

ASPERGER SYNDROME COMMUNITY PLANNING GROUP

February 2011
Issue 3



ADDRESSING THE NEEDS IN THE COMMUNITY FOR TEENS AND ADULTS WITH ASPERGER SYNDROME

Spotlight on Service Coordination des Services

Service Coordination des Services (SCS) is a non-profit agency that has been helping people with developmental disabilities and autism in Ottawa since 1995. SCS is funded by the Ministry of Community and Social Services and by the Ministry of Child and Youth Services.

What we do

We empower individuals and families so that they can make informed choices about the support and services they need in their daily lives. One of our strategies is to manage a comprehensive website of community services that support persons with developmental disabilities and autism. Please visit our site at www.scsottawa.on.ca and click on Search. You will also find a weekly updated listing of events under 'What's new'. We also have a Resource Room available for persons who wish to drop-in (8:30 - 3:30 - Monday to Friday) who would like assistance to complete forms, search out resources or have inquiries. SCS also hosts a website called respiteservices.com which matches special needs workers and families who wish to locate a special needs worker for respite. To be listed, the worker has to provide a recent police check, a resume, and two work related references and undergo an interview.

Please call 613-748-1788 ext. 240 or on the web www.respiteservices.com for free web registration of this service.

Our approach

We take a person-centered approach. We help figure out what is available in the system of services that works best for the person. We work together with other agencies to address the specific needs of each individual. Following the intake process, where the person's eligibility will be confirmed, if you require assistance to locate the services you need, SCS has a team of case managers who can provide information, assistance in completing various applications and referrals and assist you in making a plan to locate the services or resources you need.

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We help both adults and children

For adults, we are the central point of access in Ottawa for services and programs funded by the Ministry of Community and Social Services. For children and their families, we assist them to access programs and services that best suit their needs.

How our system works

To remain informed and able to assist its clients, SCS has protocols and partnerships with various agencies and organizations in Ottawa. We also participate and chair the Community Services Planning Table which represents all of the service providers in the adult developmental services.

We are members of the developmental services table of Coordinated Access - a mechanism for children who have multiple complex special needs.

In keeping with the new direction announced by the Ministry of Community and Social Services in the provision of services for persons with developmental disabilities and autism spectrum disorder, SCS has been actively preparing for the changes in the new *Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act*. One of the major changes brought forth by this act will be the creation of regional application entities for adults with developmental disabilities and autism spectrum disorder. SCS plans to work on these initiatives to assist to enhance services and keep forth their vision of 'striving for excellence in leadership for developmental services, planning for choices throughout life's transitions and community development through collaboration and partnerships in the broader community.'

The Application for Developmental Services and Supports



By: Christine Gougeon, Service Coordination des Services

The Ministry of Community and Social Services has introduced a common application package that is currently being administered throughout the entire province. This application process applies to all adults with a developmental disability or autism, who wish to apply for developmental services and supports.

The application package consists of the Application for Developmental Services and Supports (ADSS), as well as the Supports Intensity Scale (SIS). The completion of this package is facilitated by a certified assessor, using a person-centered approach which encourages the participation of the individual and their support network.

The ADSS reflects on information about the individual and their current support needs. Areas discussed include the individual's living situation, expressive and receptive communication skills, challenges and goals. Respondents who know the individual well are asked to assist in providing a more complete profile.

The SIS is a tool designed to measure the level of practical supports required by an individual with a developmental disability to lead a successful life in the community. The focus is to identify what supports are needed, as opposed to what is presently available.

Three components are used to measure the support needs:

- Support Type
- Support Frequency
- Daily Support Time

The information gathered in both documents is then aggregated and summarized for the use of the individual/family, local service providers and as statistical data for the Ministry of Community and Social Services.

There are various links which provide more detailed information about the initiative and the process (please see list provided below). As well, a local SIS assessor is available through Service Coordination des Services to assist and provide interested parties, individuals and families with further information. (Please see contact information provided below).

