

Little Friends Center for Autism, Inc.
TRAININGS & WORKSHOPS

(Trainings that are presented in 2 parts can be adapted to a full-day training for in-service purposes.)

<i>Level 1 Core Autism Training</i>		
<i>TITLE</i>	<i>DESCRIPTION</i>	<i>PRESENTER</i>
Understanding Autism Spectrum Disorders & Successful Treatment Strategies (Presented in 2 parts)	This presentation discusses several aspects of autism, and answers many of the most frequently asked questions. This presentation reviews history, causes, parent issues, and discusses, in detail, the differences and similarities in the pervasive developmental disorders (Autism, Asperger's, Childhood Disintegrative Disorder, Rett Syndrome and PDD-NOS). Additionally, successful treatment strategies are reviewed to teach social and communication skills and deal with behavior problems through several case examples. Other areas covered include prevalence statistics, co-existing conditions, resources and lifespan issues for children and their families.	Patti Boheme
Communicative Functions of Behavior	Children on the autism spectrum, as well as children with other disorders, often have difficulty communicating verbally. Some children are non-verbal. However, that does not mean that they are unable to communicate. For many children, inappropriate behavior is a primary way to communicate their emotions, desires and needs. In this workshop, we will examine the various means and functions (the hows and whys) of behavioral communication, and how to shape behaviors into more effective communication.	Mary Crissman
Discrete Trial (Presented in 2 parts)	This presentation will discuss Discrete Trial Format (DTF) in teaching children across the Autism Spectrum. Discrete Trial may be used to teach: 1.) social/play skills (i.e. imitative play, turn-taking and imitating peers), 2.) receptive and expressive language, 3.) self-help skills (i.e. toileting, dressing and undressing and oral hygiene) and 4.) academics (i.e. matching identical items, identifying shapes, colors, letters and numbers). DTF may be customized to meet the needs of each child. DTF is highly structured and builds upon a child's strengths. DTF allows those teaching children with autism to customize the program for each child, and also allows for program modification when necessary. The second session will have participants practice using Discrete Trial to teach important skills.	Mary Crissman

<p>Structured Teaching (TEACCH) (Presented in 2 parts) Includes making systems</p>	<p>This presentation will discuss the TEACCH program, their philosophy and present how to do structured teaching. Structured teaching is a very effective system to teach individuals with autism independence and cognitive and functional skills through visual structured tasks and work stations. The presentation will explain the step by step process of using structured teaching and demonstrate it's effectiveness through video tapes and examples of visual teaching systems. Participants will practice the different stages of structured teaching including assessment, one to one work and independent work. Participants will also make and take home a structured teaching system.</p>	<p>Patti Boheme</p>
<p>Parent's Perspective</p>	<p>This training will help staff to better understand the many challenges parents face while raising a child with autism. Staff members are often so focused on assisting the individual with autism that it is difficult to really understand the struggles and complexities that parents face. This presentation will help professionals to become more sensitive toward parents, and will offer tips for working with the parents. Carol Paske, a parent of a boy with autism, will talk about what it is really like living with someone with autism 24-7. She will share her joys, her fears and what is helpful from the professional community.</p>	<p>Patti Boheme & Carol Paske</p>
<p>Visual Strategies</p>	<p>Children on the autism spectrum commonly have difficulty processing auditory information. These children learn more effectively through visual modality. This workshop will demonstrate ways to enhance the child with autism's ability to communicate, and enhance the understanding of what is expected through the use of various visual systems. Topics that will be covered include: using pictures to communicate, schedules and tab systems in addition to many others. Participants will come away with an understanding of how to incorporate visual strategies throughout a student's day.</p>	<p>Mary Crissman</p>
<p>Characteristics and Behavioral Issues in Individuals with Asperger's Syndrome (Presented in 2 parts)</p>	<p>Presenter will discuss the characteristics of individuals with Asperger's Syndrome from a diagnostic and behavioral perspective. Presenter will discuss a range of behavior problems that are often seen with individuals with Asperger's and strategies to prevent and change problem behavior. Presenter will cover ways to structure environments and present information to lower anxiety and facilitate better communication and understanding. Strategies to teach social understanding will also be covered.</p>	<p>Dr. Cynthia Brouillard</p>

