



## DOH Attends Events Throughout "April is Autism Awareness Month"

The Department of Health's Autism grant staff have been traveling around the State attending autism awareness events and presenting at workshops and conferences throughout the month of April. They have enjoyed sharing with folks the important work of the Children with Special Health Care Needs Program and the state autism grant.

Staff are always looking for opportunities to share autism resources and do presentations, so please let them know of upcoming autism events and trainings by contacting [Carol Miller](#) at (360) 236-3572.



DOH's booth at the Autism Event and Resource Fair in Kennewick drew quite the crowd with its hands-on activities.



# Autisable

New Social Blogging Community  
Dedicated to Autism Awareness

In an effort to promote autism awareness, Xanga.com recently launched [Autisable.com](#) - where people can create their own blogs and share their own journey dealing with autism.

Marc Ginsburg, President of Xanga, said, "We've seen countless communities of support from people who share their struggles on Xanga. And we wanted to provide a similar service specifically for people tackling the challenges of autism."

Xanga asked one of their long-time users, Joel Manzer, to lead the effort on Autisable. Joel is a father of a boy with autism.

Joel says, "Autisable is a great avenue for people to discuss openly what life with autism is like. Having a platform where people can share and discuss all the issues surrounding autism is a wonderful opportunity. I'm also glad that Xanga wanted to have an avenue to give back to the autism community; this makes me proud to be a part of the Xanga network of blogging community sites."

Learn more at [www.autisable.com](http://www.autisable.com).

## Upcoming Council Meeting

The next **Combating Autism Advisory Council** meeting will be in Yakima on June 25, 2010. Registration Forms will be e-mailed in mid-May.



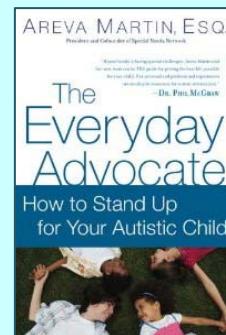
## Good Reading...

### The Everyday Advocate: How to Stand Up for Your Autistic Child

Parents of children with autism often find that they need to be more than just parents – they need to be advocates, safeguarding their child's rights to treatments, services and – sometimes – basic human kindness.

As an individual rights attorney and the parent of a child with autism, Areva Martin knows intimately the daily joys and challenges of raising a child with autism.

In *The Everyday Advocate*, she shares her hard-won knowledge in clear step-by-step instructions to show parents how to assert themselves and get results for their children – whether they're dealing with doctors, teachers, school officials, neighbors or even family members.



### Beginning Readers' Book About Autism and Classmates

*Max and Jeremy*, a new, short chapter book aimed at grades 2-5, is designed to help children of all types learn to work together. Author Tina D. Jones brings 15 years of teaching experience to this story about a boy named Jeremy who is assigned to work on a class project with a boy named Max.

Jeremy finds working with Max, who exhibits behaviors common to children with autism, a challenge at first. However, he learns that they have much in common and that he genuinely enjoys being around Max.



Both books available at [www.amazon.com](http://www.amazon.com).



## Shrek Forever After May 22, 2010 - 10 a.m.

AMC Kent Station 14  
AMC River Park Square 20  
AMC Woodinville 12

AMC Entertainment and the Autism Society have teamed up to bring families affected by autism and other disabilities a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis with the "Sensory Friendly Films" program.

In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down.

Families are able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie.

Additionally, audience members are welcome to get up and dance, walk, shout or sing - in other words, AMC's "Silence is Golden<sup>®</sup>" policy will not be enforced unless the safety of the audience is questioned.

Learn more at [www.amcentertainment.com/SFF/](http://www.amcentertainment.com/SFF/).

### Did you know...?

#### New Survey Finds Grandparents Play Key Role in Lives of Children with Autism

The Interactive Autism Network (IAN) recently announced results of the Grandparents of Children with Autism Spectrum Disorders Survey, finding that nearly one-third of grandparents who participated were the first to raise concerns about their grandchild's development.

To learn more, visit the [Interactive Autism Network](http://www.interactiveautismnetwork.org) web site.



#### Possible Early Glimpse of Autism's Impact on Older Siblings

A new study suggests a trend toward developing hyperactivity among typically developing elementary-school-aged siblings of autistic preschoolers, and supports the notion that mothers of young children with autism experience more depression and stress than mothers with typically developing children. To learn more, visit the [University of Oregon](http://www.uoregon.edu) web site.

## RESEARCH OPPORTUNITY Study of Young Children's Self Regulation

Researchers at Seattle Pacific University are looking for children ages 3 through 6 years, with an ASD diagnosis of at least six for participation in a study of self-regulation, attention, and social skills.

