

READ ONLINE



Dear Friends,

The holidays are upon us and we hope you are all managing to keep some form of routine and calm during this busy time of year. The holidays can be challenging for many people who might be missing a loved one, struggling financially, or trying to keep up with all the extra responsibilities that seem to go hand in hand with this time of year. For people on the spectrum, the unpredictability of this holiday season can be especially challenging. Please take a look at the article by our consultant, Audra Burch, for some tips to help make the holidays merry and bright.

This is the time of year when we ask all our clients to fill out our [Annual Update Form](#). Please help us keep our database current by filling out the annual update form. This is also a good way to contact us if you are experiencing a current need for consultation or information. We rely on you to let us know when you need our assistance. Please see the **Client Corner Section** below to find all the ways you can request assistance.

Mark your calendars for the **31st Annual Statewide CARD Conference** in Orlando, Florida, on **January 12-14, 2024**. All the information on how to register is listed in the newsletter. We hope to

see you there!

We have included some interesting articles about the Hope Florida Initiative, social security, healthy gaming habits, and sensory friendly cooking classes. We hope you glean some helpful tips from this information and would love to hear your feedback. With your permission, we may include your comments on our social media platforms or in our next newsletter. Please feel free to share your comments by emailing: autism@med.fsu.edu.

We are always looking for clients to highlight in our **Client Corner** section. If you would like to share your story, please email us so we can gather more information.

Finally, please keep an eye on our social media platforms and your inbox for upcoming training opportunities for our clients, families, and professionals. We have been busy planning and are looking forward to restarting several of our online groups, meetings, and trainings in the new year.

Thank you for taking the time to read through our newsletter. We hope to see you at one of our online or in-person events, meetings, or trainings in the near future.

Wishing you a very Happy Holiday and Prosperous New Year!

Sincerely,

Catherine Zenko



CENTER FOR AUTISM & RELATED DISABILITIES

JANUARY 12-14, 2024 | ORLANDO, FL

AUTISM

& related disabilities

Kara Hume



Dorothea Lerman



Andrew Bulla



David Childers



REGISTER HERE

Maria Davis-Pierre



Dani-Mation

+ over 50 other autism experts

Register!



<https://www.cardconference.info>

31st Annual Statewide CARD Conference - January 12-14, 2023

Registration is open for the **31st Annual Statewide CARD Conference!** As always, some of the leading experts in the autism field will be providing us with the most cutting-edge information. We are also proud to announce that Catherine Zenko, Lerena Fleck, and Allison Leatzow are among this year's presenters. Please click below for more information and we hope to see you there!

[CARD Conference Information](#)

31st STATEWIDE ANNUAL CARD
CONFERENCE

ADOS-2

AUTISM DIAGNOSTIC OBSERVATION SCHEDULE



Dr. Michael J. Morrier

The Autism Diagnostic Observation Schedule 2 (ADOS 2) has become the standard Instrument for assessing ASD across age, developmental level, and language skills. Participants will learn how to use the ADOS 2 in clinical practice to assess and diagnose autism. This 2-day live workshop teaches, through instruction and live demonstration, how to use the ADOS-2 to clinically assess and diagnose autism.

DESCRIPTION

A combination of lecture, live demonstration, video presentation, and discussion will allow participants to practice scoring while observing the instructor administering the ADOS 2.

COST

\$395-\$450

WHO SHOULD ATTEND

Psychiatrists
Psychologists
Speech-Language Pathologists
Occupational Therapists
and other professionals who assess and diagnose autism spectrum disorders.

IS IT LIVE?

Yes! This will be an in person event with live demonstrations!
All participants are required to have an ADOS-2 manual to enter. Protocols will be provided.

WHEN

**JANUARY 11-12, 2024
ORLANDO, FL**



QUESTIONS
407.823.6020



REGISTER

<https://www.cardconference.info>

ADOS-2 Training Offered at the 31st Annual Statewide CARD Conference!

An **ADOS-2 Certification Workshop** is being offered **January 11 & 12, 2024** in Orlando at the Florida Hotel & Conference Center prior to the 31st Annual Statewide CARD Conference. There are still spots available, so register now!

