

CENTER FOR Autism Spectrum Disorders

www.childrensnational.org/CASD



Children's National.

CASD CHAT E-Newsletter

Meet The CASD Team

Dear CASD Families and Friends,

We are so grateful to work with a tremendous team of faculty and staff who make CASD run efficiently. The CHAT team (Ashley Muskett PhD, Angela Bollich PhD, and RA Andrea Lopez) wanted to take time to introduce you to our team! We also want to share information on a lot of great new programs for autistic individuals across the age range and their families and new studies that may be of interest as well.



Click here for the Children's National Hospital CASD website to meet the team with more information on each member and links to additional resources <https://childrensnational.org/departments/center-for-neuroscience-and-behavioral-medicine/programs-and-services/center-for-autism-spectrum-disorders/meet-the-team>.

[Meet our Faculty](#)



**Dr. Lauren Kenworthy,
Director of CASD,
Associate Division Chief**



**Dr. Anne Inge, Clinical
Director**



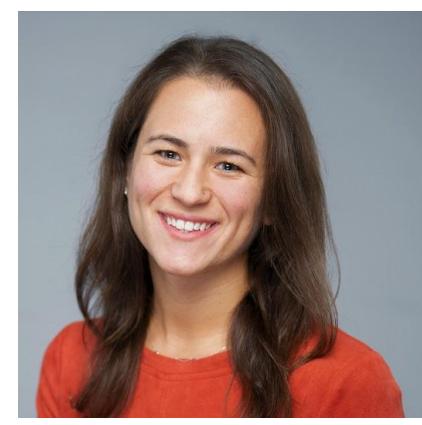
**Dr. Kelly Register-Brown,
Medical Director**



**Dr. Kathleen Atmore,
Developmental
Psychologist**



**Dr. Angela Bollich,
Neuropsychologist**



**Dr. Serene Habayeb,
Clinical Psychologist**



**Dr. Marissa Miller, Clinical
Psychologist**



**Dr. Cara Pugliese, Clinical
Psychologist**



**Dr. Deborah Potvin,
Neuropsychologist**



Dr. Allison Ratto, Clinical Psychologist

Dr. John Strang, Neuropsychologist



Ashely Muskett, Neuropsychologist

Dr. Srishti Rau, Neuropsychologist

Meet our Trainees



Rachael Arowolo, Postdoctoral Fellow

Caitlyn Cap, Postdoctoral Fellow



Meet our Speech-Language Pathologists



Abigail Brandt



Colleen Morgan

Meet our Staff



Timaya Kilpatrick,
Intake Coordinator



Katea Selby, Intake
Coordinator



Christine Amerasinghe,
Intake Coordinator



Kenya Alonzo,
Clinic Operator



Christina Quinones, Intake
Coordinator



Seandra Broxton, Intake
Coordinator



**Justine Schellhammer,
Psychometrist**



**Amy Youmatz, Lead
Psychometrist**



**Alyssa Verbalis, Clinical
Research Program Lead**



**Anna Chelsea Armour,
Research Coordinator**



**Lucy McClellan, Research
Assistant**



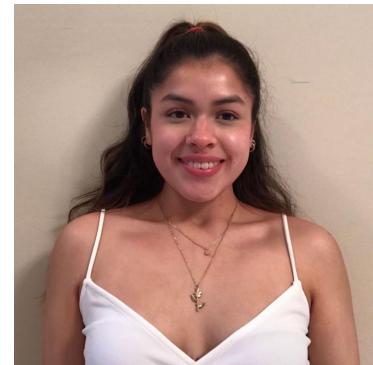
**Elodie Carel, Research
Assistant**



**Andrea Lopez, Research
Assistant**



**Abby Fishbach, Research
Assistant**



**Laura Campos, Research
Assistant**



**Alexis Khuu, Research
Assistant**



**Gwyneth McNiff, Research
Assistant**



**Julianna McKenna,
Research Assistant**

Profiles Celebrating Neurodiversity

Jessica-Jane Applegate is a British



Paralympic swimmer and competes in the S14 classification for swimmers with intellectual disabilities, mainly freestyle and backstroke preferring shorter distances. She qualified for the 2012 Summer Paralympics and on 2 September, Applegate won the gold setting a Paralympic record in the S14 200m freestyle. Applegate was born in Great Yarmouth, Norfolk, England. She was diagnosed with autism spectrum and began swimming at a young age after her mother took her to Lowestoft and Oulton Broad Swimming Club. By the age of 13 she was setting regional records and was selected for a UK sporting talent program. She was awarded the **Most Excellent Order of the British Empire (MBE)**.