Children will participate in various activities over two sessions. Parents will complete questionnaires and short interviews. Teachers or other caregivers will be asked to fill out other questionnaires. The researchers will ask children to follow two to three-step verbal directions and sit and do activities for 10-20 minute intervals (with breaks). Compensation for participation is provided.

This study has been approved by the SPU Institutional review board (#080902046R) through January 14, 2011. For more information, contact Rachel Montague, MA, at (206) 579-5583 or e-mail [montar@spu.edu](mailto:montar@spu.edu).

### Mental Health Parity Update

by Arzu Forough, Washington Autism Advocacy

In Washington State, full mental health parity will become law on July 1, 2010. Mental Health Parity covers medically necessary treatments for individuals with a Diagnostic and Statistical Manual of Mental Disorders (DSM) diagnosis for life, with the same dollar cap as medical and surgical benefits.

After that, if evidence based diagnosis and treatment is still being denied, the law has to be court tested. You may have read about [class action lawsuits](#) that have required insurance to cover autism. Several prominent WA attorneys have expressed serious interest in testing out WA's Mental Health Parity in courts. If your insurance is denying treatment that is prescribed and found to be medically necessary to treat autism, this may be of interest to you. Please get the denials in writing, ask a lot of questions:

1. Is the treatment being denied by XYZ or is it not included in my employer's plan?
2. Is the treatment covered for other conditions?
3. Is the treatment covered for patients who are not insured through XYZ company?

Ask them to put all the information in writing. If they refuse, get their contact information and put in writing what they told you and send it to them. You need a paper trail for any appeals or other action.

Please distribute this information to your local ListServes and among those with ASD's. Insurers have worked hard to create barriers to assure minimum payouts on claims. Consumers must be well informed and know their rights.

To learn more, visit [www.washingtonautismadvocacy.org](http://www.washingtonautismadvocacy.org) or contact Arzu at [a.forough@comcast.net](mailto:a.forough@comcast.net).

### What's New?!?!

Want to share trainings, resources, or special projects your organization is working on? Have a success story? E-mail [Cathie.Tedrick@doh.wa.gov](mailto:Cathie.Tedrick@doh.wa.gov) or give her a call at (360) 236-3543.



The Ohio Center for Autism and Low Incidence (OCALI) recently released the new Autism Internet Modules (AIM) logo and updated AIM web site. New modules have also been posted to the site.

The Autism Internet Modules were developed with one aim in mind: to make comprehensive, up-to-date, and usable information on autism accessible and applicable to educators, other professionals, and families who support individuals with autism spectrum disorders (ASD). Written by experts from across the U.S., all online modules are free, and are designed to promote understanding of, respect for, and equality of persons with ASD.

A sampling includes Time Delay, Reinforcement, and Self-Management, which join other titles, including Visual Supports, Assessment for Intervention, Transitioning Between Activities and many others previously posted to AIM.

Learn more at [www.autisminternetmodules.org](http://www.autisminternetmodules.org).

## Autism Speaks Accepting Letters of Intent for Family Services Community Grants Program

Autism Speaks is accepting grant applications for its Family Services Community Grants program for projects that promote services that enhance the lives of those affected by autism spectrum disorders. The focus of these grants will be on proposals that serve to build the field of services for individuals with autism and expand the capacity to effectively serve this growing community.

Autism Speaks will accept family services community grant proposals that address one of three areas of need — education, recreation/community activities, and young adult/adult services. Successful applicants will apply grant funding to support new programs or the expansion of existing projects.

The program will not award grants to individuals or fund an individual or family for participation in personal programs.

The average grant award will be in the range of \$5,000 to \$25,000 each. Multi-year grants will not be awarded. To learn more, visit the [Autism Speaks](http://AutismSpeaks.org) web site.



The series, "Sound Advice on Autism," produced by the American Academy of Pediatrics (AAP), contains audio interviews with developmental and behavioral pediatricians, a pediatric neurologist, autism researchers and other parents of children with autism.

To listen to "Sound Advice on Autism," visit [www.aap.org/audio/autism/](http://www.aap.org/audio/autism/).



## Still Openings at Easter Seals' Camp Stand By Me

The joy, camaraderie, and personal growth of summer camp is something almost all of us have experienced and will remember the rest of our lives. Unfortunately, for people with disabilities, the opportunity to take part in this summer tradition is almost non-existent. Camp Stand By Me provides this special experience with a fully accessible, adaptive camp facility.

### Respite

The awesome responsibility of caring for children and adults with disabilities rests squarely on the shoulders of their families. Oftentimes, the enormous energy and resources necessary to care for someone with disabilities deprives care givers of any time to themselves while leaving other family members feeling neglected. The Respite provided by Camp Stand By Me share this responsibility with families.

