

ACE Newsletter

Spring 2016

January

Let's *spring* into a new year!

Autism
Clinic
Extension



"Be somebody who makes everybody feel like a somebody." – Kid President

Student Biography

Alyssa Sachs

Hello everyone! My name is Alyssa, and I will be one of the clinicians at ACE this semester. Some of you may have already met me, and for those who haven't, here is a little more about myself.

I am from Anaheim, CA (home of Disneyland Resort) and lived in California all my life before coming to the University of Arizona! I completed my undergraduate degree in Speech, Language, and Hearing Sciences at the U of A. I knew I wanted to be a speech-language pathologist since high school, when I volunteered at a local school for children with speech and language needs.

In my free time I like to read, cook, and watch movies. Even though I spent my undergraduate years in Tucson, I am always discovering new things to see or do. I am always open to suggestions on where to eat, hike, or just explore!

I am really looking forward to working with all of you this semester, and hope to meet everyone soon!

-Alyssa Sachs

Upcoming Events:

62nd Tucson Gem and Mineral Show



February 11-14

Tucson Convention Center at 260 S. Church Avenue

This is a fun event that the whole family can go to! Almost all the shows are free and open to the public.



Family SciFest

February 20 from 10:00 AM – 2:00 PM

Children's Museum Tucson at 200 S. 6th Avenue

Free admission! Children from preschool to 12th grade and their families can see demonstrations and participate in hands-on STEM related activities.

Tucson Rodeo Parade

February 25 at 9:00 AM

Starts at 705 E. Ajo Way

Grandstand seating available at Irvington and South 6th Avenue -- \$10 for adults and \$5 for kids under 13
You can call (520) 294-1280 for grandstand tickets!



Chinese New Year Festival!

February 13 from 12:00 PM – 9:00 PM

Tucson Chinese Cultural Center at 1288 West River Road

Features Chinese arts and crafts, games, performances, and food/drinks! Tickets for adults are \$2, kids 12 and under are \$1, and children under 5 are free.

Media Mania

AMC Theatres teamed up with the Autism Society to provide opportunities for families affected by autism to watch Sensory Friendly Films.

To create a comfortable environment for individuals on the spectrum, the auditorium has dim lighting and lower volumes. The “Silence is Golden” policy is not enforced and families are allowed to bring special snacks from home.

Many different locations across the United States are participating, including our very own AMC Loews Foothills 15, which is located at 7401 N. La Cholla Blvd, Ste. 144.

Showings are the 2nd and 4th Tuesdays and Saturdays of every month.

Check out their website for show times:

<https://www.amctheatres.com/programs/sensory-friendly-films>



Clinician's Corner

Dear Kathe,

Many parents do a lot to help their child with autism, but what are things that siblings can do to support their brother or sister with autism? The more strategies a family can have, the better!

*Sincerely,
Sibling Strategies*

Dear Sibling Strategies,

One thing that siblings of children with autism can do is to not talk or act for the child with autism. Help them “use their words” to relay a message.

Another thing siblings can do is to be an advocate with their friends and classmates about the wonderful qualities of their autistic sibling. When they show that their sibling is just another kid, but with different abilities, and take the fear away from interacting with him or her, that can make a big difference.

Something we can ALL do, not just siblings, is to support the autistic child in community events, and help raise money for treatment programs and research and increase awareness overall.

Good luck,
Kathe

Worthy Websites

Blog: Autism Daddy

A dad created a blog to talk about autism and his experiences with his 12 year old son. A notable recent post is about how autism and puberty were affecting his son.

Link: <http://www.theautismdaddy.com>

Blog: The Autism Site

Offers a variety of articles and resources for families who have children with autism.

Link: <http://blog.theautismsite.com>

What's New in Research?

Shire, S. Y., Goods, K., Shih, W., Distefano, C., Kaiser, A., Wright, C., Mathy, P., Landa, R., & Kasari, C. (2015). Parent's adoption of social communication intervention strategies: Families including children with autism spectrum disorder who are minimally verbal.

Researchers looked at the benefit of a parent-training program targeting children with autism. Sixty-one children age 5-8 participated in a 6-month social communication intervention. This included parent training, where parents learned strategies to facilitate their child's learning. The researchers found that the children's joint engagement, or attention, improved most when parents implemented the strategies well. This shows that parent involvement and implementation can help children with autism!

More in the News...

Here are a few interesting articles about autism spectrum disorder and the history of the diagnosis:

'NeuroTribes' Examines the History – And Myths – Of the Autism Spectrum
<http://www.npr.org/sections/health-shots/2015/09/02/436742377/neurotribes-examines-the-history-and-myths-of-the-autism-spectrum>

After the Diagnosis: How Families Experience Autism
<http://www.npr.org/2016/01/17/463359369/after-the-diagnosis-how-families-experience-autism>

ACE Team Spring 2016

Kathe McGrath, M.S., CCC-SLP
Clinical Assistant Professor

Adrian Fait, Graduate Clinician
Danielle Rincon, Graduate Clinician
Alyssa Sachs, Graduate Clinician
Griffin Taylor, Graduate Clinician

What we have learned so far....

Last week was a great start to the semester. It was great to see so many new faces in each group! With all the new people, it was important for us to start learning more about each other...

Getting to Know You: In our first sessions, we talked about social files, or “folders” in our brain that allow us to remember information about important people in our lives. Everyone, including clinicians, had a chance to fill out a social file and talk about them in groups. We found many things in common and learned about how different everyone can be, all through conversations and asking questions!

For the remainder of the semester, we have many more lessons to cover. Stay tuned for more!



If you have any questions, suggestions, or concerns, please let us know by emailing Kathe at kmcgrath@email.arizona.edu.

Important Information

If you need to miss a session, or will be late, please call: (520) 621- 7070.

This number will connect you to the front office at the UA Grunewald-Blitz Clinic. They will let us know via email.

If you don't call ahead, it is hard for us to plan our sessions. We strive to make each session fun as well as therapeutic, and it's easiest to do that when we know who will be there.

If addition, if you do not call to cancel, you will be charged a “no-show” fee.