<p>Communication Training (Presented in 2 parts)</p>	<p>This four-hour workshop will address utilizing pictures as a way to train functional communication skills. Participants will learn to teach children to be spontaneous when communicating, to discriminate between pictures, and expand the length and complexity of phrases and sentences. Various visual communication systems will be discussed including the use of choice boards, stop cards, and conversation boards. In addition, the six phases of PECS (the Picture Exchange Communication System) will be reviewed. Participants using PECS after this training should be under the supervision of professionals who have extensive training in PECS to further develop their skills and understanding. This training is not a substitute for the two-day PECS training workshop offered by Pyramid.</p>	<p>Kathy Evangelista</p>
<p>Teaching Independent Skills Using Nonverbal Prompts</p>	<p>This presentation emphasizes the importance of teaching independent skills using nonverbal/physical prompts to help individuals function more independently. Training will show how easily individuals become dependent on parents and professionals through constant verbal prompting. Training will demonstrate how nonverbal teaching can reduce prompt dependency and effectively teach life skills such as grooming, chores and vocational tasks. It also demonstrates how to help students independently manage themselves in the classroom doing things such as raising their hand and completing worksheets. Participants will practice nonverbal teaching strategies as part of the workshop.</p>	<p>Patti Boheme & Mary Crissman</p>
<p>Sensory Processing</p>	<p>A leading expert in the field of Occupational Therapy will discuss the challenging sensory issues for individuals with autism. She will discuss how sensory issues affect the individual cognitively, educationally, functionally, and behaviorally. Practical strategies will be given for home, school and community.</p>	<p>Dr. Kim Bryze</p>
<p>Positive Proactive Programming for Individuals with Behavior Problems (Presented in 2 parts)</p>	<p>Presentation will discuss principles of behavior management and how to develop positive proactive programs for individuals with behavior problems. Other areas covered will be how behavior issues impact staff, and how we can inadvertently reinforce negative behavior and ways to avoid this trap. Also covered will be how the educational environment can help or negatively impact a student and tips for organizing a classroom. Strategies on how to develop effective reinforcement programs and schedules will be covered along with effective ways to increase appropriate behaviors and decrease inappropriate behaviors.</p>	<p>Patti Boheme</p>

Supplemental Training

<i>TITLE</i>	<i>DESCRIPTION</i>	<i>PRESENTER</i>
Walk in My Autism	The incidents of Autism Spectrum Disorders are 1 in every 150 births; therefore it is likely many of us will be involved with someone with Autism. Through interactive scenarios, this workshop helps parents and professionals experience what it is like to walk in the footsteps of individuals who live with Autism Spectrum Disorders. Having "experienced" Autism, we will look at different visual strategies that help provide the concrete, predictable structure that is needed by these learners. Based on the book, <i>Walk Awhile in My Autism</i> , by Nan Negri and Kate McGinnity, the workshop will give basic information to siblings, grandparents, and other extended family members, regular ed. teachers, support and ancillary staff, and classmates.	Mary Crissman
Teaching Play Skills with Board Games to Children with Autism	Play is an important part of each person's life. It teaches us the social skills of waiting and turn taking, winning and losing, and engaging with others. Play may teach us cognitive skills like moving clockwise, colors, shapes, sizes, numbers and counting. Through play, language skills such as simple scripts and verbal labeling can be taught and reinforced. We may learn competitive strategies. There are many great board games that you would love to teach children and young adults but seem beyond their skills. This workshop will teach how to adapt board games to meet the individual needs of the learner.	Mary Crissman
Organizational Supports for High-Functioning Autism	Presenter will discuss organizational problems that are commonly seen in individuals with Asperger's Syndrome and HFA. Several strategies will be presented to help these individuals organize their lives at home and at school. Ways to organize completing school work, homework and day to day activities will be discussed.	Kathy Evangelista
Testing Children with Autism Using Visual Supports	Presenter will discuss strategies for performing an accurate and thorough assessment of children with the autism spectrum. Proper selection of tests, strategies for structuring the testing session (including the use of visual systems in the context of assessment) and methods of modifying tasks to gain a greater understanding of the test taker's strengths, weakness and learning styles will be discussed. Strategies for addressing difficult behaviors which can serve as obstacles to testing will also be addressed.	Dr. Cynthia Brouillard

Teaching Personal Boundaries to Individuals with Autism	<p>Knowing and understanding boundaries teaches us about sharing, keeps us safe, and allows us to work and play with others. Individuals without boundaries have no firm guidelines of right or wrong, how to treat others, or personal space. While they may be the bully, it is very likely they are the ones isolated or being bullied. This workshop will teach a variety of concepts (privacy, body parts, hurt, personal privacy, modesty, feelings, puberty and relationships guidelines) through visuals, worksheets, social stories, etc. Parents and professionals will find many helpful, practical strategies.</p>	Mary Crissman
Bus Driver Training: Understanding Children with Autism and Developmental Disabilities	<p>Bus drivers are faced with many challenges when driving children with special needs. Many children have behavior problems that are often difficult to understand and cope with on the bus. This training will discuss the characteristics of children with autism and developmental disabilities. The training will also describe why these children often have behavior problems and what drivers can do to minimize these problems. This workshop will help drivers get a better understanding of the children they drive and the unique stresses their families face.</p>	Patti Boheme & Carol Paske
Toilet Training: Using Visual Supports	<p>This workshop will provide parents and professionals with strategies for developing a toilet training program for home or school settings. At the end of the workshop participants will know how to implement a toileting program. Specific topics that will be addressed include emotional, communicative and developmental issues, rewards, toileting chairs, toileting readiness, urine training, bowel training, and overcoming some of the most difficult problems when toilet training children with developmental disabilities. The Little Friends Visual Toilet Training program will also be reviewed.</p>	Patti Boheme & Mary Crissman
Social Language Strategies Workshop	<p>This workshop will address strategies that target social language skills and how to implement those strategies in individual and small group settings as well as within the classroom. We will discuss various strategies such as scripting, social narratives, cartooning, problem-solving and critical thinking skills in an effort to enhance our children's socialization abilities. Please feel free to bring questions and case-specific examples for the group to problem-solve.</p>	Kathy Evangelista & Gabrielle Fender
Helping Individuals Improve Eating Routines	<p>This workshop will look at a variety of problems seen with eating. Participants will be taught to set up predictable routines and establish behavior and reinforcement programs. Several examples to modify the environment and establish new routines will be shared including looking at sensory issues.</p>	Mary Crissman
Helping Individuals Improve Sleeping Routines	<p>This workshop will look at a variety of problems seen with sleeping. Participants will be taught to set up predictable routines and establish behavior and reinforcement programs. Several examples to modify the environment and establish new routines will be shared including looking at sensory issues.</p>	Mary Crissman

