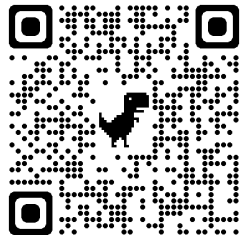


## CASD CHAT E-Newsletter

### 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, Andrea Lopez BS, and Laura Campos BS) 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](#) to learn more about our staff, services, and to access more resources.



If you have feedback or suggestions, please scan the QR code or [CLICK HERE](#) to complete the survey! Thank you!

### Meet our Faculty



Lauren Kenworthy, PhD, Director of CASD, Chief of Neuropsychology



**Anne Inge, PhD, CASD  
Clinical Director**



**Kelly Register-Brown, MD,  
Child and Adolescent  
Psychiatrist**



**John Strang, PsyD,  
Director, Gender and  
Autism Program,  
Neuropsychologist**



**Angela Bollich, PhD,  
Clinical Psychologist**



**Serene Habayeb, PhD,  
Clinical Psychologist**



**Marissa Miller, PhD,  
Clinical/School  
Psychologist**



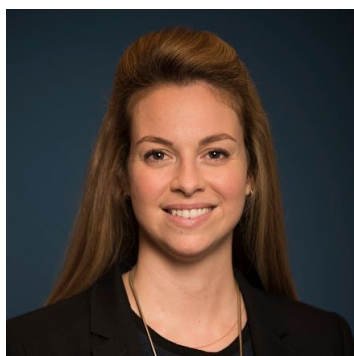
**Kathleen Atmore, PsyD,  
Developmental  
Psychologist**



**Ann Clawson, PhD,  
Neuropsychologist**



**Ashley Muskett, PhD,  
Neuropsychologist**



**Cara Pugliese, PhD,  
Clinical Psychologist**



**Deborah Potvin, PhD,  
Neuropsychologist**



**Allison Ratto, PhD,  
Clinical Psychologist**



**Srishti Rau, PhD,  
Neuropsychologist**



**Rod Salgado, PhD, Clinical  
Psychologist**



**Jyssica Seebeck, PhD,  
Neuropsychologist**

**Meet our Trainees**



**Caitlyn Cap, PsyD, CASD  
Postdoctoral Fellow**



**Megan Graves, PhD, CASD  
Postdoctoral Fellow**



**Jenny Mai Phan, PhD,  
CASD T32 Postdoctoral  
Fellow**



**Nicole Rivera Caquias,  
Extern**



**Joyce Wong, Extern**



**Samantha Werner, Extern**



**Children's National.**



**Children's National.**





Janelle Bentuma Takyi-Micah, Extern

Lindsay Danielle Solomen, Extern

Eva Telemaque, Extern



Children's National.

David Alexander Kalwicz, Extern



Children's National.

