



"The Center for Autism and Related Disabilities (CARD) provides support and assistance with the goal of building the capacity of individuals, families, schools, and communities to optimize the potential of people with autism and related disabilities."

READ ONLINE



Dear Friends,

Spring has sprung and we are gearing up for a busy Autism Awareness/Acceptance month in April. We are thrilled to host our 7th Annual *Kickin' It for Autism Soccer Clinic* with the FSU Soccer Team and Coaches. Space is limited so register online by April 15th, before we sell out like last year! Please see the article below for all of the information.

We are teaming up again with our friends at the LeRoy Collins Leon County Public Library in Tallahassee to showcase the magnificent talents of people on the spectrum during the Artists & Autism: Celebrating Neurodiversity exhibition. Please see the article below for more information about both the art exhibition and other library events celebrating neurodiversity.

Mark your calendars for the Summer Training Institute on Autism on June 18-20, 2024. We will be posting more information and Zoom registration information in the next few weeks. There is no cost to attend the Summer Training Institute; however registration is required.

We have included some interesting articles about how to use behavior-specific praise, tips for prioritizing, and information on eating disorders in autism. 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 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.

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.

Sincerely,

Catherine Zenko





Seventh Annual
**KICKIN' IT
FOR AUTISM**



**SOCCER CLINIC WITH
FSU SOCCER TEAM & COACHES**

SUNDAY, APRIL 21, 2024

Don't miss out on this fun community event!

Who: Soccer players of all ages and experience

What: Soccer clinic - learn new skills or sharpen existing techniques with the FSU Soccer team and coaches

When: 2:00 - 3:30 pm (Onsite Registration 1:15 - 2:00 pm)

Where: FSU Soccer Complex 1119 Spirit Way, Tallahassee 32306

Why: Support FSU CARD & promote Autism Awareness & Acceptance by welcoming ALL athletes to participate

All participants need to wear athletic shoes & bring a water bottle (please label bottle clearly)

**\$20
ONLINE REGISTRATION
UNTIL 4/10/24
*UNTIL 4/15/24***

**\$25 ONSITE
REGISTRATION**

(IF EVENT DOES NOT SELL OUT BEFORE
DAY OF EVENT)

***Registration includes:**

T-shirt

(while supplies last), prize
ticket, refreshments

**TO LEARN MORE, GO TO:
WWW.FSUCARD.COM**

**All net proceeds benefit
the FSU Autism Institute
and FSU Center for Autism
& Related Disabilities
(CARD)**

CLINIC

2:00 PM - 3:30 PM

**AUTOGRAPHS WITH THE
TEAM & COACHES**

PRIZES & REFRESHMENTS

3:30 PM - 4:00 PM

7th Annual Kickin' It for Autism Soccer Clinic

We are so excited to host our **7th Annual Kickin' It for Autism Soccer Clinic** with the FSU Soccer Team and Coaches on **April 21, 2024!**

Don't miss your opportunity to learn from the REIGNING NATIONAL CHAMPIONS, the Florida State Seminoles Soccer team.

Online registration is OPEN NOW and we've extended the deadline to **4/15/24!**

Spots are limited so register early!

We have room for a few more event sponsors if you are interested. Join the winning team and show your support!

[Event Information/Registration](#)

[Sponsor Information](#)

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, April 2, 2024

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

Online via Zoom

[Click here to register](#)

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



POV PBS POV Venue
Gallery of Art
36 W Beach Drive
Panama City

Programming held at the Gallery of Art and facilitated by the Bay County Public Library. No tickets required. Attendance will be capped at room capacity. For more information, call 850-522-2120. Visit pov.org to learn more about the films.

FRIDAY FILM LINE-UP & PANELISTS

Film Block 1

Friday, April 12 at 11 a.m. - 1:15 p.m.

PBS POV Film: **The Mole Agent** (2020), directed by Maite Alberdi
Post-Film Discussion led by the Bay County Council on Aging

Film Block 2

Friday, April 12 at 1:15 pm - 3:00 p.m.

PBS POV Short: **The Love Bugs** (2019), directed by Maria Clinton & Allison Otto
PBS POV Short: **Between Earth and Sky** (2023), directed by Andrew Nadkarni
Post-Film Discussion led by Sarah Burris, Bay County Public Library

Film Block 3

Friday, April 12 at 3 p.m. - 5:30 p.m.

PBS POV Film: **Uyra: The Rising Forest** (2022), directed by Juliana Curi
Post-Film Discussion led by the Gulf Coast LGBTQ Center

Film Block 4

Friday, April 12 at 5:30 p.m. - 8:30 p.m.