<p>Helping Individuals Improve Grooming & Bathing Routines</p>	<p>This workshop will look at advancing grooming and bathing routines towards greater independence. Participants will be taught to set up predictable routines, establish behavior and reinforcement programs, and use visual systems. Several examples to modify the environment and establish new routines will be shared.</p>	<p>Mary Crissman</p>
<p>New & Practical Ways of Thinking about Sensory Issues (Presented in 2 parts)</p>	<p>This workshop will address more in-depth implications of sensory issues for children and adults who have Autism Spectrum Disorders, in how it affects their lives in the home, school & community environments. Specific focus will be given to the social, emotional and behavioral aspects of sensory problems. It will be helpful if participants have a basic understanding of sensory processing and have attended the Level 1 Sensory Processing workshop.</p>	<p>Dr. Kim Bryze</p>
<p>Visual Systems for Now and the Future (Presented in 2 parts)</p>	<p>Presentation discusses how and why visuals are used with individuals with ASD. Presenter will discuss multiple examples of how to design, teach, and build life long visual programming for the ASD learner. The presentation will demonstrate why it is important to document, develop and teach the ASD learner how to use visuals today so they can manage their world in the future. Strategies will include ways to improve communication, behavior, regulation, and the many different facets of life.</p>	<p>Carol Paske</p>
<p>How to Run Social Skills Groups for Children with High Functioning Autism & Asperger's</p>	<p>This training will provide participants with information about how to set up social skills groups for children and teens. The training will look at the characteristics of children with Autism Spectrum Disorders and show how to use specific activities that can help these children develop better friendship and social skills. Participants will learn how to structure groups using picture and written schedules, tips for friendship, video modeling and games to promote success. Behavior management strategies will also be reviewed.</p>	<p>Patti Boheme & Mary Crissman</p>
<p>Dressing for the Day, Weather & Season</p>	<p>The goal of this workshop is to understand why participation and greater independence in life skills is important. The workshop will address how to teach the life skill of dressing through visuals and physical prompting and will also address dressing for the day, season and weather. Learning how to make life skills user friendly by making adaptations to physical tasks and the environment is discussed.</p>	<p>Mary Crissman</p>
<p>Caring for Yourself as a Caregiver</p>	<p>This presentation discusses several ways you as a caregiver can take care of yourself. This presentation reviews the impact of being a family caregiver, how to ask for help, expressing your feelings, avoiding isolation and the rewarding experience of caring for a relative. Additionally, successful strategies are reviewed to teach parents how to talk and work with professionals caring for their children. Other areas covered include tools for releasing stress, resources and lifespan respite services in Illinois. Participants will leave with the "yes I can" attitude.</p>	<p>Maggie Lyons</p>

<p>HELP! “There’s a Stranger in My House”</p>	<p>Some families find it difficult to have a “stranger” in their home to help with their child/adult with Autism or other related disabilities. This workshop will explain how to maintain a balance between a family’s private life and keeping the home warm and open to relationships with a support staff. The presenter will provide the frame work for families to follow in recruiting, managing, training and the retaining of a quality support staff. Maggie Lyons, a parent of four adults, three of whom has a developmental disability, will share her insights based on both professional and personal experiences.</p>	<p>Maggie Lyons</p>
<p>School Strategies for Children with Asperger’s and High Functioning Autism</p>	<p>Presenter will discuss the characteristics of Asperger’s Syndrome. The implications of these characteristics on the child’s learning style and behavior will be reviewed as it relates to a classroom setting. Strategies to proactively structure such children to reduce difficulties and improve classroom functioning will be discussed. Intervention strategies will also be reviewed as it relates to behavior and social functioning.</p>	<p>Dr. Cynthia Brouillard</p>

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