

Connecting Wisconsin

Volume 27, Issue 4

Fall 2017

A Publication from the Autism
Society of Wisconsin



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Submit your proposal by

October 31, 2017

<https://www.surveymonkey.com/r/>

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Message from the President

Coming into 4th Quarter, I wonder where the year has gone. As they say, "Time waits for no one." Just the same, it's been quite a year and we have you to thank for it.

October brought our Fall Conference in Wausau featuring Dr. Carol Schall's "Pathways to Employment for Transition Aged Youth With ASD." Additionally, we featured six breakout sessions and a panel of Individuals with ASD. Great attendance and it was especially good to visit the northern part of our service area to share fellowship with everyone. If you missed it, we missed you too!

November brings Thanksgiving, our opportunity to share time with family and be thankful to all who have touched our lives. Looking forward is often done with an eye to our past and the shoulders we stand on belong to the giants that came before us. In doing so, I think back to my early introductions to the autism community by Jan Serak, retiring co-founder of Wisconsin Family Assistance Center for Education, Training & Support (WI FACETS). Jan has been formally helping families across this state for the past 22 years with FACETS and many more years, informally, as a strong advocate for the disability community. Please take the time to recognize those who have touched your lives and, in so doing, make the effort to build a bridge to you and your family. We are all the better for their efforts.

December brings Holiday festivities for all and a frantic pace for many. Please take the time to slow down and enjoy yourselves too. Family first!

Ultimately, we are trying to respond to your requests for more occasions to come together, so 2018 will feature extra conference opportunities. Additionally, the "Autism in Wisconsin 2017 Report" revealed your desire for additional types of services and we are currently discussing our 2018 efforts to target your wishes. I invite you to visit our website (www.asw4autism.org) to review the complete report. Stay tuned for a great 2018!

And please know that we would welcome your call with any questions or requests.

All the best,

A handwritten signature in blue ink that reads "Bob".

Robert S. Johnston, President
Autism Society of Wisconsin

The Fit is Everything! Choices for Adult Living

by Amy Masek, M.S., Advancing Choices, Inc.

Like a shoe that doesn't fit, a residential option that is not right for an individual can hurt, a lot. There are lots of kinds of shoes, of great quality and comfort, but if the shoe doesn't fit the foot, it's going to hurt. I know too many stories of adults with autism never leaving the family home, moving from place to place, or worse, moving to more and more restrictive environments because highly individualized plans are not available. More damage is done than good, in some cases. I have witnessed some tragic situations.

Quality residential options exist, and some will fit the needs of individuals with ASD. Many, however, cannot provide the highly individualized plans and skilled staff that are truly needed for those with ASD who have complex needs. While safety, quality meals, medications and other basic requirements may be provided, quite often company policies, operational rules, weekly agendas and meal plans are designed to meet the general needs of all. Specialized supports, unique work opportunities, and individualized leisure and community activities are just not possible.

Long waits for quality places present more problems, and while they wait, what happens to our loved ones? Too often, they stay in their family homes in patterns of living that they are outgrowing. Their parents need to work, their siblings have moved on, and they are restricted in activity and learning by too few options and sparse resources. Everyone deserves a real home. Everyone deserves to belong somewhere, in a secure place of safety, refuge and comfort that provides a stable foundation for living. To me, having a real home means choosing how you live and what your life looks like. You choose how you sleep, what you eat and when you watch TV. You choose what your home looks like, the things you want to have inside it, who will share time with you, everything. Home means you choose.

My 22-year-old son had autism and epilepsy; he passed away two years ago. The thing that he was most proud of was moving into a private home with his friend Michael, living in the community with the supports he needed to be successful. That wasn't handed to us. We had to build it. We had no blueprint, but with the help of many people, it was created by these two young men and their families, who would not settle for less. A consultant with expertise and many years of experience helped us make plans, change them, and change them again, and you know what? It worked. The boys made choices, with our help, and were welcomed into their neighborhood, embraced by people who knew nothing about them. They were invited to block parties and went to campfires next door. They had high quality, age appropriate staff helping them live independently with support. Many people said it could never happen. It happened, and life became really good.