Learn more at the [Easter Seals Washington](http://EasterSealsWashington.org) web site.

## On the National Front . . .

The Department of Health and Human Services announced that Secretary Sebelius appointed five new public members to the Interagency Autism Coordinating Committee (IACC), expanding the committee to a total of 24 members.

The five new members include an individual with ASD and parents of individuals with ASD. They also represent perspectives from a variety of different ASD research and advocacy organizations. To learn more, visit [www.hhs.gov/news/press/2010pres/04/20100430a.html](http://www.hhs.gov/news/press/2010pres/04/20100430a.html).

## Educational Opportunities...

### **Children with Autism: Promoting Independence and Readiness to Learn May 12 – Seattle, 1 to 4 pm**

Broadcast to several Education Service Districts across the state, this half-day K-20 Nursing Teleconference will cover behavioral and mental health interventions, psychotropic medications, best practice strategies for medical conditions, and resources from the Washington State Autism Implementation Grant.

To learn more, contact Marianne Gonterman from Seattle Children's at (206) 987-5318.

Online registration, handouts and clock hours information is available at [www.seattlechildrens.org/education/outreach.asp](http://www.seattlechildrens.org/education/outreach.asp).

### **CANCELLED**

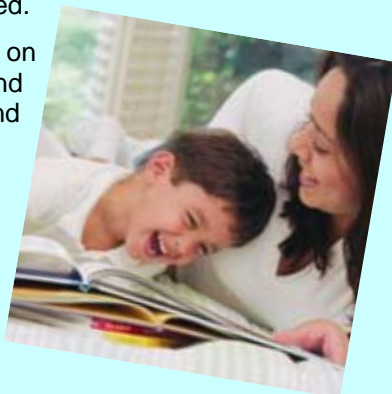
### **"Best in the Northwest - East" Conference May 14, 2010 – Wenatchee**

This conference has been cancelled, and will be rescheduled later this year. Refunds are being issued to those who registered. Learn more at [www.autismsocietyofwa.org](http://www.autismsocietyofwa.org).

### **Speech-Language Pathologists Workshop May 15 – Shoreline, 9 am to 4 pm**

This day-long workshop for SLPs and other interested professionals features Carla Brooks, a regionally and nationally recognized presenter in the area of social communication in autism spectrum disorders. Moderate to advanced knowledge of narrative assessment and social cognition (perspective-taking, central coherence, executive function) is recommended.

The workshop will focus on using wordless books and other visual materials and narratives to assist in assessing and treating pragmatic communication and social cognitive deficits in highly verbal children, approximately 2nd grade to high school.



Attendance verification required by ASHA for CEUs will be provided. Application for CECH hours for school SLPs is in process.

For more information, e-mail [cabrooks7907@gmail.com](mailto:cabrooks7907@gmail.com).

### **Mealtime Success for Kids on the Spectrum: Integrative Nutrition for Picky Eaters May 18, 2010 – Spokane May 20, 2010 – Renton 8 am to 3:30 pm**

This course will outline typical development of eating skills, medically recognized nutritional needs of the growing child, and sensory-base approaches to mealtime behavior issues.

You will explore a variety of techniques that encourage children to participate happily in their family or school mealtimes.

To learn more and to register, go to [www.crosscountryeducation.com](http://www.crosscountryeducation.com). (In the left column enter "Express Number" 126072 and "Priority/SIC Code" 13069\*28\*1)

### **Autism 200 Series: Autism 208: Public Benefits May 20 – Seattle, 7 to 8:30 pm**

Autism 200 is a series of 90-minute classes for parents and caregivers of children with autism who wish to better understand this disorder. Faculty from Seattle Children's Hospital, the University of Washington and community providers teach the classes. Each class includes time for questions.

This free class is held at Seattle Children's Hospital, Wright Auditorium. For information, contact (206) 789-2306 or visit [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes).

### **Pediatric Neurology and Neurosurgery Conference for Healthcare Providers May 22 – Seattle, 8 am to 5 pm**

Sponsored and presented by experts from Seattle Children's, this full-day conference will cover autism spectrum disorders diagnosis and evidence-based treatments.

Other areas to be discussed will be: characteristics, diagnosis and treatment of hydrocephalus and Chiari Malformations; the "what why and when" of neuropsychological evaluation; the characteristics, diagnosis, treatment and life impact of brain tumors in children; recognition and initial management of seizures; and neurovascular diseases of the brain.

This continuing nursing education activity was approved by the Washington State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation." 6.5 CEARP hours. 7.5 CME Category II continuing education hours are applicable.

For more information and to register online, visit [www.seattlechildrens.org/education/outreach.asp](http://www.seattlechildrens.org/education/outreach.asp)