



Skillshops 2011-2012

A Skill-Building Series for People who Care for
Individuals on the Autism Spectrum

ausm
autism society of minnesota

Autism Society of Minnesota
2380 Wycliff Street, Suite 102
St. Paul, MN 55114

TI 651-647-1083
FI 651-642-1230
WI www.ausm.org

Promotional Sponsor

Opportunities for Educators

Master of Arts degree and Licensure



Academic/Behavioral Strategist
Educators learn to evaluate and design instruction for students with mild to moderate academic, behavioral, social, emotional, communication and functional needs.

Autism Spectrum Disorders
Educators discover ways that autism spectrum disorders challenge a student in the areas of communication, socialization and behavior, and affect a student's thinking and perceiving, sensory processing, and motor, vocational, academic and organizational skills. Also, check out the ASD Summer Institute.

Online graduate certificate

Twice Exceptional Education

New online cohort begins Spring 2012

This program prepares educators to identify, provide services for and develop or administer programs for children with dual exceptionalities — giftedness plus issues including SLD, EMD, ADHD and ASD.

For more information

www.stthomas.edu/edlshope

(651) 962-4667 • emporter@stthomas.edu

School of Education

Department of Special Education and Gifted Education



Promotional Sponsor

We believe our students can live independent, self-sufficient, whole lives.

Having learned the skills to open doors previously closed to them, the futures of our students are limitless.

Minnesota Life College (MLC) is a vocational and life skills training program for young adults with learning difference and autism spectrum disorders. Since 1996, MLC has remained dedicated to helping students make successful transitions towards independent living and financial self-sufficiency. Emphasizing *Real Skills for Real Life*®, our students learn in real world environments where real life skills are taught.

We are not simply a three-year experience; we are a lifelong partner to an individual who learns differently.



Socrates:
"NOT LIFE, BUT
GOOD LIFE
IS TO BE CHIEFLY
VALUED."



7501 Logan Avenue South Suite 2A
Richfield, Minnesota 55423
Phone 612-869-4008 • Fax: 612-869-0443

www.MinnesotaLifeCollege.org

Minnesota Life College is registered as a non-profit organization under Section 501(c)(3) of the Internal Revenue Code.

2011-2012 Skillshops Schedule at a Glance

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For those months in which AuSM is hosting two Skillshops, please select only one. These Skillshops will run concurrently on the same day and at the same time. Registration is for one Skillshop only.

Topics have been arranged so that they appeal to caregivers at different stages in the autism journey. If you have any questions about which Skillshop is appropriate for you, please see the full descriptions or contact the AuSM office at 651.647.1083.

Skillshops

Welcome to the Skillshop Series. The Autism Society of Minnesota is pleased to provide these skill building workshops intended for small groups which encourage participation, discussion and problem solving. Page through the course offerings. You will find a wide variety of topics geared to fulfill your needs as a parent, family member, educator, health professional and/or others in the community who support adults and children with autism.

Classes generally run for two hours and meet the first Wednesday of the month, unless otherwise noted. All classes are held at the Autism Society of Minnesota office.

Cost Per Skillshop: \$25 - AuSM Members
\$35 - Non-Members
\$5 - AuSM Member with ASD

Location: **Autism Society of Minnesota**
2380 Wycliff Street, Suite 102
St. Paul, MN 55114

Please use the main entrance on Wycliff Street. The front door of the building will be locked; press the white button on the left side of the door to be buzzed into the building.

Time: Workshops run from 7:00 - 9:00 pm Wednesday evenings.

Registration: Online registration is available for Skillshops! Visit www.ausm.org and click on the registration link on the Skillshop page.

OR complete the registration form found on **page 18** at the back of this booklet. Fax or mail your completed form to AuSM.

Registrations will not be accepted without full payment or a copy of a purchase order. No registration confirmation will be sent.