I made a choice to stay in the world of autism and help other families move their adult kids into community homes. After 16 years working in early childhood services, I left. I have made a firm commitment to help young people find a place of their own where they can be part of a community, enjoy life, make choices and thrive. It's not the answer for everyone, but this option needs to be available to those who choose it. Advancing Choices, my new endeavor, was born from the joy and, yes, relief, of watching my son and his friend living a reality that so many believed they would never achieve. We were thrilled to prove them all wrong. My goal is to help as many others as I can to prove their own naysayers wrong.

Wisconsin's growing shortage in residential options for people with ASD is a huge problem, and it is here now. So, how do we make it different? We do what we have always done. We work together to solve the problem. The autism community is well known in this state as one that is strong, collective and a force to be reckoned with when things need to change. We have changed important things. We can change more. Connect with other families in your area and start a conversation about increasing residential options and helping more individuals to live in the community. Schools, disability organizations like the Autism Society, and other community organizations are great places to find other people who are interested in creating new and better options. Don't wait for others to do the work. Change doesn't happen without action, and action doesn't happen without people who care.

Like footwear, there is no "one-size fits all" for residential options. Whether the choice is an adult family home, living with family members long term, a private home in the community, or some other living option, the most important element is that the shoe fits. Our loved ones are diverse and have diverse needs. They need and deserve diversity in options. A bad fit can be

far more damaging than wearing old shoes. We need to ensure that our loved ones can choose something that really fits from a variety of high-quality, well-fitting shoes. For that to happen, we need to make more kinds of shoes, and we can.

What's Available in Wisconsin?

Adult Family Homes (AFH) and Community Based Residential Facilities (CBRF) feature group living in homes in the community or other buildings of widely varying sizes. Both AFHs (for 1–4 people) and CBRFs (for 5–257 people, in WI) must be licensed and are regulated to ensure quality standards are met. Generally speaking, a provider is chosen and coordination is collaborative and includes representatives from the company and state funding agency, as well as the family. Programs operate 24 hours a day using organization-specific policies and guidelines, and workers are hired and managed by the company. A family might consider one of these options if their loved one requires more comprehensive assistance in daily life, and if the family wants a lot of assistance in overall planning and monitoring of plans.



A Residential Care Apartment Complex (RCAC) is an independent apartment complex where 5 or more individuals reside in separate units. These can provide supportive services, personal assistance, nursing and emergency services to the level of 28 hours or less per week. An RCAC would not be appropriate for individuals needing a higher level of assistance and in-depth monitoring. These complexes can vary widely, but all must be licensed and comply with state regulations. An RCAC may be a good choice for individuals who need more minimal supports and choose to live in the community. More information and directories for options including AFHs, CBRFs and RCACs can be found by visiting the Wisconsin Department of Health Services website: <https://www.dhs.wisconsin.gov/guide/assisted-living.htm>.

Housing Co-ops are another option, and allow individuals to live together collectively and share responsibilities for the living environment. Many are owned by non-profits and require individuals to pay a fee to become a member. Families may consider joining or forming a co-op if they are interested in a communal type living experience for their loved one, and if they wish to participate as equal participants with other families. If families choose to form a new co-op, the work to begin can be substantial. Because responsibilities are shared, co-ops generally also require more significant and long-term involvement by families. There are several different co-op models Wisconsin and you can learn more about these by doing a simple web search. The University of Wisconsin provides a good starting point on the webpage titled "How to Start A Co-op" at <http://www.uwcc.wisc.edu/howtostart/>.

Living in the community is a great option for individuals who wish to live in homes and neighborhoods of their choosing. This option requires a higher level of involvement from families to start and may be considered by those who wish to stay very involved in helping their loved ones manage the details of residential living. There is really no limit to where individuals might be able to live as long as they have the resources to ensure that they receive appropriate services to meet their needs. Individuals may hire and manage their own workers, with assistance from their families or guardians, if needed, and choose in which ways their support staff will be involved. In addition, there are some agencies in the state that can provide staff for private homes. Funding generally comes through the state IRIS program, and is coordinated with the assistance of the IRIS Consultant. The best information about this option is generally found by talking with other families. The local Autism Society may be able to provide contact information for people already living in the community with supports or their families.