Genevieve Keenan, Extern

### Meet our Speech-Language Pathologists



Abigail Brandt, MA, CCC-SLP



Barbara "Lynna" Bustamante, MS, CCC-SLP

### Meet our Social Workers



Sarah Buonanno, PhD, Licensed Clinical Social Worker



Allysa Ware, PhD, Licensed Clinical Social Worker

### Meet our Staff



**Lauren-Elyse Coffey,  
Clinic Operations  
Supervisor**



**Kayla Ruiz Martinez, Clinic  
Operations  
Representatives**



**Timaya Kilpatrick,  
CASD Intake Coordinator**



**Children's National.**

**Jessica Ramirez, Clinic  
Operations  
Representatives**



**Children's National.**

**Christina Quinones, CASD  
Intake Coordinator**



**Children's National.**

**Jasmine Edwards, Clinic  
Operations  
Representatives**



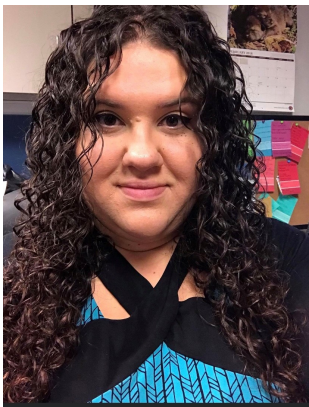
**Children's National.**

**Katea Selby, CASD Intake Coordinator**



**Children's National.**

**Christine Amerasinghe, CASD Intake  
Coordinator**



**Justine Schellhammer,  
Psychometrist**



**Amy Youmatz, Lead  
Psychometrist**



**Alyssa Verbalis, PhD,  
Clinical Research Program  
Manager**





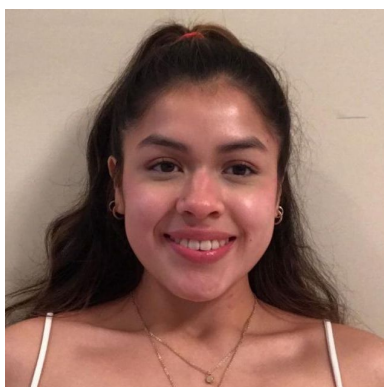
**Anna Chelsea Armour, Clinical Research Coordinator**



**Abby Fishbach, Clinical Research Coordinator**



**Andrea Lopez, Clinical Research Coordinator**



**Laura Campos, Clinical Research Coordinator**



**Julianna McKenna, Clinical Research Coordinator**



**Elodie Carel, Clinical Research Coordinator**



**Olivia Buckley, Clinical Research Coordinator**



**Andy Hindenach, Clinical Research Coordinator**



**Kat Sharp, Clinical Research Coordinator**



**Hannah Behar, Clinical Research Coordinator**



**Minneh Song, Rocking Moon Scholar**

## Meet our CASD Affiliates



**Amanda Hastings, PsyD, BCBA**  
Clinical Psychologist, Behavior Analyst



**Leandra Godoy, PhD**  
Clinical Psychologist



**Rebecca Lane, MD,**  
Developmental and  
Behavioral Pediatrician



**Sinan Turnacioglu, MD,**  
Developmental and  
Behavioral Pediatrician



**Nicol Awadalla Bacon, MD,**  
Developmental and  
Behavioral Pediatrician



**Erica Eisenman, PsyD,**  
Psychologist



**Cathy Scheiner, MD**  
Neurodevelopmental  
Specialist



**Sharon Singh, PhD,**  
Psychologist

**Profiles Celebrating Neurodiversity**



## Trent Landreth

**Trent** is an individual with level 3 Autism Spectrum Disorder with no conversational speech and an incredible artistic ability but no voice to share his gift with the world.

**Drawings by Trent** started in 2016 after a video of Trent drawing animals on our trampoline with sidewalk chalk upside down went viral on FaceBook. It took 19 weeks for [Trent's TikTok](#) to reach **1 million followers!** Since then his social media following has grown to over 2.6 million and continues to grow steadily with many videos with over views in the millions, including one - bear eating pizza drawings video - with over 53 million views alone!

**Drawings by Trent** exists to fund Trent's future and make sure that long after we, his parents, are gone he is able to help provide for his own needs. Along the way we want to help encourage other families who are struggling with a diagnosis or other challenges, we want to educate communities on the important role that individuals of every skill level can play and we want to inspire everyone through Trent's unmistakable art and infectious attitude.

Photo and text from Trent's [website](#).



## 2023 Calendar of Events

### **ACEing Autism**

**Where:** Southeast DC

**When:** FALL 2023 Session

- Saturdays: November 11, 18; December 2, 9, 16; 11:00 a.m. – 12:00 p.m. (ages 6-18)

**Register:** [Click here](#)

Join the ACEing Autism Fall 2023 Sessions. We will be offering a 50% discount for Ward 7 residents. Full scholarships are also available. Class size is limited to ensure a 1:1 volunteer/participant ratio. ACEing Autism is a private



corporation with programs to support autistic individuals develop skills through sports.

---

### **Ivymount Fall Educational Groups**

**Register:** [Click here](#)

Apply to participate in one of Ivymount's group programs led by expert teachers and therapists. Fall groups include the hallmark programs Unstuck and OnTarget! or Self Advocacy **AND a new Social Club!** Groups target different skills including executive functioning, flexibility, self-advocacy, transition, friendship, and social interactions. Questions?