2022 Calendar of Events

Free Parent Support Group

Where: Virtual

When: Every Monday at 1 PM EST

Dr. Dan Shapiro, friend of CASD, will be offering a free parent support group, every Monday at 1 PM EST. To register, [click here](#).

Dr. Shapiro is offering new courses for parents of different age groups. To learn more about these courses, please visit his website: <http://www.parentchildjourney.com/>

Dr. Shapiro also offers parent-child excursions: stand-alone courses on common topics in developmental and behavioral pediatrics: ADHD, anxiety, autism, social success, sibling relationships, eating, sleeping, violence, adolescence, gender, sexuality, and more. These in-depth seminars are for parents of children with challenging temperaments or developmental differences. Each Excursion starts with a review of background concepts then dives deep into specific strategies. As with all Parent Child Journey courses, the emphasis here is on individualizing the approach for each child. Choose the topics that interest you. Real-life challenges. Real-life solutions.

Pathfinders for Autism (<https://pathfindersforautism.org/calendar/>) provides a list of programs for all ages including video group for spouses/partners of adults with Asperger's; Transitioning services and Job skills; Baby and Family Navigator programs, and new this month, Autism from the Autistic Perspective and free Pediatric Occupational Therapy Screening and more!

Lurie Center For Autism

Presentation: "Collaborating With Schools"

Wednesday, September 21
6:30pm - 7:30pm

Special Education is a collaborative team effort. Lurie Center for Autism invites you to join Gretchen Timmel, MEd, and Elise Wulff, MEd for an open discussion about how to successfully work with your child's school team to understand your child's unique strengths and needs. Effective, proactive and ongoing communication between home and school builds deeper perspective and collaboration that maximizes the special education experience for you and your child.

Registration is Required

Please email us at LurieCenter@partners.org to reserve your spot. Event meeting link will be sent to registered participants the day before each event.

Partners in Policymaking®



Through 10 sessions, Partners participants will learn about systems change: creating, working towards, and achieving a vision of shared values about people with disabilities. Partners graduates often become lifelong and long-term agents of change in the community.

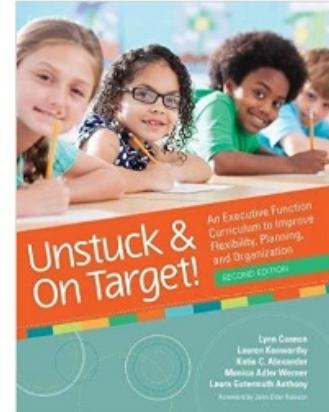
Apply by September 14th at noon at
www.TheArcMD.org/Partners

Register NOW for Fall Educational Programs Starting September 17

Group programs led by our expert teachers and therapists

Unstuck and On Target!

Unstuck and OnTarget! is a research based intervention developed at the Ivymount School to promote problem solving in students who struggle with executive function deficits. The curriculum explicitly teaches flexibility, coping, and goal setting through fun lessons that work for learners with autism, ADHD, and other challenges. This program is a learning experience for the whole family with weekly student classes, as well as, weekly parent classes.



Applied Unstuck

This group offers students who have gone through the basic Unstuck and On Target program hands on opportunities to apply their new skills. Students will work together to generalize the skills they have learned by practicing how to be flexible and make plans to complete activities.

Both programs are offered Saturday mornings for 12 weeks starting September 17-December 10. *Programs will be offered onsite and in person but may switch to virtual if the health situation necessitates. Minimum number of participants required for group to run.*

Self-Advocacy Program

Using a program piloted at the Ivymount School, students will develop self-advocacy skills through a variety of activities. By the end of the course, students will have identified their strengths, interests and challenges. The program is designed for transition aged students 14-18 years old.