ADOS-2 Information



Hope Florida - A Pathway to Prosperity

By: Cathy Zenko

In September, I attended The *Hope Florida Initiative Event* in Orlando, Florida, where I learned about the *Hope Florida - A Pathway to Prosperity* initiative. This program was created to connect Floridians in need with a Hope Navigator who will guide them to find resources available in their communities. To connect with a Hope Navigator, Floridians need to call **1-850-300-HOPE**.

Here is the full description of the Hope Florida Initiative taken directly from the website: <https://www.myflfamilies.com/hopeflorida>.

Hope Florida - A Pathway to Prosperity: Uniting communities through Hope Navigators to guide Floridians on an individualized path to prosperity, economic self-sufficiency and hope.

Spearheaded by First Lady Casey DeSantis and implemented by the Florida Department of Children and Families, Hope Florida utilizes Hope Navigators to guide Floridians on an individualized path to prosperity, economic self-sufficiency and hope by focusing on community collaboration between the private sector, faith-based community, nonprofits and government entities to break down traditional community silos, in an effort to maximize resources and uncover opportunities.

These Hope Navigators are essential in helping individuals identify their unique and immediate barriers to prosperity, develop long term-goals, map out a strategic plan, and work to ensure all sectors of the community have a 'seat at the table' and are part of the solution.

FSU Center for Autism & Related Disabilities Supporting Your Child With a New Autism Diagnosis



A free webinar for parents with children who are newly diagnosed with autism, waiting for a diagnosis, or who have observed characteristics of autism in their child. We will be discussing what it means to have an autism diagnosis along with an overview of potential services and resources.



FSU CARD is dedicated to providing individuals with autism or related disabilities, their families, and professionals who work with them, free consultation, resources, and educational support to build knowledge, confidence, infrastructure, and sustainability within the community.

Tuesday, January 16, 2024

12:30-1:30 PM EST / 11:30 AM-12:30 PM CST

Online via Zoom

[Click here to register](#)



Presented by:
Audra Burch, M.S. CCC-SLP
Dawn Merrix, M.C.D. CCC-SLP

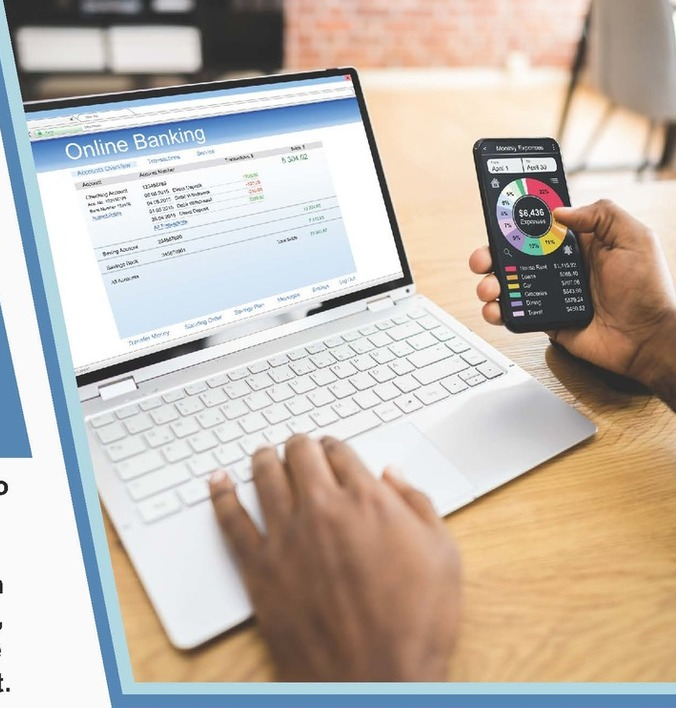
Supporting Your Child with a New Autism Diagnosis

[Click Here to Register](#)



BANKING FOR INDEPENDENCE

In collaboration with Chase Bank, Neuro Consulting Solutions is hosting **FREE** virtual financial literacy courses that provide participants with knowledge on how to manage their personal finances, create a personal budget, and learn the tools to become financially independent.



