

AHA/AS/PDD (Advocates for Individuals with High Functioning Autism, Asperger's Syndrome and other Pervasive Developmental Disorders), **The Adult Asperger Syndrome Support Group of New York City**, **The Matt & Debra Cody Center for Autism**, **NSSA** (Nassau Suffolk Services for Autism) & **YAI**-National Institute for People with Disabilities . . .

proudly present:

**Issues in
Independent Living
for Adolescents
and Adults with
Autism Spectrum
Disorders**

**Saturday, April 12, 2003
Roslyn High School,
Roslyn, Long Island
8:30 a.m.-5:00 p.m.**

For further information:
www.aha-as-pdd.org, www.codycenter.org,
email: patschiss@aol.com
or call: 631.269.5709

Dear professional, relative, friend or individual with an autistic spectrum disorder:

Our mission is to increase awareness of the many and varied difficulties individuals with Autism Spectrum diagnoses face as adults. Services for children have consistently seen expansive development over the last several years, but there has been little or no development in supports for adults.

Yet individuals spend approximately 80% of their lives as adults. At the present time supports and services for adults on the spectrum are either woefully fragmented, or virtually nonexistent. Our workshops will identify those few resources that are currently available and indicate some of what is needed for this misunderstood, under-served, under-identified, frequently under-valued and ever-increasing population.

A light breakfast and lunch will be provided. Books will be available for purchase. Support and service information tables from various agencies and resources will be available with handouts. We hope you will join us.

Sincerely,

Pat Schissel
AHA/AS/PDD

Bernice Polinsky
AHA/AS/PDD

Lynda Geller, Ph.D.
The Cody Center

Conference Coordinators

with

Michael John Carley
& Karl Wittig
The Adult Asperger
Syndrome Support
Group of New York City

Ellen Forrest
AHA/AS/PDD
Peter Gerhardt, Ed.D.
NSSA
Valerie Gaus, Ph.D.
YAI



Schedule of Events

8:30 a.m.-9:30 a.m.: Registration

9:30 a.m.-10:15 a.m.: Keynote Speaker

Disclosure: How and When to Share Your Diagnosis
Stephen Shore

10:30 a.m.-12:15 p.m.: Panel

Employment, Relationships, and Friendships

Stephanie Braxton, Michael John Carley, Floraine Kay, Stephen Shore, and Karl Wittig. **Peter Gerhardt, Ed.D. moderator.**

As individuals with AS and HFA, they will discuss the challenges they face, and the specific strategies or supports that they have found helpful. A question and answer period will be provided.

12:15 p.m.-1:00 p.m.: Lunch

1:15 p.m.-2:15 p.m.: Workshop Period A

#1 Autism Spectrum Disorders and Organizational Management Issues: How to Facilitate Executive Function Skills for Independent Living;

Lynda Geller, Ph.D.

F I P

Many individuals have significant problems with organization, so much so that it creates disharmony at home and needless frustration and failure in job and school settings. This presentation will assist the clinician providing therapy in understanding the underlying deficits and in developing effective strategies for intervention.

#2 Everything you wanted to know about Social Security Work Incentives . . . and were afraid to ask

Marybeth Campfield

F I P

Despite what you may have heard, individuals who receive Social Security benefits can work. Social Security has a program of work incentives that people with disabilities need to know about.

#3 Transitional Strategies for Social/Independent Growth
Gordy Felt

F I P

Learn strategies for fostering social & independence growth in populations of young adults soon to transition into independent living environments.

#4 Young Adult Panel

Young people on the spectrum; Sean Beaudoin, Katherine Eddy, Mae Francois, & Amy Gravino. **Perry Hoffman, Pat Long; moderators** F I P

The ups and downs which led these young adults to where they are today. Questions will be addressed.

#5 Using Cognitive-Behavioral Techniques in Counseling or Psychotherapy for Adults on the Autistic Spectrum

Valerie Gaus, Ph.D.

P

Individuals with Asperger's Disorder and other Pervasive Developmental Disorders who function at the high end of the spectrum are vulnerable to secondary mental health problems. In recent years, counselors and psychotherapists are receiving increasing numbers of referrals to treat this population. A counseling/ psychotherapy model will be presented including strategies for treatment planning and implementation using a cognitive behavioral approach.

2:30 p.m.-3:30 p.m.: Workshop Period B

#6 Creating a Comfortable Home: Setting Priorities - Accepting Differences

Zosia Zaks

F I P

First we will look at society's expectations for a home, and how these pressures make us feel about our living environments. Then we will look at strategies and techniques for organizing our homes so they are comfortable places to be.