Class size is limited. Please sign up for classes in advance. **Certificates of Attendance will be provided at each Skillshop.**

Cancellation Policy: A \$5.00 nonrefundable processing fee will be retained for all registrations. We must receive notification of any cancellations 24 hours before the scheduled Skillshop in order to issue any refunds, minus the \$5.00 processing fee.

If we have fewer than six participants signed up for a Skillshop 48 hours before the class is scheduled, **we will cancel the class and issue a refund**, including the \$5.00 processing fee, to all participants. You will be notified by telephone if you are signed up for a class that is cancelled.

Skillshop #1a

Toilet Training Challenge!

October 5, 2011

Anne Dudley

Toilet training individuals with ASD can be a daunting challenge. This Skillshop approaches toilet training by understanding the unique autism learning style, choosing motivating reinforcers and giving a step-by-step method. Individual issues for all ages will be addressed. Come and learn how to approach toilet training using positive methods and join the lively discussion!

Anne Dudley, MEd, is the District 622 Early Childhood Autism Specialist and classroom teacher for toddlers. She has over 30 years experience with individuals with special needs and autism. She facilitates an education/support group for parents of young children with ASD and teaches graduate students in the Hamline Autism Certificate program.

Skillshop #1b

Autism in Transition

October 5, 2011

Jan Hanson, SLP

Start planning for independence now. Make your trip through the transition process (out of high school and into the adult years) more effective and efficient by attending this Skillshop. Create a planning portfolio to use as a reference resource starting in ninth grade. Learn what this reference should include and how to transfer this knowledge. Be prepared and organized as you prepare for this life transition filled with challenges.

Jan Hanson, SLP and autism resource specialist, is an instructor in the Hamline Autism Certificate program. She works on many committees, including the Minnesota Autism Symposium for Educators and Transition Focus Group.

Skillshop #2

I Can See Clearly Now: IEP Accommodations & Modifications

November 2, 2011

Marsha Baer

Feeling overwhelmed? You are not alone. Many parents are baffled by the evaluations, reports and information that make up their child's IEP. This session will help you fully participate in the IEP process by understanding, evaluating and selecting accommodations for instruction and assessment. It will also provide parents and family members with information for informed decision-making related to their child's access to, involvement and progress in mainstream settings.

Marsha Baer, MEd, has been a special educator for 30 years, partly in the public school setting and at AuSM where she developed and coordinates Eagle's Nest, a social skills program for children with ASD.



Skillshop #3a

Understanding Autism Spectrum Disorder (ASD) in Adults

December 7, 2011

Barbara Luskin, PhD, LP

This Skillshop will provide an overview of the common features of autism and Asperger Syndrome in adults and how they manifest as characteristics in individual adults. This session will help adults and their families understand why they do things differently and how to turn challenges into assets. It will also present new advances in employment strategies for those living with autism.

Barbara Luskin, PhD, LP works exclusively with people on the autism spectrum and their families. She has over 20 years experience in this field. She also facilitates the AuSM support group for adults with ASD.

Skillshop #3b

Come, Play with Me: How Parents Can Engage Their Child with ASD Through Play

December 7, 2011

Michelle Suarez, MS, ED

Don't leave playing with your child to the experts. Become one yourself! As a parent of a child with autism you may struggle to engage your child in play that is meaningful for both of you. Lack of success in this area, may lead to other areas where engagement falls apart. But getting that playful spark from your child can increase engagement across your day. Once you've learned this essential piece to parenting a child with autism, you will find daily routines becoming easier. Learn how to play; the autism way.

Michelle Suarez, MS, Ed, has been working with children with special needs for 10 years. She founded KIDS and works through local agencies to provide parent training on implementing DIR/ Floortime therapies in their homes.

Skillshop #4a

Generalizing Social Skills Across All Environments

January 11, 2012

Amy Leshner, MS, CCC-SLP

This session focuses on practical tools and ideas for social skills development across environments for preschoolers with autism. We will address non-verbal language, conversational skills and words for dealing with emotions. Learn how to quantify and label emotions and implement coping strategies for young children. Take away knowledge of ways to teach social understanding, assess social language, identify mastered skills and social skills interventions for preschoolers.