Email [outreach@ivymount.org](mailto:outreach@ivymount.org)

---

### **Autism + Sex and Relationship Education**

**Where:** Virtual

**When:** September 12th, 5pm EST

**Register:** [Click here](#)

Join Verbal Beginnings, a private mental health program serving Maryland and surrounding states, for an exploration into the world of autism and sex education in our next FREE Autism Exploration webinar series. This one-hour presentation will address how to apply interventions in regard to teaching sex education/safety behaviors. Perfect for parents, guardians, caretakers, and autism advocates, we know you'll get a ton out of it. You'll hear from speakers Erin Guiffre, MSW, BCBA, LBA, LCSW, and Leigha Sochurek, M.Ed, BCBA, LBA, who will delve into the practical applications of Comprehensive Sex and Relationship Education. Don't miss this invaluable opportunity to dig into the following topics:

- Learn how to teach safety behaviors in regard to each person's body
  - Did you know that gender and sexual orientation are important special interest topics in regard to the neurodiverse community?
  - Wondering how to even navigate sex education/ promoting self-behavior, such as masturbating in private, with a child with Autism?!
  - If any of these topics and/or questions relate to you, this webinar is a must-attend
- 

### **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 on a wide range of topics. Choose the topics that interest you. Real-life challenges. Real-life solutions.. To learn more about these courses, visit [parent-child excursions](#): More information on various programs can be found on his website: <http://www.parentchildjourney.com/>

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### **DC Peer Programs for Neurodivergent Youth & Adults**

**DC Peers** is a community organization that offers social meetups, learning workshops, and a welcoming community to neurodiverse groups of teens and adults. Our neurodiverse staff have a lot of personal and lived experience with autism, ADHD, and other neurological differences, and we understand and embrace neurodivergent ways of being in the world. In our groups, folks can be themselves and connect – outside of clinics and therapeutic settings.

Register [here](#) for the following programs:

- Social Meetups
    - middle school, art, games, dungeons and dragons, teens discord and adult meetups
  - Support Groups and Facilitated Discussions
    - Teen and adult neurodiversity, women and non-binary persons support, and parent circle
  - Neurodiversity Workshops
  - Social Strategies Workshops
- 

## Participate in Research

### **Unstuck & On Target Intervention and Imaging Study**

Children's National and Georgetown University are recruiting for an exciting new research study looking at how kids with autism 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](mailto:alopez4@childrensnational.org).

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### **ASD Research Study**

George Washington University and George Mason University are studying brain development in autism. As part of the study, participants play child-friendly computer games while we track their gaze and brain function. Families can earn up to \$90 for participating.



We are recruiting 5-17 year olds with an autism diagnosis.

If you are interested in participating, please contact Chelsea Armour:

- Email: [aarmour@childrensnational.org](mailto:aarmour@childrensnational.org) or [andilab@email.gwu.edu](mailto:andilab@email.gwu.edu)
- 

### **Unstuck & On Target High School Project**

There is an exciting new research project from Children's National Hospital and we are looking to partner with local

high schools in the DC Metro area!

In partnership with educators, autistic youth, and their families, autism experts from Children's National Hospital have developed an upward extension of the school-based *Unstuck and On Target!* curriculum for **diploma-track, autistic high school students**

**needing executive function and socio-emotional support.** This research-based curriculum is designed to be taught at school and targets transition-readiness skills such as self-advocacy, flexible problem-solving, time management, and independent goal-setting and planning skills.

We have received funding from the National Institutes of Mental Health to evaluate the (free) curriculum on a larger scale, and **we are looking for schools to partner with.** Once we receive approval from the school district, we will provide participating schools with free training, materials, and ongoing support for school staff to teach *Unstuck* at local schools

If you are a teacher or parent and are interested in hearing more about how to bring *Unstuck* to your high school or school district, please contact Julianna McKenna at [jmmckenna@childrensnational.org](mailto:jmmckenna@childrensnational.org).

<b>Unstuck &amp; On Target: High School Curriculum</b>
<b>Understanding Your Thinking Style &amp; Getting What You Need</b> Flexible Thinking, Self-Advocacy, Neurodiversity, Managing Mismatches
<b>Tools to Keep You On Target</b> Time Management, Handling Stress, Motivation, Reminder Systems
<b>Tools for Working With Others</b> Relationship Builders, How & When to Compromise
<b>Planning Your Goal and Putting Your Plan Into Action</b> SMART Goal Setting, Seeing the Big Picture & Important Details, Recognizing Planning Dangers, Making & Trying Out Your Plan A/B/C

### Praise from Parents & Teens



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### Daily Living Skills Study

The purpose of this research study is to gain insight into what daily living skills are important to you, and what is the best way to write questions about daily living skills for a new questionnaire.



We are recruiting 18-30 year olds with an autism diagnosis.