Chase Money Skills

Building a Budget | Managing Debt | Protecting Your Assets
| Planning for Retirement | First Time Home Buyer



Neurodiverse adults

- ✓ Participants must be 18 years old or older.
- ✓ Participants should commit to attending all of the workshops per session.
- ✓ Participants nationwide are welcome!



FREE for participants

Made possible through the generous support of Chase Bank.



Each session meets virtually

Thursdays | 6 - 7 PM (EST)
January 18 - February 22, 2024



SPACE IS LIMITED

To register for a session, [Click Here](#) or scan the QR code and complete the Interest Form.



Questions?

Contact Maria Ramos at mramos@neuro-cs.com

Banking for Independence

FREE opportunity for Neurodiverse Adults

In collaboration with Chase Bank, Neuro Consulting Solutions is hosting **FREE** virtual financial literacy sessions that provide participants with knowledge on how to manage their personal finances, create a personal budget, and learn the tools to become financially independent. This program is designed for neurodiverse adults (**18+**).

Participants are encouraged to join the sessions that align with their financial journey!

[Click Here to Register](#)



Autism-Friendly Business Spotlight - City of Tallahassee Parking Department

By: Cathy Zenko

In October, I had the privilege of working with the City of Tallahassee Parking Department to provide training to their staff on autism and how the department can be more autism-friendly. They had all of their staff cycle through 4 different training times to make sure everyone had a chance to participate. We are so thrilled to add the City of Tallahassee Parking Department to our growing list of autism-friendly businesses. One participant wrote a poem about his experience and gave me permission to share it with you. Thank you, City of Tallahassee Parking Department!

Eyes by Kenneth Frame

The love of life is the
joy to see
For the eyes are a blessing

from God to us
To capture the essence and
The beauty of love
So children of all ages can have
A smile on their face.
Just ordinary kids who
Deserve a chance
To experience the Glory of
This precious Land
A land that was made by
The hands of God
So hope and dreams would
Come alive
By the professional training
Our teachers provide
From a school of Integrity with
A lot of pride
For FSU is that spark
That lights a fire in our,
Students' hearts
So, love and compassion
Can do its part
For the Autism Disability Education
Program is that spark
So children can learn with
A smile on their face
As the training they receive
Brightens there day
A skill to help many children
To believe
As their hands on workshops
Guide their mind
Just ordinary steps we take
For granted
But a milestone for children who
Live on this planet
So, the beauty of their dreams
Can come alive.
By the training and love our,
Staff provides
So they can be best teachers
They are meant to be
So our Autism
Children can
Make history
And take their place as
Others do
And be a vital part of
Society too
But God had a plan to guide

Them through
By the Autism
Program At FSU.
With Professors who stood
Right by their side
In the field and on campus as they
Train being changed
So they can appreciate the children
Who lives this life
So they can be the one?
To open their eyes
To see things in a different way
As the Autistic
Institute helps Every day
With the footprints of courage
To lead the way
Yes, this training is truly first class
By building families of future who
Will always last.
For Autism Disabilities Education
Is a gifted class
A class of honor, with integrity, pride.
For Florida State University?
Is changing lives
So, take the journey and be
A part of us.
So, the children of tomorrow
Can truly be loved
Eyes.

[Learn about the Autism-Friendly Business Program](#)



Make Your Holidays Bright - Webinar Recap

By: Audra Burch

Holidays can bring lots of excitement and fun, new activities. However, these changes could also bring uneasiness and unpredictability for those with autism.

Changes That Occur	How It Can be Difficult for Autistic People
No School	Unstructured time, not routine
Decorations	Different sights, sounds & smells
Extended family	Unfamiliar people, crowds
Trips to visit family	Strange places, different routines
Multiple holiday events/gathering	Unfamiliar environments, expectations & clothing
Adults are stressed	Rushing around, short tempers

Thinking about these changes, here are some strategies to ease into the holiday season and prepare for joy!

Use the “Prime-Time-Show” Strategy:

PRIME – Prepare for the holidays by:

- Talking about changes in school and family schedules.
- Looking at photos, videos, and virtual tours of new and old places you will visit.
- Talking with family you will visit about the needs your child may have.