Amy Leshner, MS, CCC-SLP, has worked with individuals with special needs for over 20 years. She currently provides one-on-one therapy, group therapy for social language delays, educational consultation and school planning as well as support for home programs. She works at the Rosenberg Center which offers assessment and treatment for children and families impacted by developmental and behavioral issues.

Skillshop #4b

Recognizing Seizures and Knowing How to Respond

January 11, 2012

Amanda Van Wyne, MSW

This Skillshop will present the most common types of seizures and how they present in individuals. Learn how to respond to each type for a quick and accurate intervention. Leave with a clear understanding of treatment options available for the main types of seizures.

Amanda Van Wyne, MSW, was an assistant director of KinderCare Learning Centers for five years. She currently works for the Epilepsy Foundation of Minnesota.



Skillshop #5a

Building Friendships Through Play

February 1, 2012

Brenda Rutledge

Many children on the spectrum need to learn how to play. This Skillshop will discuss the developmental sequence of play skills in children and highlight ways to assist your child in moving through this critical sequence of skills. Beginning with joint attention, you will move through the stages of parallel play, symbolic play, imaginative and interactive play. This Skillshop will focus on toddlerhood through age seven.

Brenda Rutledge, MEd, has worked for West Metro Learning Connections as a teacher for five years. She works full-time for district 196 as an autism resource specialist.

Skillshop #5b

ASD, Dating and Relationships

February 1, 2012

Meghan Williams, MA, LAMFT

From dating to marriage, and everything in between; an overview and informative discussion of the issues individuals with ASD have in dating and relationships. This Skillshop is geared toward older adolescents and adults with ASD. Some of the topics to be discussed include: flirting and other nonverbal communication skills, communication styles, intimacy and components of a healthy relationship. Leave with a better awareness, understanding and clarification of the complicated world of dating and relationships.

Meghan Williams, MA, LAMFT, has a background in Behavioral and Neuro Science. She has a BA in Psychology and Child Development and her MA in Counseling and Psychotherapy with an emphasis in Marriage and Family Counseling. She specializes in autism related services with eight years of experience working in this field. She currently works at AuSM providing services to families living with autism.

Skillshop #6

Classic Homeopathy and Autism

March 7, 2012

Sue Mills

Homeopathic remedies can have an effect on children with ASD. This Skillshop will provide an overview of homeopathic principles and remedies and how they can benefit children with autism. A guest parent will talk about her child's journey through autism.

Sue Mills has been a classical homeopath in private practice for eight years. She works at Ness Clinic for Natural Health. She parents three children.

Skillshop #7

Sensory Solutions for All

April 4, 2012

LeeAnn Mateffy-Horn, MS, OT

Everyone needs sensory-motor input for self regulation. A specialized sensory diet helps people get their bodies ready to focus, pay attention, learn and participate in home, school and community tasks. Leave with at least three activities to promote sensory regulation which can be easily incorporated into daily life.

LeeAnn Mateffy-Horn, MS, OT, has been an occupational therapist for over 25 years working in various inpatient and outpatient settings with children and adults.

Skillshop #8

Proactive Behavior Management & the Anxiety Curve

May 9, 2012

Mitzi Curtis, MA

Individuals with ASD have significant difficulties understanding the perspectives and behavior of others. Adults and children with ASD are sometimes perceived as insensitive, self-centered, and in some cases, dangerous because of their responses in situations they misunderstand. The purpose of this Skillshop is to teach participants to understand and use the Anxiety Curve to assist people with ASD in understanding and managing their emotional responses.

Mitzi Curtis, MA, is an autism specialist and teacher at Fridley Public Schools and an adjunct instructor in Hamline University's ASD Certification Program. She is the coauthor of *The Incredible 5 Point Scale*.