In addition to the resources listed above, each county in the state has an Aging and Disability Resource Center that can provide information, assistance and resources for residential options. Wisconsin's Department of Health provides great information about the ADRCs on the webpage at <https://www.dhs.wisconsin.gov/adrc/index.htm>.

29TH ANNUAL CONFERENCE

April 19 -21, 2018 | Kalahari Convention Center



Thursday, April 19 | Half Day Pre-Conference Options:

Preconference A | 9:30-12:30 | A Girl's Eye View: Understanding and Working with Girls on the Autism Spectrum



Presented by Shana Nichols, Ph.D.

Much of our understanding of autism spectrum disorder (ASD) has been based on research and intervention development that has predominantly been conducted with male participants. In recent years, an emerging focus in both research and clinical practice has identified the importance of the female experience of ASD and how it may differ from that of males on the spectrum. A small, but growing, body of literature based on research, reports from clinicians, and published experiences of women with ASD is beginning to contribute to how best to identify females with ASD and meet the unique challenges that females on the spectrum face. This workshop will provide an overview of the current research findings regarding differences between males and females with ASD, and their implications for accurately detecting ASD in females. Appropriate diagnostic protocols for females suspected of having ASD will be discussed. Using case examples and experiences of women with ASD, effective strategies and resources for social, emotional, and physical development will be reviewed.



Preconference B | 9:30-12:30 | Mental Health Treatment Techniques and Modifications for People with Autism Spectrum Disorders

Presented by Rob Peyton, Ph.D., BCBA-D

This workshop will provide a broad overview of research and treatment techniques that are beneficial in the mental health treatment of older children, adolescents, and adults with Autism Spectrum Disorders. The workshop will focus on the most common co-morbid disorders: anxiety, depression, phobias, disruptive behavior disorders (e.g., ADHD, Oppositional Defiant Disorder), feeding and elimination disorders. This workshop will show how function-based approaches and treatments consistent with early intervention techniques (e.g., applied behavior analysis, applied verbal behavior, early start Denver model) can be effective for the treatment of these disorders, and also when treatment for these disorders goes outside the scope of those approaches. Workshop attendees will have the opportunity to create a hypothetical treatment plan appropriate to their own training at the parent, teacher, BCBA, or mental health provider level during this workshop for one of the co-morbid disorders reviewed in the presentation portion of the workshop. The workshop will end with a few tips from the presenter and an open discussion on collaboration between mental health providers, schools, and early intervention providers.

Preconference C | 1:45-4:45 pm | Making the World a Bit Easier to Navigate: Using Executive Function Skills



Presented by Brenda Smith Myles, Ph.D.

The newly defined 21st Century Skills have recognized the importance of executive function skills to life success. The multiple aspects of executive function challenges that impact home, school, community, and employment will be described with examples that relate to each of these environments. In addition, the speaker will describe evidence-based interventions and supports that can be implemented to help individuals on the spectrum develop and use the diverse skills known as executive function.



Preconference D | 1:45-4:45 | Sensory Overload vs. Behavioral Tantrums: Understanding the Difference and How to Respond

Presented by Jen Bluske, OTR, and Danna Hamlett, MS, LMFT

A child with an overloaded sensory system can lead to significant stress this is communicated through behavior. Challenging behaviors can also arise out of anxiety, depression, and other mental health concerns. Children with autism often deal with several of these factors all at once. How we as adults interpret these actions lays the groundwork for how children communicate what they are feeling and what they need. Often it is both sensory and behavior which have an intertwining relationship with one another across development. It can be challenging to determine what the best tactics are to use to help shape your child's behavior and support emotional regulation. This presentation will dive into the similarities, differences, and strategies to help parents/caregivers respond in ways that can promote emotional development through a sensory smart lens. Join us as we examine common behaviors and present a framework for breaking down the reasons and responses.