TIME – Explain changes in schedules by:

- Using a calendar to visually show schedule changes (try color-coding, highlighting, etc.).
- Attaching photos of people you will see on specific calendar days.
- Talking about and crossing off days as they happen.
- Considering “down time” each day with a quiet spot even at others’ homes.

SHOW – Make it visual by:

- Using first/then boards and visual schedules to show what’s coming up.
- Using social narratives and bringing them on trips for review.
- Role-playing situations and possible interactions with others.

Check Out These Resources:

- Mighty Knightly: Let’s Open Presents (video social story)
<https://www.youtube.com/watch?v=dTnK16-OXgI>
- OCALI Autism Center Grab and Go Resource Gallery of Interventions (a lot of freebies!)

Social Security 101

By: Sonia Clark-Rosier

FSU CARD staff had the opportunity to participate in a “Social Security 101” training facilitated by Molly Sullivan, senior associate, with Griffin-Hammis Associates. Molly provided the team with invaluable information about two cash benefits administered by Social Security Administration (SSA): SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance). Molly also provided detailed information about the eligibility process and SSA’s definition of disability. Additional resources shared included:

Listing of Impairments (Blue Book):

<https://www.ssa.gov/disability/professionals/bluebook/>

Listing of impairments – Autism spectrum Disorder:

https://www.ssa.gov/disability/professionals/bluebook/12.00-MentalDisorders-Adult.htm#12_10

SOAR TA Center’s video, The SSA Sequential Evaluation Process:

<https://soarworks.samhsa.gov/article/disability-determination-the-ssa-sequential-evaluation>

SOAR TA Center’s video, Using the Blue Book Listings:

<https://soarworks.samhsa.gov/article/the-listings-and-mental-illness>

Florida SOAR State Team:

<https://soarworks.samhsa.gov/states/florida>

Healthy Gaming Habits

By: Crystal Grey-Hewett

A lot of our kids (and our adults) enjoy video games and will be receiving gaming equipment and accessories during the holiday season. Read below for some strategies for how to help your family member keep their gaming fun while still maintaining the boundaries that keep the hobby from taking over their life.

5 WAYS STUDENTS CAN BETTER MANAGE GAMING TIME- Blog from InnerDrive

CLIENT CORNER

Client Spotlight

This quarter, we are featuring a writing piece by one of our clients. Bethany Grey-Hewett is a junior at Palm Bay Preparatory Academy and has been writing an ongoing recap series about "Dancing with the Stars" for her school newspaper blog, and we are proud to highlight one of the pieces. If you would like to read more, all of the current recaps are available at the Palm Bay Press website.



[Read Bethany's Blog](#)

**Click the Buttons Below to
Request Assistance from FSU CARD**

[Intake/Referrals](#)

Annual Client Update

Professional Programmatic Assistance for Schools/Agencies

Training Request

Public Awareness Request



Baby NAVIGATOR™

What every parent needs to know

[Baby Navigator Website](#)

The Executive Director of FSU CARD and Director of the College of Medicine's Autism Institute, Dr. Amy Wetherby, launched a website, [BabyNavigator.com](#), that walks parents through early childhood development and alerts them to early signs of autism.

[Launch Baby Navigator](#)



nutrition

Sensory Cooking Class Helps Children with Autism Gain Independence- ABC News Live

This video from ABC News' Will Car reports on **Sensory Cooking**, a Phoenix-based organization tackling food aversions and sensitivity for children on the spectrum. The story highlights a program focused on teaching people on the spectrum how to try new foods and develop a love of cooking. Programs like this are essential for helping people on the spectrum be able to experience the joy of experiencing new food, as well as increase independence and confidence.

[Watch Sensory Cooking Video](#)

Share with CARD

FSU CARD is continuously looking for clients who would like to share their art, writing pieces, or success stories in our quarterly newsletter. If you are interested in sharing for our next issue, please send a message and image electronically to FSU CARD (autism@med.fsu.edu). All art or writing pieces should be titled. Select submissions will be chosen for each edition of the newsletter; artists and authors will be notified if their article is chosen.

Edgewater Office Park
2312 Killearn Center Blvd, Bldg. A
Tallahassee, FL 32309
850.644.4367
toll-free: 800.769.7926
fax: 850.644.3644
Email: autism@med.fsu.edu

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