Skillshop #9

ASD Home Design: DIY

June 6, 2012

Marsha Baer, MEd., & Shannon Andreson

Easily revamp your home to support children with autism. This Skillshop covers: how to incorporate visuals and therapeutic equipment into your home, proper use of organization tools, room setups and outdoor spaces. Presented by a parent of a child with autism and experienced autism educator/consultant. Leave with practical tips to ease anxiety and transitions in the home environment.

Marsha Baer, MEd., has worked for over 30 years with individuals with ASD. **Shannon Andreson** parents a child with autism and incorporates many interventions into the home environment.

Skillshop #10a

Understanding Autism Spectrum Disorder (ASD) in Adults

July 11, 2012

Barbara Luskin, PhD, LP

This Skillshop will provide an overview of the common features of autism and Asperger Syndrome in adults and how they manifest as characteristics in individual adults. This session will help adults and their families understand why they do things differently and how to turn challenges into assets. It will also present new advances in employment strategies for those living with autism.

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Skillshop #10b

Toilet Training Challenge!

July 11, 2012

Anne Dudley

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Anne Dudley, MEd, is the District 622 Early Childhood Autism Specialist and classroom teacher for toddlers. She has over 30 years experience with individuals with special needs and autism. She facilitates an education/support group for parents of young children with ASD and teaches graduate students in the Hamline Autism Certificate program.

Skillshop #11

Planning for the Future: Get Around to It!

August 1, 2012

Dave Reedstrom

This presentation is for families of loved ones with disabilities. It will provide information on how families can ensure a quality of life for loved ones with a disability even after parents or caregivers are gone. Topics covered include: Guardianships, Wills, Letter of Intent, Power of Attorney, Health Care Directive and Supplemental Needs Trusts. Leaving knowing the four main components of a Life Plan for your child.

Dave Reedstrom has worked in disability planner for six years. He administers a Supplemental Needs Trust for his daughter and is on the board of the Down Syndrome Association of Minnesota as well as other local boards.

Skillshop #12

Emergency! We Have an App for That

September 5, 2012

AuSM Staff

Be prepared for any emergency. Learn all about the Help for Me™ kit created by the Autism Society of Minnesota. This Skillshop will give detailed instructions on how to use the application, videos and social stories included in the Help for Me™ kit. Get help tailoring them to your family and how to use them to pre teach the essential skills your child will need to know in an emergency.



Skillshops Registration

Please complete the registration form on the next page. You can photocopy the form, download a form on our Web site, or register online at www.ausm.org.

Registrations are accepted throughout the year. Please note that no workshop confirmation will be sent. Your check is your receipt.

Send registration materials to: Autism Society of Minnesota
2380 Wycliff Street, Suite 102
St. Paul, MN 55114