For participants who reside in MD, funding is available through the Department of Rehabilitation Services (DORS) Pre-Employment Transition Services (Pre-ETS). If interested, speak to your DORS Counselor for a referral AND click below to apply through our website. Private pay participants also accepted.



Offered Thursdays 4 - 5:30 pm for 12 weeks starting September 29 - January 12. *Program will be offered on-site and in person but may switch to virtual if the health situation necessitates.*



Maryland residents can apply now for DDA Low Intensity Support Services. LISS funds can be used to pay for our outreach programs. The final round of the random selection process is open now and will close on November 30, 2022.

Click [HERE](#) for more information.

Participate in Research

Learning Mechanisms in ASD

Children's National and Georgetown University are recruiting for an exciting new research study looking at how kids with autism spectrum disorder learn. We are looking at how *Unstuck and On Target: High School* impacts learning in kids 14-18 years old with autism. This intervention is designed to promote executive functioning skills including flexible problems solving, self-advocacy, and planning. Participation involves MRI scanning, cognitive assessments, and the treatment program. If interested, please contact Andrea Lopez at alopez4@childrensnational.org. See below for more info.



GEORGETOWN UNIVERSITY

Participate in an Autism Research Study

What is the goal of the study?

We are looking at how adolescents learn key skills for adulthood. Your child will receive *Unstuck and On Target: High School*, a proven group therapy that builds skills for adult success like flexibility, setting goals, making plans, and organization.

Understanding Your Thinking Style & Getting What You Need
How Flexible Thinking Gets You Power, Self-Advocacy, Neurodiversity

Preparing to Achieve Your Goals
Big Picture Goals, Time Management, How to Handle Stress, Staying Motivated,

Tools for Efficient Planning
Goal Setting, Planning, Reputation, Compromise

Planning Your Goal and Putting Your Plan into Action
Planning Dangers, Plan A, Plan B, Plan C, Plan D

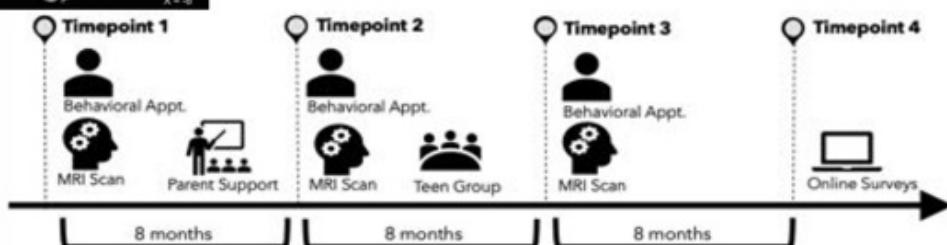
Who can participate?

14-18 year olds with autism, earning a standard high school diploma with average cognitive abilities who are willing and able to participate in the group and MRI scanning (no neurological conditions or metal embedded in the body).



What are the benefits?

Your teen will participate in a treatment group with other teens conducted by a licensed psychologist, and you will receive parent support. Teens will receive a picture of their brain after their MRI scans and families can earn up to \$300 for their time spent outside of the group sessions.



What are participants asked to do?

There are three parts to this research study. **Each part will begin with an MRI scanning and behavioral assessment appointment:**

1. Parent Information Sessions with Experts (Pre-intervention)
2. Unstuck and On Target: High School Group Therapy (~25 weekly lessons)
3. Post-Intervention Follow-up Online Surveys

I'm interested! How do I participate? Please email Andrea Lopez at alopez4@childrensnational.org.

ASD Research Study

Please see below for a flyer regarding a study of brain development and autism. If you're interested, please contact Chelsea Armour, aarmour@childrensnational.org.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC



Website



@gwandilab



@TheGwANDInstitute

Do you want to help us study brain development and learn about autism?

Earn up to \$90 in our developmental studies at The George Washington University!

Is your child between 5-17 years old and has an autism diagnosis?

Have a fun family day!

