

## PARENT Program

The PARENT (Parenting Autism with Research and Evidence-based Naturalistic Teaching) Program, provides parents and caregivers a basic understanding of how their children communicate and how to facilitate language development. Parents leave the program with strategies for increasing and improving their child’s communication and social interaction while decreasing disruptive and/or self-stimulatory behaviors. All sessions are led by a speech-language pathologist.

## In-Home Consultation

In-Home Consultation is available for families with children up to the age of 13 who have been diagnosed with an ASD. Consultations are individualized for the child and family and may be provided in the family’s home, at SARRC, or in the community. SARRC consultants are available to develop in-home Applied Behavior Analysis (ABA)-based intervention programs; assess and treat problem behavior; and provide training for parents, other family members, therapists, and habitlators.

## Specialized Habilitation Services

Specialized Habilitation is an enrichment of traditional habilitation services, meaning that these services may be available in addition to habilitation hours available from other agencies. Specialized Habilitation is funded by the State of Arizona through Habilitation Masters (Hab M) and Habilitation Bachelors (Hab B). To qualify for Hab M or Hab B, children must be authorized for treatment prior to age 3. Families of children who do not qualify for state-funded Specialized Habilitation may receive these services through an affordable private-payment option based on availability.

## Speech Therapy

SARRC’s speech-language pathologist works with parents in Tucson to formulate goals and tailor individual speech therapy sessions based on each child’s needs. Ongoing sessions focus on expressive and receptive language skills and work to enhance the child’s social communication.
## Autism CommunityWorks®
This is a community-based training program for adolescents ages 13 to 18. Participants with ASDs and typical peer mentors receive pre-vocational training, coaching, support and oversight from SARCC staff. Recreational activities are built into the program, providing participants with ASDs an opportunity to develop their social skills and the peer mentors the opportunity to develop a better understanding of their peers with disabilities. Autism CommunityWorks® sites include LibraryWorksSM at the Burton Barr Library, GardenWorksSM at the Desert Botanical Garden, TheatreWorksSM at the Phoenix Theatre and, Good DeedWorksSM serving other Valley non-profit organizations.

## Employment Services
Employment Services is a vocational, community based, job training program for adults with ASDs, 18 years and older. Employment Services is designed to ensure job development and placement of each enrolled client, with a custom job plan and job coach to meet individual employment needs. Each client works one-to-one with an individual Supported Employment (ISE) job coach, who provides on-the-job training and support.

## Training Services
SARCC offers public and private schools a selection of training topics tailored to school-specific needs and interests. Trainings and workshops can accommodate both small and large groups. The training model promotes the use of best practices in creating comprehensive individualized programs based on the challenges and abilities of each student. Training topics address the identification and implementation of strategies and techniques used to support students with autism across all skill levels, educational settings and activities.

## Consultation Support
School-based consultation is offered to schools and districts to support individuals with ASDs and help them reach their personal potential. School-initiated services include classroom observation, behavior, educational and social-skills assessment and inclusion-based consultation. Consultation services build capacity within schools and districts to independently support the social, academic and behavioral needs of children with autism, including those within inclusive programs. SARCC’s behavioral and educational specialists consult directly with the school and IEP team to identify appropriate supports, assist with program development and other issues for a student and members of the IEP team.

## FRIEND® Program
This inclusive social skills curriculum provides opportunities for students on the autism spectrum to improve social communication skills in a natural setting, supported by peers, parents, educators, and therapists. An easy-to-use manual describes how to develop and implement a FRIEND® group for students in grades K-12 during lunch and recess. Innovative materials including the children’s book Wings of Epoth, DVDs, an educator activity guide, and informational tips, can be used for peer sensitivity training to promote awareness of ASDs and social differences and appropriate strategies for facilitating social interactions for school age students.

## Physician Outreach Program
SARCC has been recognized by the American Academy of Pediatrics - Arizona Chapter as recipient of the 2008 Partnership Award in recognition of leadership in providing quality services and support for children and families in Arizona affected by autism spectrum disorders and providing AzAAP members with the Autistic Disorders Screening Kits through the SARRC Physician Outreach Program. SARRC’s Autism Spectrum Disorders Screening Kit enables physicians to effectively screen for autism during developmental checkups. The kit includes parent questionnaires, presented in English and Spanish, scoring templates and referral materials to assist with timely referrals and earlier diagnoses. SARRC’s physician outreach efforts also include the Distinguished Lecture Series, where national autism experts present the latest autism information to both physicians and parents.

For more information on any of these programs or services, please contact SARRC directly at (602) 340-8717.
Community IMprint on Autism

1,800
People who attended SARRC’s 11th Annual Community Breakfast

12,000
People who participated in last year’s Arizona Walk Now for Autism

1,300
Callers during KTAR’s Action for Autism radio fundraiser

1,100
Attendees at SARRC Professional Trainings

232
Participants in Autism CommunityWorks® programs

1,500
Number of hours volunteers have provided to SARRC in 2009

1
Number of people it takes to make a difference
The Southwest Autism Research & Resource Center provides early intervention services, education and training for families and professionals, vocational and life skills programs, and support across the lifespan for individuals with autism. Every 20 minutes another child is diagnosed with autism. It’s time to get involved.

make your **IMprint** on autism

[autismcenter.org](http://autismcenter.org)
Thank you to the entire team at KTAR and the generous Action for Autism sponsors for making your IMprint on autism. Congratulations to KTAR for receiving the Ira Hayes award for your tremendous leadership and vast community outreach efforts. We are all most grateful!