CONTACT INFORMATION

MCSS (Ministry of Community and Social Services)

<http://www.mcass.gov.on.ca/en/mcass/programs/developmental/improving/index.aspx>

American Association on Intellectual and Developmental Disabilities

www.siswebsite.org
www.aaid.org

Local SIS assessor

Christine Gougeon
 Service Coordination des Services
 tel: (613) 748-1788 ext 251
 website: www.scsottawa.on.ca

Research Study

Teens and Adults Autism Study-CAMH

CAMH- Dual Diagnosis Program

Our current project looks at the types of health services used by adolescents and adults with ASD and the related experiences of family members (namely parents) who provide care to these individuals.

- Participation is completely voluntary and parents can choose to withdraw at any point.
- You will be asked to fill out a consent form as well as some background information. Link to online consent form:
http://www.surveymonkey.com/s/Family_Study_Consent
- We will then contact you every two months for one year to better understand the types and frequency of healthcare services you are using, as well as your satisfaction with those services.
- Surveys can be completed online, by mail or over the phone.
- A cash honorarium will be provided to those who participate.

Contact Yona Lunsky at yona_lunsky@camh.net for more information.

Spotlight on Transformation

The Ministry of Community and Social Services releases a Developmental Services Bulletin monthly with updates on the transformation in services for those with developmental services. This month's issue focuses on the new application process.

You can get on their distribution list by emailing Ahad.Syed@ontario.ca.

You may also find copies on the Ministry's website at:
<http://www.mcsc.gov.on.ca/en/mcss/publications/spotlight.aspx>



Are you a parent of a teenager or adult with Autism Spectrum Disorder (ASD)?
Would you like better health services in Ontario for your teenage or adult son or daughter?

My doctor takes the time to listen. She schedules appointments at the end of the day so we get the time we need.

Doctors' visits take up less than 10% of her life....but are a constant source of aggravation.

My son has always been treated by his pediatrician...he is now 22 and our doctor is saying that she really can't see him anymore but we don't know anyone willing to take him on. What are we supposed to do?

My daughter has to be put under to have a dental exam. So we work with our family doctor, dentist and neurologist to plan this in advance and organize all of the other examinations that have to get done for the same time. Otherwise, we would never be able to do blood work for her seizure meds and other things that come up.

In our small town hospital, the nurse who took him to surgery also works with him part-time on the weekends...it was so personal.

When we go to emergency, we don't go into a cubicle...we get a room all to ourselves.

I waited with my son in the mental health ward for 4 hours before anyone came to talk to us. The person that came to talk to him was a caseworker, new to the hospital. She was very nice but didn't seem to know very much. She did not do an assessment, just determined that he no longer needed to be at the hospital and said he could leave.

It keeps me up at night...people are trying to work within a broken health system.

What has your experience been like using health services such as doctors, dentists or psychologists for your son or daughter? We have heard stories from parents describing both poor and excellent care. We want to understand better why things work well, and why they fail. It is only with your involvement as parents that we can learn what works and what doesn't and share this information with doctors and other health professionals, government and families like you to bring about change.

This project will ask you questions about your recent contact with health professionals regarding your adolescent (12+) or adult son or daughter with ASD. The first set of questions takes about 30 minutes and follow ups over the next year take 10 minutes or less. We want to know if your son or daughter is getting the health care he or she needs, what type of health services he or she is using and your satisfaction with these services. Also, if you are not using any services, we would like to know why and whether you are satisfied with your situation. Your voice is important and we need to hear from you!

Parents will receive an honorarium for their time.

If you would like to participate, click on the following link:

http://www.surveymonkey.com/s/Family_Study_Consent or call Maggie Slusarczyk at Tel: 416-535-8501 Ext 7806.

Support Groups for Adults and their Families or Other Supports

Autism Ontario Ottawa Chapter offers two support groups focusing on adults:

Aspirations

Support group for older teens and adults with Asperger Syndrome. Meets the third Monday of the month at the Bronson Centre at 7 pm to enjoy presentations, discussions, companionship, and mutual support. Family members, friends and professionals are welcome too.

For more information contact Jody at Ottawa@autismontario.com or call the Chapter office at 613-230-6305.