We would like to invite you and your child to play child-friendly computer games while we track their gaze and their brain function.

Andi Lab

andilab@email.gwu.edu

Andi Lab

andiab@email.gwu.edu

Resources

We want to highlight *Ivymount School Resource Guide* which provides information on a wide range of resources in the community:

www.ivymount.org/resourceguide2022

20+ free resources available to view anytime, anywhere!

Enjoy these information-packed free webinars on your own or make them a powerful group learning event with your colleagues, friends, and family members. Topics include:

- Working/learning in groups
- Face-to-face communication
- Social anxiety
- Executive functions
- Children's stress
- Self-regulation
- Individual webinars on 10 core Social Thinking Vocabulary

Hosted by Social Thinking

- **Free, asynchronous, online educator training**
- **First 600 to sign up will get 3.5 free CE credits**

Unstuck
Elementary is a
Tier 2 executive
functioning
curriculum

Click
here

"One student had three
meltdowns per day, and
Unstuck reduced her
outbursts to two a
quarter."

- Free, online supports for parents with children with executive function challenges

Created by parents, educators, and experts

- 15 3-5 min videos
- 5 also in Spanish
- Tip sheets

Click here

"The videos made me feel less alone...and hopeful that there are more things I can try to help [my son]."

The *Unstuck* author team has created short videos to help parents of children with executive functioning difficulties. Please click the playlists below to view the videos in both English and Spanish! **We have added new videos to address feedback from parents. Please click on our playlist to view our new 3-part video series on "troubleshooting."**

Playlist of all videos

Recursos para padres

New Free Videos
 **UNSTUCK**
AND ON TARGET

The Talk—Black, Autistic, and Male: One Family's Experience
We would like to share an interview with a family of a college-bound autistic young adult and an accompanying reflection by Tawara



[Click here for the video](#)

Goode, Director of the National Center for Cultural Competence and Director of the Georgetown University Center for Excellence in Developmental Disabilities.

Yetta Myrick, Executive Director/President of DC Autism Parents (DCAP) and CDC's Act Early Ambassador to the District of Columbia has multiple resources to share with families to support mental well-being.

Yoga Tranquilo: Para familias que hablen español

[\[drive.google.com\]](https://drive.google.com/file/d/1uY6kdp3trF2liwON9KAf4l1GtPuY9DC_/view?usp=sharing)

[\[drive.google.com\]](https://drive.google.com/file/d/1c6hjvrnfb17gHvl90hMxCK7zQwwEeaCC/view?usp=sharing)

Rest and Restore:

[\[drive.google.com\]](https://drive.google.com/file/d/1O9VgOISEtUw5Ed0TYINfuU3kNWQb5G_K/view?usp=sharing)

[\[drive.google.com\]](https://drive.google.com/file/d/1qq7KhCRh-igwZ-DpD6JonYxydjp5kp55/view?usp=sharing)

Tips to Help Parents Keep Calm Every Day:

[\[drive.google.com\]](https://drive.google.com/file/d/1NDflt9y7HA8nrHICILWpO2_6P78DOBZI/view?usp=sharing)

Advocacy Resources

[Autistic Self Advocacy Network-Navigating College: A Handbook on Self Advocacy](#)

Resources on Anti-Racism

[Spectrum Support's Social Stories on Racism](#)

[ASAN's What is Police Violence?: A Plain Language Booklet](#)

[@TheMorganCruise Worksheets for Black Children](#)

COVID-19 Safety Resources

[Behavioral Directions LLC's Safety Teaching Protocol](#)

COVID-19 National and Local Government Resources

[Centers for Disease Control and Prevention](#)

[World Health Organization](#)

[DC Department of Health](#)

[Maryland Department of Health](#)

[Virginia Department of Health](#)

[U.S Department of Education's Individuals with Disabilities Education Act \(IDEA\) Part C Dispute Resolution Procedures](#)

[U.S Department of Education's Individuals with Disabilities Education Act \(IDEA\) Part B Dispute Resolution Procedures](#)



If you have feedback or
suggestions, please scan the QR
code and complete the
survey!Thank you!