If you are interested in participating, please contact Jamie Kleiner:

- Email: [dailylivingskills@chop.edu](mailto:dailylivingskills@chop.edu)

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### PUSHED Study

Are you interested in a puberty and sexual health education program for autistic youth? We are conducting a research study to understand better how autistic youth and their families can learn together about pubertal development and sexual health.

We are inviting families with a child/adolescent diagnosed with autism spectrum disorder or who





self-identifies as autistic and who is in the 9<sup>th</sup> to 12<sup>th</sup> grades or between 14 and 19 years old.

This is an online study. Families will be asked to complete the online puberty and sexual health toolkit, answer questions about their experience with the toolkit.

Families will be compensated \$100 for their time participating in this study.

Please contact Jenny Phan for more information about the study at (240) 397-8208 or [jmphan@childrensnational.org](mailto:jmphan@childrensnational.org).

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## **ASD Research Study - DSCN Lab**

Dr. Elizabeth Redcay at the University of Maryland, College Park and her team are studying behavioral and brain responses in children and adolescents on the autism spectrum during social interactions. Participation involves virtual visits, in-person visits, and longitudinal virtual follow ups over the course of about two years. Families can earn up to \$1000 for their time.



We are recruiting 11-14 year olds with an autism diagnosis.

If you are interested in participating, please contact Kayla Pereira:

- Email: [marylandbrainstudy@umd.edu](mailto:marylandbrainstudy@umd.edu)

## **Unstuck & On Target Resources**

**A resource for *TEACHERS!***

- Free, asynchronous, online educator training
- First 600 to finish get 3.5 free CE credits!

Unstuck Elementary is a Tier 2 executive functioning curriculum

- Planning
- Transitioning
- Following directions

**Click here**

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

**A resource for *PARENTS!***

Free, online supports for preventing overload, compromising and staying motivated

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 child]."

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."

The videos made me feel less alone.  
--Parent

The strategies were very well explained.  
--Parent

**New Free Videos**  
**UNSTUCK**  
AND ON TARGET

Playlist of all videos

Recursos para padres

The Talk  
Black, Autistic, and Male: One Family's Experience



Click here for the video

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

## **Additional Resources**

### **Social Thinking Free Resources**

For over 25 years [Social Thinking](#) has been a guiding resource for schools, clinics, and families around the world, and they're here for you, too! Their Free Stuff Portal is filled to the brim with teaching ideas and resources to foster the development of students' social competencies. Discover free support strategies to use with your students, clients and children.

[Click here](#) to view Hundreds of Free Resources

### **Ivymount Outreach Resource Guide**

[Ivymount Community Outreach](#) partners with service providers to bring families a helpful one-stop spot for information. The Outreach Resource Guide 2023 is an online tool with information on 70 plus diverse organizations that provide specialized services. The Guide includes provider descriptions and links that help you easily navigate to meaningful supports.

[Click here](#) to view the Ivymount Outreach Resource Guide

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## Arc Maryland, "Together We're Better"

The Arc Maryland, with its statewide partners, provides a school inclusion program called "[Together We're Better](#)" (TWB). The objective of the program is to raise awareness of the value and importance of inclusion of students with disabilities. The program involves a 4-way partnership with the Maryland State Department of Education, the Maryland Developmental Disabilities Council, the Maryland Department of Disabilities, and The Arc Maryland. [Visit the website here](#) to see the different components to the program, broken up for elementary, middle, & high school students.

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## DC Autism Collaborative

The [DC Autism Collaborative](#) (DC-AC) has developed several resources for parents of young children and professionals (including health providers, early childhood educators, and community leaders) on topics related to autism spectrum disorder (ASD). All materials have been, or are in the processes of being, translated into both Spanish and Amharic. These resources can be downloaded as PDFs, though we encourage you to [visit the website here](#) as we plan to update these regularly.

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## Pathfinders for Autism

Pathfinders 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! <https://pathfindersforautism.org/calendar/>

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### **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

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## Supporting Mental Well-being

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.  
Tips to Help Parents Keep Calm Every Day

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### **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](#)

[Visit Children's National Hospital COVID-19 Resources](#)

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Children's National Hospital, Center for Autism Spectrum Disorders | 15245 Shady Grove Road,  
Suite 350, Rockville, MD 20850

[Unsubscribe autism@childrensnational.org](mailto:unsubscribe@childrensnational.org)

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