

Tidewater (Southside) Community of Practice in Autism

May 13, 2009

12:00 – 2:00

Present

Dana Childress, Emily Chebetar, Laura O'Neal, Alberta Reid, Kristie Dailey, Dr. John Harrington, Debbie Jones, Kelly Koons, Dr. Kerry Lambert, Dr. Erica Skidmore, Bettie Irvin

Overview of Meeting

Began meeting with introductions, sharing of ideas, resources, and new information.

Discussed the new organization of the Tidewater CoPA, with Adrienne leading a CoPA on the Peninsula and Eastern Shore (possibly through conference calls) and Dana (or new leaders – see below) leading a CoPA on the Southside. There will no longer be alternating meetings on either side of the water; now there will be monthly meetings for each CoPA. All members are invited to participate in either or both CoPAs.

Spent most of meeting planning for the future of the Southside CoPA:

- ☆ Dana was happy to introduce the new Southside CoPA leaders, Emily Chebetar and Bert Reid. Dana will be working with Emily and Bert to transition leadership to them over the new few meetings. They are excited and have some wonderful ideas for CoPA activities!
- ☆ Discussed having group members take more active roles in the future: notetaker for minutes; bringing refreshments; assistance with planning activities; etc. Kelly offered to email resources on group facilitation to leaders and to be a resource to help with this.
- ☆ Emily and Bert discussed searching the region to expand the membership.
- ☆ We need to find out if the Endependence Center is available for monthly meetings. Emily suggested meeting at the Norfolk Infant Program as they have adequate space and are located just off of the interstate.
- ☆ Discussed the following ideas for spending down our \$500 budget by June 30th:
 - Discussed a suggestion from a local service coordinator to organize a training based on the past year's CoPA content and open this up to the region. The group agreed that this was a great idea but that there was not adequate time available to plan and hold this before June 30th. It may be an idea for next year.

- Produce a video for parents on how to use intervention techniques during daily routines and in natural environments. The group suggested that this would be an interesting project that may be more appropriate for T-TAC or TRICC (regional EI local system managers group).
- Hold a Parent Open House for several hours at a time convenient for families. Target newly diagnosed children and their families and share resources. This may be another idea to present to the regional local system managers at TRICC?
- Purchase an autism screening tool and learn about how to implement in practice. Dr. Skidmore agreed to look into this and share information/recommendations.

The group agreed to keep these ideas handy, but decided to use the funds to pursue a deeper study of 1-2 intervention approaches that are appropriate for the 0-4 age range.

Developed new action plan for next year with the following goals:

- ☆ Explore 1-2 evidence-based approaches to working with young children, ages birth to 4 years, with autism spectrum disorders (or who are suspected of having ASD) over the course of next year through a book study, DVDs, group discussion, etc.
 - *We will begin with a study of the DIR Floortime Approach as that was the agreement of the group.*
 - *We are considering ABA strategies useful in NEs and specifically pivotal response treatment for future study.*
- ☆ Deepen group members' knowledge of why approaches are evidence-based as well as the application of the approach with a variety of children and families.
- ☆ Target study to how to apply these techniques to intervention in natural environments and how to coach families to support their use when the interventionist is not in the home/child care setting.

To support this action plan, we will order 12 copies of *Engaging Autism: Helping Children Relate, Communicate, and Think with the DIR Floortime Approach* by Dr. Stanley Greenspan with this year's budget. (Dr. Harington said that he may have a resource for donations if the budget cannot support this full purchase.) **Each CoPA core group member will receive one book and will be expected to commit to study, monthly meeting attendance, and participation.** This plan will be further developed at a future meeting with the support of members from T-TAC ODU.

Decided to postpone the journal article review to our June meeting due to our lengthy discussion of future planning.

ASD Resources

Local Training Opportunity!

Strategies for Supporting Young Children (0-3) with Autism Spectrum Disorders

Monday, June 1st, and Friday, June 26th

Healthy Families Partnership

100 Old Hampton Lane, Hampton, VA 23669

Fee - \$30/person **Stipend available to cover this cost, first-come-first-served

Deadline to register & pay – May 18th

Autism Teaching Tools

<http://www.autismteachingtools.com/>

Lots of resources for teaching play, using toys to teach, social interaction, etc.

Strategies for Success Handouts

TOPICS

Discipline

Diaper Changes

Potty-Training

Safety in the Home and Community (still being compiled)

Developed at the February CoPA meeting – Dana will email to the group

Dr. Erica Skidmore (provides DIR/Floortime intervention in homes; individual and family counseling)

Eden Counseling Center

Accepting Medicaid, Medicare, Mental Health Net & hoping to add others

Dr. Skidmore is accepting new patients.

T-TAC ODU

Will be working closely with the CoPAs this year and provide support. T-TAC has an M-CHAT kit that can be borrowed. Kelly Koons, Autism Specialist, is certified with her BCBA (Board Certified Behavior Analyst).

Virginia Institute of Autism

Charlottesville, VA

www.viaschool.org/UpcomingWorkshops.aspx

Workshop – *Shaping the Future: An Introduction to the Use of Applied Behavior Analysis in the Education of Children with Autism*

3-day training that results in a certificate. Provides an introduction to ABA and offers follow-up visits to classrooms.

The Interdisciplinary Council on Developmental and Learning Disorders (ICDL)

www.icdl.com

The ICDL works “to advance the identification, prevention, and treatment of developmental and learning disorders. Through its research, training and publications, ICDL extends knowledge of developmental processes and provides a framework (DIR®/Floortime Model) for understanding and improving interventions with infants, children and adults with challenges in relating, communicating and thinking, including autism spectrum disorders.”

- Offers membership, extensive library, conference, publications, graduate school, etc.

Parents as Teachers

www.parentsasteachers.org

Home-visiting program being offered in our region through CHIP/Healthy Families and through the military. Provides child development knowledge and parent support for children through regular visits free-of-charge.

NEXT MEETING:

June 17, 2009

12:00 – 2:00

Location – TBA

Journal Article Review:

Early Identification of Autism: Early Characteristics, Onset of Symptoms, and Diagnostic Stability

Authors – Sara Jane Webb, PhD and Emily J. H. Jones, PhD

Infants & Young Children (2009)

Vol. 22, No. 2, pp. 100-118

Thank you for your commitment to providing the best support to families and their children with Autism Spectrum Disorders!

We appreciate you!