Families of Adults with AS

Support group for parents and other family members of an adult with high functioning autism/AS. Presently meets Tuesday evenings three times a year (fall, winter and spring) at the Bronson Centre, 7 pm for a mix of speaker presentations and informal discussion.

For more information, contact Jody at Ottawa@autismontario.com or 613-230-6305.

Upcoming Training Opportunities

Autism Awareness Centre Inc presents:

March 24 & 25, 2011
Crowne Plaza Ottawa
101 Lyon Street, Ottawa, Ontario

March 24—Morning Session
CINDY SCHNEIDER
Setting the Stage for Social Success

March 24—Afternoon Session
LAUREN KENWORTHY
Unstuck and On Target!
Teaching Flexibility and Goal Directed Behavior to Children with ASD

March 25
GARY MESIBOV
Structured Teaching
The TEACCH program has developed and taught strategies and programs (commonly referred to as structured teaching) that has served people with ASD all over the world of all ages and all levels of functioning...

See
<http://www.autismawarenesscentre.com/upcoming-conferences/ottawa-on-march-24-25>
for details.



New Training and Education Events

Brought to you by Community Networks of Specialized Care and Providence Care

Understanding and Supporting Individuals with Aspergers

Date: Thursday, February 17, 2011, 9:00 a.m. - 4:00 p.m.

Location: Learning & Leadership Centre, Providence Care - Mental Health Services, 752 King St. West, Kingston, ON
Cost: \$25

This presentation will outline and describe best practices of treatment and intervention strategies for individuals with Asperger Syndrome. Areas to be addressed will include social understanding and how to improve social communication difficulties, acknowledging anxieties, and focusing on learning styles that affect academic success. Discussion will also focus on developing friendship skills, understanding emotions, and the importance of these skills with references to recent research by Dr. Tony Attwood.

Presenter: Elizabeth Mitchell, Geneva Centre for Autism

Communication Styles of Individuals with Aspergers

Date: Friday, February 25, 2011, 9:00 a.m. - 4:00 p.m.

Location: Learning & Leadership Centre, Providence Care - Mental Health Services, 752 King St. West, Kingston, ON
Cost: \$25

This workshop will describe communication styles of individuals with Asperger Syndrome with emphasis on understanding their weaknesses in the areas of social cognition and social understanding and how these social communication challenges affect their learning abilities and styles. Intervention strategies will be discussed in detail by incorporating work from various authorities in the field including Michelle Garcia Winner, Brenda Smith Myles, Dr. Tony Attwood, Sherry Moyer (author of the Eclipse Model). Various modalities to demonstrate information will be implemented including video clips and group discussion.

After this training participants will be able to:

- Understand the impact that social cognition and social understanding have upon social communication skills of individuals with Aspergers Syndrome
- Understand various intervention strategies and models that impact learning communication skills for individuals with Aspergers Syndrome

Presenter: Adriana Karka, Geneva Centre for Autism

Autism Intervenor Certificate Course Level 1 General (Adult Focus)

Date: March 10, 24, & 28 (3 days), 9:00 a.m. - 4:00 p.m.

Location: Learning & Leadership Centre, Providence Care - Mental Health Services, 752 King St. West, Kingston, ON
Cost: \$200

This course is specifically designed to address issues related to supporting adults who have Autism Spectrum Disorders (ASD's). Participants in this course will gain a thorough understanding of Autism Spectrum Disorders and receive an overview of current intervention techniques.

Content will include diagnostic characteristics, current theories on causation, neurobiological research, learning styles, communication needs, sensory processing and accommodations, behavioural considerations, dual diagnosis issues, anxiety and relaxation techniques, quality of life issues, social skill needs and Asperger Syndrome. Intervention strategies appropriate for adults will be discussed throughout the course.

Participants in the course must be currently living or working with an Adult with ASD. There will be marked assignments based on adult issues throughout the course. The assignments are practical in nature and it is essential to have real examples to use when completing the assignments. Participants will also be required to write a post-test as part of the final session.