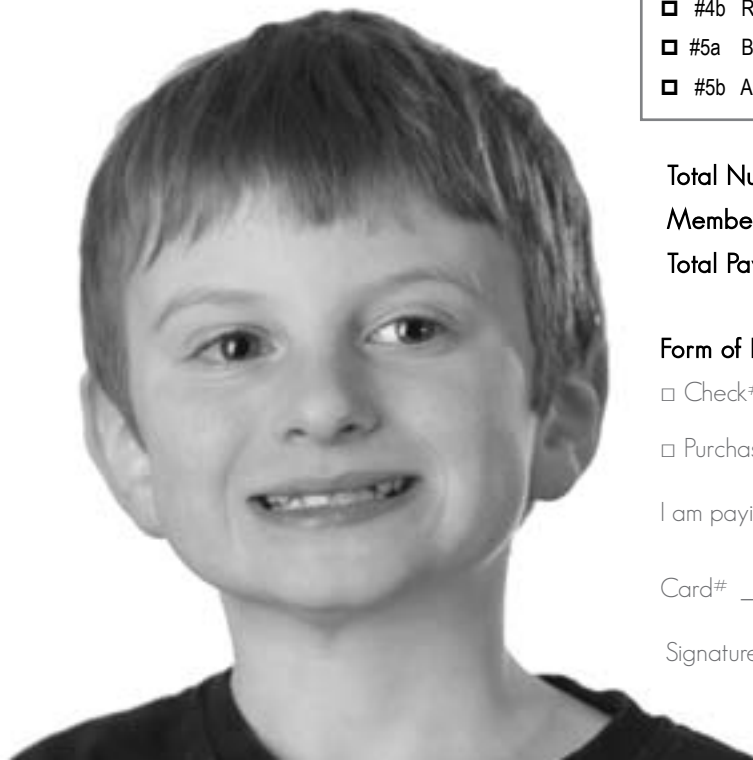
FAX: 651.642.1230

Membership means something. Members attend classes, workshops and the Minnesota Autism Conference at **reduced rates**. You will have lending privileges at our library, which includes a collection of more than 2,000 autism-related books, DVDs and resources. You will also receive newsletter keeping you current on upcoming events, community news, research findings and other important information. Children of members have access to our summer camps, weekend retreats and social skills programs. More importantly, you will **be part of a network** of families and professionals who raise awareness of autism and support individuals who are on spectrum. See our Membership Options in the chart below and select the one that fulfills your needs.

Membership Category

- \$75 Family
- \$50 Individual
- \$10 Individual with ASD
- \$150 Agency (Nonprofit)
- \$300 Corporation (For Profit)

Memberships are for one year



(Photocopy, tear out this page or download a form at www.ausm.org to complete your registration)

Register online at www.ausm.org!

Name _____ Member# _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Please check the Skillshop sessions you wish to attend:

- | | |
|--|---|
| <input type="checkbox"/> #1a Toilet Training Challenge! on 10/5/11 | <input type="checkbox"/> #6 Homeopathy & Autism on 3/7/12 |
| <input type="checkbox"/> #1b Autism in Transition on 10/5/11 | <input type="checkbox"/> #7 Sensory Solutions for All on 4/4/12 |
| <input type="checkbox"/> #2 I Can See Clearly Now! on 11/2/11 | <input type="checkbox"/> #8 Behavior & the Anxiety Curve on 5/9/12 |
| <input type="checkbox"/> #3a Understanding ASD in Adults on 12/7/11 | <input type="checkbox"/> #9 ASD Home Design: DIY on 6/6/12 |
| <input type="checkbox"/> #3b Come, Play with Me! on 12/7/11 | <input type="checkbox"/> #10a Understanding ASD in Adults on 7/11/12 |
| <input type="checkbox"/> #4a Generalizing Social Skills on 1/11/12 | <input type="checkbox"/> #10b Toilet Training Challenge! on 7/11/12 |
| <input type="checkbox"/> #4b Recognizing Seizures on 1/11/12 | <input type="checkbox"/> #11 Planning for the Future on 8/1/12 |
| <input type="checkbox"/> #5a Building Friendships Through Play on 2/1/12 | <input type="checkbox"/> #12 Emergency! We Have an App for That on 9/5/12 |
| <input type="checkbox"/> #5b ASD, Dating and Relationships on 2/1/12 | |

Total Number of Skillshops _____

Membership Option \$ _____

Total Payment Enclosed \$ _____

Cost per Skillshop

Member Rate \$25

Nonmember \$35

Individual with ASD \$5

Form of Payment (Payable to AuSM)

Check# _____ \$ _____ (Send with registration)

Purchase Order # _____ (Must accompany registration)

I am paying \$ _____ with my: VISA MasterCard Discover

Card# _____ Expiration _____

Signature _____ VCode _____

ausm

autism society of minnesota

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St. Paul, MN 55114
www.ausm.org

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The 2011-2012

Skillshop

Workshop Series

Skill Building Classes on
Autism Spectrum Topics