PBS Film: **Daring Women Doctors: Physicians in the 19th Century** (2020), directed by Valerie Scoon
Film: **2020 Year of the Nurse** (2021), directed by Robyn Roots and written by Robyn Roots and William Roebuck
Post-Film Discussion led by film directors, Valerie Scoon, Robyn Roots and William Roebuck

[SEE BACK FOR SATURDAY FILM LINE-UP](#)

Film Stills:
Shut Up and Paint, Uyra: The Rising Forest, and Swim Team

POV Gallery of Art: PBS POV Venue
SATURDAY FILM LINE-UP & PANELISTS

Photo Credit: Nicole Chan

Film Block 5

Saturday, April 13 at 11 a.m. - 1:15 p.m.

PBS POV Film: **Swim Team** (2016), directed by Laura Stolman
Post-Film Discussion led Crystal Grey-Hewett, FSU Center for Autism and Related Disabilities (CARD)

Film Block 6

Saturday, April 13 at 1:15 pm - 3:00 p.m.

PBS POV Short: **The Love Bugs** (2019), directed by Maria Clinton & Allison Otto
PBS POV Short: **Between Earth and Sky** (2023), directed by Andrew Nadkarni
Post-Film Discussion led by Greg Robinson, Gulf Coast State College Biology Professor

Film Block 7

Saturday, April 13 at 3 p.m. - 5:00 p.m.

PBS POV Film: **Uyra: The Rising Forest** (2022), directed by Juliana Curi
Post-Film Discussion led by the Gulf Coast LGBTQ Center

Film Block 8

Saturday, April 13 at 5:00 p.m. - 7:00 p.m.

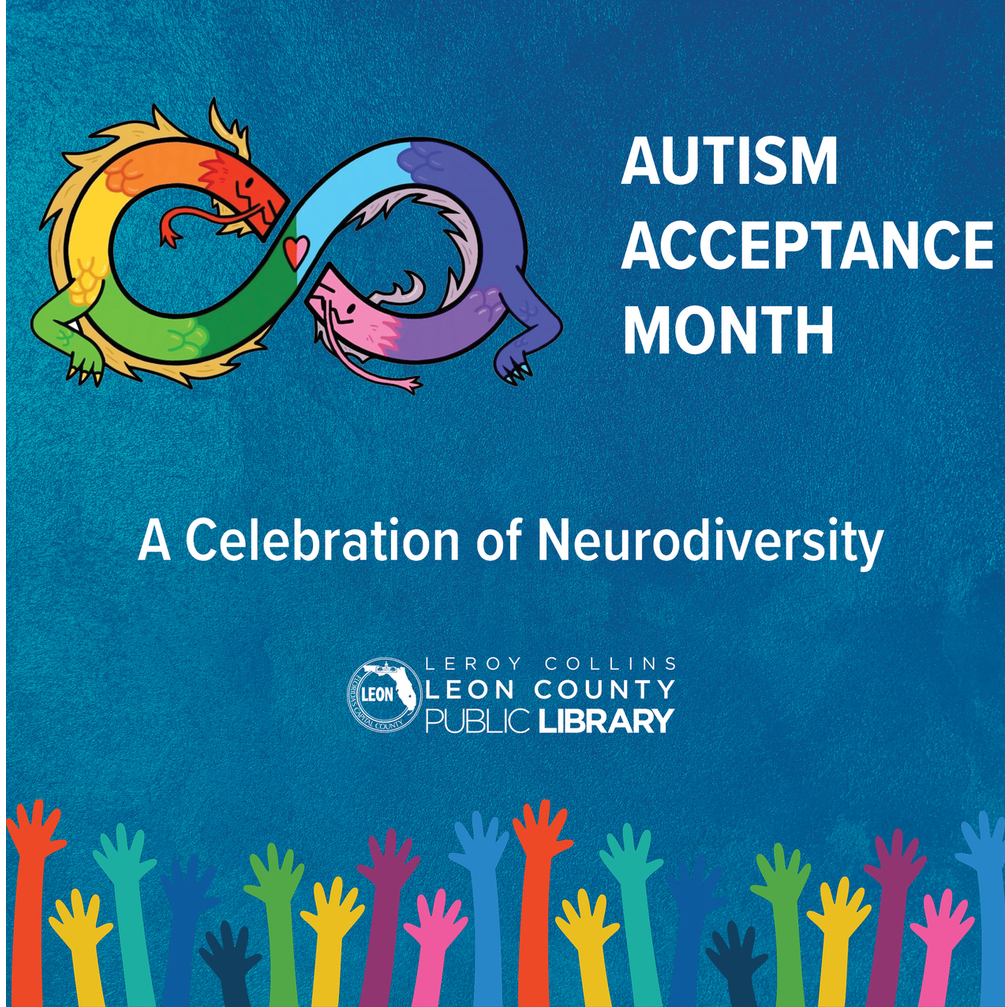
PBS POV Short: **Shut Up and Paint** (2022), directed by Titus Kaphar and Alex Mallis
PBS POV Film: **The Song of the Butterflies** (2020), directed by Nuria Frigola Torrent
Post-Film Discussion led by local artists, Sarah Burris, Mandy Yourick and Brianna Bennett

RedFish Film Fest

Please join us for a screening of the PBS POV documentary "Swim Team", followed by a discussion led by FSU CARD's Crystal Grey-Hewett.