#7 Working the System to Promote Self Sufficiency

Sue Lesco

F I P

This workshop will review the available adult living options provided by various service delivery systems, and the eligibility requirements to access these services.

#8 The Ties That Bind – Family Relationships vs. Family Entanglements

Jean Jacobsen and Michael Greenberg, CSW

P

This workshop will familiarize professionals with aspects of these diagnoses that pose unique challenges to an individual's and family's life cycle, the intra- and interpersonal dynamics that can play a part in impeding this process and ways to help families more successfully identify and resolve the issues.

#9 Succeeding in College

Allen Tinkler, MS.Ed & Nicholas A. Villani

F I P

A description of appropriate programs around the country will be given and approaches to finding the best match to student needs will be discussed. A model program at Dowling College will also be presented.

#10 Person-Centered Approaches to Promoting Social Skill Development

Peter Gerhardt, Ed.D.

F I P

This workshop will present an overview of social skill instruction with emphasis on the need to understand both motivation and function in the development of a social repertoire.

3:45 p.m.-4:45 p.m.: Workshop Period C

#11 Autism Spectrum Diagnoses and Comorbidity

Lynda Geller, Ph.D.

P

This presentation will primarily discuss how to diagnose and treat psychiatric conditions that comorbidly occur with Autism Spectrum Diagnoses.

#12 Human Sexuality & Relationships: Implications For Education & Treatment

Lisa Mitchell, CSW

P

Participants will learn about obstacles to establishing and maintaining relationships, and possible ways that professionals may support the individuals. The necessity of sexuality education for this population will be discussed.

#13 Disability Benefits: What's Available, Are They Right for You, and Do You Qualify?

Barbara Morell

F I

The focus of this presentation is based on the program at (LIAC) The Long Island Advocacy Center. The Client Assistance Program (CAP) is a statewide network of advocates available to assist New Yorkers with disabilities in gaining access to VESID and CBVH services.

#14 Post Secondary Options - Strategies for Success

Jim Rein

F I P

This presentation will cover the strategies needed for both students and their families to prepare for and experience success in college.

#15 Walking the Tightrope: Balancing Your Adult Child's Need for Independence versus the Need for Your Help

Valerie Gaus, Ph.D.

F I P

This workshop will offer tips as well as open discussion about the challenges facing parents of adult children on the spectrum. Audience participation will be encouraged.

#16 The Autism Community as a Neurological Diaspora

Phil Schwarz

F I P

The basic idea of the workshop is to get the audience to begin rethinking what identity and community mean for "auties/Aspies", by presenting new models for how folks on the spectrum think of themselves.

KEY CODE:

F = Is most suitable, but not restricted to, family members of individuals on the spectrum

I = Is most suitable, but not restricted to, individuals on the spectrum

P = Is most suitable, but not restricted to, professionals in the field

Marybeth Campfield is a Benefits Specialist at Long Island Advocacy Center in New Hyde Park, NY. She is part of the Benefits Planning, Assistance and Outreach Program, also known as "Work Smart".

Sean Beaudoin is a senior at Sachem High School. He is 20 years old. He was diagnosed at 16 years old with PDD-NOS. He works at an animal hospital.

Stephanie Braxton has written and acted for daytime television for over 20 years. In these years she won two Emmy's and several Writer's Guild Awards. When her son Dylan was five, she first heard of AS. The diagnosis works for Dylan, and for his mom.

Michael John Carley is a playwright and former United Nations Representative. He co-facilitates the only support group for adults with AS in New York City. He and his 6-year old son were both diagnosed in 2000.

Katherine Eddy was diagnosed with Asperger's Syndrome when she was 18. She attends Westchester Community College.

Gordon W. Felt has directed Camp Northwood since 1989. In 1993 he co-founded Wongaratta Inc., a program providing social and travel opportunities for special populations and in 2000 he established The Northwood Center.

Mae Francois is a 20 years old college junior. She is currently studying creative writing at Dowling College. Mae was diagnosed with Autism at the age of two and has been speaking about her experiences since she was twelve.

Valerie Gaus, Ph.D. is a Clinical Psychologist with over 10 years of experience working full-time at YAI-National Institute for People with Disabilities. Dr. Gaus is on the board for the New York Metro chapter of NADD.

Lynda Geller, Ph.D. is the Director of Community Service and Education at the Cody Center for Autism and an Assistant Professor of Pediatrics at the Stony Brook University School of Medicine.