Upon successful completion of assignments and the post-test, combined with regular attendance, participants will receive a certificate indicating that they have received Autism Intervenor Certificate (Adult) - Level 1 from Geneva Centre for Autism.

Trainer: Tracey Onuliak, Training Institute Faculty, Tracey has over 17 years experience working with individuals with special needs. Originally trained in psychiatric nursing Tracey soon found her passion working with children with special needs. Tracey spent 7 years working with school boards in Northwestern Ontario and was a member of their Autism Team. In 2005 Tracey joined the Northern Ontario School Support program as an ASD consultant providing a wide variety of Training, consultation, and peer awareness curriculum to various school boards across North Western Ontario. In 2010 Tracey joined the Geneva center for autism training Institute bringing with her a wide variety of education, expertise, and practical knowledge.

How to Baffle and Then Appreciate A Psychiatrist: A Look at Complex Needs and Setting Event

Strategies for Individuals with Intellectual Disabilities

Date: Friday, March 25, 2011, 9:00 a.m. - 12 noon

Location: Learning & Leadership Centre, Providence Care - Mental Health Services, 752 King St. West, Kingston, ON

Individuals with intellectual disabilities are sometimes prone to complex psychiatric and behavioural challenges that require a multi-disciplinary approach. In this workshop, we explore a complimentary relationship between psychiatry and applied behaviour analysis through case vignettes. Emphasis will be placed on assessing and conceptualizing clinical presentations and setting events for challenging behaviour (e.g., discomfort, lack of sleep, physical environment, major life changes) while exploring and problem-solving these cases using biopsychosocial and setting event strategy models. Together, both presenters and their respective disciplines offer collaboration in evidence-based, best practice perspectives.

Presenters:

John Kosmopoulos, Program Coordinator and Professor of Behaviour Science Program at Humber College

Dr. John C. C. Chan, M.Sc., M.D., FRCPC, Child & Adolescent Psychiatrist

Evidence-Based Psychopharmacology & Autism Spectrum Disorders

Date: Friday, March 25, 2011, 1:00 p.m. - 3:00 p.m.

Location: Learning & Leadership Centre, Providence Care - Mental Health Services, 752 King St. West, Kingston, ON

Individuals with ASD sometimes present with complex challenges in social functioning, communication and behaviour. This session will explore best practice guidelines for the use of medications with individuals with Autism Spectrum Disorders (ASD) while emphasizing the need for complimentary, positive behavioural intervention approaches.

Presenters:

John Kosmopoulos, Program Coordinator and Professor of Behaviour Science Program at Humber College

Dr. John C. C. Chan, M.Sc., M.D., FRCPC, Child & Adolescent Psychiatrist

Training offered with Support from our Partners:

Registration information

Please register by going to Events Calendar on www.community-networks.ca

A Retreat for People and Families to be Inspired About the Future: Creating Positive Possible Futures for Yourself and Family Members.

A Time to Connect and Re-Connect With Other Families

Friday March 4 Registration, Dinner and Keynote

Saturday March 5 Workshops (Choice of One) 9:00 to 4:00 pm

(A) Nurturing Our Spirits: A Reflective and Renewing Workshop - Darcy Elks

(B) The Power of Possibility - Jack Pearpoint and Lynda Kahn

(Breakfast, lunch and dinner provided.)

March 6 to Noon World Cafe and Lunch - speakers, self-advocates, families

Location: Nav Canada Training and Conference Centre, Cornwall

For more information, contact Sylvie Seguin at 613-673-3583 or sseguin@instvalor.ca.

Asperger Community Planning Group Members

- AS Parent Support Groups
- Aspirations
- Autism Ontario Ottawa Chapter
- Canadian Mental Health Association-Ottawa
- Ottawa Children's Treatment Centre
- Service Coordination
- Solution-S
- Y's Owl Maclure Co-operative Centre
- Family Members
- Persons with Asperger Syndrome

If you are an organization or professional who provides services/supports to those with AS and would like to join us around the table, contact Heather Fawcett at hfawcett@sympatico.ca