April 13, 2024 at 11 am - 1:15 pm CT

Gallery of Art - 36 W. Beach Dr., Panama City, FL



Celebration of Autism and Neurodiversity

By: Allison Leatzow

We are thrilled and honored to partner with the LeRoy Collins Leon County Public Library (one of our Autism-Friendly Business Partners) and Arts4All Florida in April for "Autism Acceptance Month: A Celebration of Neurodiversity," featuring numerous engaging and entertaining events for the third year in a row.

One of the highlights for the month is the annual Artists and Autism Exhibition that brings together neurodivergent artists from across the Big Bend showcasing multiple works of art. This year's theme is "Artists and Autism: Shake the World!" The exhibit will run the entire month of April at the main library, with the kickoff event scheduled **Tuesday, April 2nd** from 6:00-7:00 PM ET. While attending, you'll be able to meet several of the artists, view the inspiring pieces they've created, and snack on light refreshments.

Another event the library will host is the annual Autism Acceptance Month Resource Fair where residents are invited to connect with organizations that provide services and resources for neurodiverse individuals. FSU CARD, along with many other organizations, will be in attendance to share information and answer any questions. This will be held **Saturday, April 20th** from 1:00-3:00 PM ET at the main library.

The library will also continue to offer their Sensory Story Time (10:30-11:00 AM EST) and Sensory Stay and Play (11:00-11:30 AM EST) on each Friday of the month at the main library.

[Learn More - Library Website](#)

FSU Center for Autism & Related Disabilities
in collaboration with Jackson County Library
Autism Hour



Join us each month to learn about autism and related topics including new diagnosis, social communication, and sensory differences. Come to learn, ask questions, and find support!



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.

Fourth Thursday of each month

February 22, 2024 - May 23, 2024

5:30 PM CT Refreshments / 6:00-7:00 PM CT Meeting

Marianna Library Location
2929 Green Street, Marianna FL 32446

Audra Burch, MS CCC-SLP, audra.burch@med.fsu.edu

No Registration Required

FSU Center for Autism & Related Disabilities
Meet-Up Mondays - Spring Series
Discussion and Strategies for Adult CARD Clients



Join CARD Consultants for weekly one hour virtual meet-ups to discuss topics affecting adults with autism. Activities will include engaging presentations by CARD consultants and guest speakers, open topic chats, and playing games to better get to know one another. Participants will also have a chance to chat with other adults on the spectrum about their successes and challenges. This series is for adults (18 and up) who are registered with FSU CARD.



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May 6th, 13th, 20th 2024

6:30 p.m. EST / 5:30 p.m. CST

Zoom Video Conference

Email Allison Leatzow: aleatzow@fsu.edu

Register <https://app.smartsheet.com/b/form/1b11e1e-0ca55472299e4983871c71a1a>



Register for Meet-Up Mondays



Summer Training Institute on Autism

Save the Date for the 2024 Summer Training Institute on Autism **June 18-20, 2024** via Zoom.

Registration information is coming soon.

Stay tuned to Autism Navigator Webinars page for registration information.

[Autism Navigator Webinars Page](#)





The Power of Behavior Specific Praise

By: Audra Burch, MS, CCC-SLP

Everyone loves praise. It feels good to hear that you've done something well. In fact, more than 30 years of research has shown that praise is an effective behavior management strategy (1). However, **behavior specific praise** takes things one step further. Behavior specific praise is making a positive comment that is specific to the desired behavior. For example, "Thank you for keeping your hands down, Jenny," or "Good job asking for what you want." This method communicates praise AND lets the individual know what they are doing correctly so they will know to do that again in the future. In the classroom, the use of behavior-specific praise is linked to increased on-task behavior and decreases in challenging behavior (2).

When using behavior specific praise, it's recommended to use a 4:1 ratio. That means to use behavior specific praise four times to every one reprimand (3). You can do it, and here are some ways to try it!

- Be on the lookout for times to praise throughout the day.
- Set a timer to remind you to praise (try every 15 minutes)
- Track your praise (color-coded sticky notes or rubber bands)

Tip: Use the individual's name when giving praise to making it more meaningful.