Peter Gerhardt, Ed.D. is Executive Director of Nassau Suffolk Services for Autism, which operates the Martin Barell School in Levittown, NY. He serves on the Advisory Boards of the Autism Society of America, MAAP Services, and ASPEN.

Amy Gravino was diagnosed with Asperger's Syndrome at age 10. She currently attends King's College in Wilkes-Barre, Pennsylvania, where she is an English major with a focus in writing.

Michael Greenberg, CSW, ACSW has been a social worker at Stony Brook University Hospital for the past 20 years, where he has divided his time between the Departments of Psychiatry and Pediatrics.

Perry Hoffman was diagnosed at an early age with autism. Mr. Hoffman has recently completed his masters in Secondary Education at Queens College. He is currently an advisor for the New York City Department of Health.

Floraine Kay is a teacher by night, and a dramaturg by day and night, with over 20 productions to her credit. She was recently diagnosed with AS.

Sue Lesco is the Coordinator of the Resource Center at the Cody Center for Autism and Developmental Disabilities. She has provided services in both residential and vocational settings, for 20 years.

Pat Long is a past president of AHA/AS/PDD as well as the mother of two sons. Edwin, age 17 who is diagnosed autistic, and Patrick, age 16, diagnosed bi-polar. She is a frequent speaker for parent and professional groups.

Lisa Mitchell, CSW coordinates the sexuality education and treatment program at the Cody Center for Autism and Developmental Disabilities. Her job responsibilities include conducting developmental evaluations, and school consultation.

Barbara Morell is the Client Assistance Program (CAP) Coordinator for Nassau County at the Long Island Advocacy Center in New Hyde Park. She is also the parent of a young man with ASD.

Jim Rein is currently the Dean of the Vocational Independence Program (VIP) of the New York Institute of Technology. He has founded numerous programs for children with special needs.

Phil Schwarz is the Vice-President of the Asperger's Association of New England. Professionally a software architect he has a mild variant of AS, and he is the father of a young boy with high-functioning autism.

Stephen Shore was diagnosed as a child with "Atypical Development with strong autistic tendencies" and is now completing his doctoral degree in special education at Boston University. In addition to working with children and talking about life on the autism spectrum, Stephen presents and consults internationally on adult issues as discussed in his book *Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome* and other writings. Stephen also serves on several boards.

Allen Tinkler, MS.Ed. is one of a handful of nationally recognized authorities on college selection and transition issues exclusively for students with special needs. To date he has personally visited over 330 colleges in 30 states.

Nicholas A. Villani is the Vice President of Community Enterprises of New York (CENY). CENY was founded to meet the employment needs of individuals in the autism spectrum. Mr. Villani has worked in the field for twenty years.

Karl Wittig was diagnosed at the age of 44 with Asperger's Syndrome. He has worked as a research scientist and engineer for over 25 years. Karl has a B.S. in applied physics, a Master of Electrical Engineering, and an M.S. in computer science.

Zosia Zaks lives in New York City. She is a writer. Having struggled herself to create an enjoyable place to live, she is sensitive to the issues people on the spectrum face. People may contact her by email at zzaks@newyorknet.net.

Conference Registration Application

Name: _____

Address: _____

Address: _____

City/State/Zip: _____

Tel: _____ Email: _____

- I am a professional in the field (\$110.00 fee)
- I am a relative, friend, or paraprofessional (\$80.00 fee)
- I am an individual on the spectrum or a student (\$50.00 fee)
Please include copy of current student ID with your registration

Please circle the three workshops you plan to attend:

1	2	3	4	5	
6	7	8	9	10	
11	12	13	14	15	16

- Please make checks payable to: "AHA/AS/PDD" and mail to:
AHA/AS/PDD
P. O. Box 475
Roslyn Heights, NY 11577-0475
- Submissions after March 20, 2003 will not be accepted without an additional \$15 late fee
- No refund after March 20, 2003
- Receipts will be available upon request at the conference
- Confirmations by request only. Please email patschiss@aol.com
- I am financially unable to attend and would like to apply for full scholarship to the conference (we will contact you)
- \$ _____ donation towards conference scholarships and/or to further the work of the sponsoring organizations enclosed.

DIRECTIONS:

From the WEST: Long Island Expressway - Take exit 37. Remain on Service Road to second light (Roslyn Road). Left turn onto Roslyn Road. Go to first right - Round Hill Road. Right onto Round Hill Road. Entrance to High School is first left turn.

From the EAST: Long Island Expressway - Take exit 39. Remain on Service Road to third light (Roslyn Road). Right turn onto Roslyn Road. Go to first right - Round Hill Road. Right onto Round Hill Road. Entrance to High School is first left turn.