Works cited:

1. Allday, R. A., Hinkson-Lee, K., Hudson, T., Neilsen-Gatti, S., Kleinke, A., & Russel, C. S. (2012). Training general educators to increase behavior specific praise: Effects on students with EBD. *Behavioral Disorders*, 37, 87-98. Sutherland, K. S., & Wehby, J. H., Copeland, S. R. (2000).
 2. Royer, D. J., Lane, K. L., Dunlap, K. D., & Ennis, R. P. (2019). A Systematic Review of Teacher-Delivered Behavior-Specific Praise on K–12 Student Performance. *Remedial and Special Education*, 40(2), 112-128.
 3. Piscareta, J., Tincani, M., Connell, J. E., & Axelrod, S. (2011). Increasing teachers' use of a 1:1 praise-to-behavior correction ratio to decrease student disruption in general education classrooms. *Behavioral Interventions*, 26, 243-260.
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CENTER FOR AUTISM & RELATED DISABILITIES

coming to orlando
JANUARY 16-19. 2025

CALL FOR PAPERS NOW OPEN

Florida's 1st Choice for Autism Support



Florida's 1st Choice for Autism Support



- JAN. 2025
- 32ND CARD CONFERENCE
- ORLANDO. FL



SCAN ME

QUESTIONS

JUDEE.SAMUELS@UCF.EDU

Call for Papers for the 2025 CARD Conference

The 32nd Annual Statewide CARD Conference is now accepting Call for Papers for the conference on January 16-19, 2025 in Orlando, Florida. Don't miss your chance to present at the 32nd Annual Statewide CARD Conference.

[Submit Your Proposal Here](#)



Burnt-Out and Struggling to Prioritize Tasks?

By: Ahona Guha (Psychology Today, 2022)

Whether you are an adult with a disability, the parent of a person with a disability, or just a person in general, it is easy to struggle with prioritization and feeling burnt out. This article provides some tips on how to manage this feeling, and get back on track.

[Read Article](#)





Client Spotlight

This quarter, we are spotlighting Shawn Rosier.

“If opportunity doesn’t knock, build a door (or a dessert food truck)!” That’s just what Shawn and his family did when they developed Shawn Goes Bananas. Shawn Rosier is the proud owner of Shawn Goes Bananas, a dessert food truck that launched in early March in the Tallahassee/Leon/Wakulla County area.

Shawn Goes Bananas was the perfect supported self-employment venture for Shawn to compliment his previous culinary courses at Wakulla High School and his almost two-year employment tenure at SmallCakes.

Shawn Goes Bananas is the brainchild of Shawn’s parents, FSU CARD consultant Sonia Clark-Rosier and husband Shawn Rosier. Shawn’s parents, along with Vocational Rehabilitation, and a team of business professionals, decided to create a supported self-employment opportunity for Shawn utilizing the Certified Business Technical Assistance Consultant (CBTAC) Program.

Shawn’s dessert food truck has many offerings, including a decadent banana cream pudding, a gluten-free “skinny” version of the decadent pudding, and various seasonal specialty desserts. Shawn Goes Bananas will be making appearances at local festivals and fairs, community events, food truck fairs, and private events within a 50-mile radius of the Tallahassee/Crawfordville area.

When you ask Shawn what he enjoys most about being a small business owner, Shawn says “I enjoy being the anchor of my business, helping my customers, and operating the point-of-sale system.”

When Shawn is not preparing his decadent banana cream pudding, he enjoys watching NFL football (the Atlanta Falcons are his favorite team and Jalen Hurts, quarterback of the Philadelphia Eagles, is his favorite player). Shawn also enjoys watching his favorite WWE superstar Roman Reigns and participating in Florida State University’s Best Buddies chapter!

Shawn Goes Bananas is an example of what can be accomplished when you believe in your ability regardless of your disability! To learn more about Shawn Goes Bananas, please visit his website at shawngoesbananas.com and find him on Facebook and Instagram @ Shawn Goes Bananas.

Click the Buttons Below to Request Assistance from FSU CARD

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[Annual Client Update](#)

[Professional Programmatic Assistance for Schools/Agencies](#)

[Training Requests](#)

[Public Awareness Requests](#)



[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.

Share with anyone you know who has a baby under 18 months old.

nutrition



Eating Disorders in Autism: A Complex Connection

By: Jennifer Gerlach, LCSW (Psychology Today, 2024)

Many people with autism can struggle with restricted eating and food avoidance, and the reasons behind them can put them at risk for developing eating disorders. This article explores the connections between autism and eating disorders, as well as an exploration of how they can be effectively treated.

[Read Article](#)

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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