Friday, April 20 Keynote | Critical Mass, Purposeful Practice and Autism: Creating Independent Learners

Presented by Brenda Smith Miles, Ph.D.



Teach a skill from start to finish! Promote independence! Help individuals with ASD learn independently! Most individuals with ASD are taught skills only to a certain point. For example, an individual may learn to read a calendar of assignments and check it the night before; however, he is not totally independent on this task because he has not learned that you often need to check your calendar more often than one night before an activity, such as a test. We teach adults to pay bills and pay them on a timely basis when an invoice is provided. However, what if there is no invoice—such as with rent. These challenges are directly related to a lack of success in independent living, employment, and social interactions. How do we change this trajectory? This presentation focuses on describing the factors that lead to critical mass for those on the spectrum when providing instruction and supports. Critical mass, in this regard, is the point where an individual has gained enough information to apply it to situations, activities or skills in which instruction has not been provided. Learn easy-to-use strategies that can help individuals with ASD to move about their world as independently as possible, making informed decisions about their wants and needs. Teaching to critical mass will help learners to be successful with tasks they have been taught to do, but will also help them to be successful with activities on which they have no received instruction.



Saturday, April 21 Keynote | Finding My Voice(s): My Personal Autism Journey towards Independence

Presented by Jonathan Murphy and Jodi Murphy



As an autistic child, Jonathan Murphy felt voiceless. As an autistic adult, he became the voice of a major theme park. In his keynote address, Jonathan shares how self-acceptance, a strong support team, willingness to change, and stepping into his fears and anxieties put him on his path towards independence and a fulfilling life. Jodi Murphy acts as Jonathan's "wingman" to offer the successful strategies she used to help Jonathan thrive at every stage of his journey.

Jonathan Murphy is a SAG-AFTRA voiceover actor appears in video games, apps, audio books, and throughout a major theme park. Jonathan shares his autistic life experiences through public speaking and Mighty League children's book app series. He's received a Temple Grandin Award and People's Choice Award for his storytelling (<https://www.voices.com/people/jonincharacter>).



Jodi Murphy is Jonathan Murphy's proud mom and founder of Geek Club Books, a creative autism nonprofit focused on innovative, entertaining autism storytelling to change perceptions and end the stigma. She works with a team of autistic adults who contribute to everything Geek Club Books' creates.

ADVERTISE | SPONSOR | EXHIBIT

We offer opportunities for businesses and organizations to participate during the event through exhibiting, advertising, or sponsorship opportunities. Organizations may sign up to have an exhibit table from Thursday, April 19th–Saturday, April 21st to showcase their services and resources. Guests will have many opportunities throughout the conference to visit the exhibit hall to learn more about your organization. Businesses and organizations may also support the conference while also being recognized with our various advertising opportunities. These include things such as ads within our conference program, online and printed materials, and more. If interested in any of these opportunities, please check out our website for more information: www.asw4autism.org



Early Bird Registration Now Open!

Take advantage of the lowest costs to attend the conference. Deadline to register at the discounted rate is January 10, 2018.

	Autism Society Member	Non-Member	Person with Autism	Conference Support Person
General Conference April 20-21	\$155.00	\$190.00	\$75.00	\$75.00
Thursday, April 19: Pre-Conference Add –on Options				
Preconference A:	\$30.00	\$30.00	\$15.00	\$15.00
Preconference B:	\$30.00	\$30.00	\$15.00	\$15.00
Preconference C:	\$30.00	\$30.00	\$15.00	\$15.00
Preconference D:	\$30.00	\$30.00	\$15.00	\$15.00

REGISTER ONLINE

OR

download the
REGISTRATION FORM

SUBMIT TO PRESENT AT THE CONFERENCE!

We are now accepting proposals for our 29th Annual Conference. The conference will be held April 19-21, 2018 at the Kalahari Resort & Convention Center in Wisconsin Dells. Things to keep in mind when submitting your proposal:

- We need a variety of levels but especially encourage presenters to submit presentations at the intermediate and advanced levels!
- Topic ideas include; sensory integration & supports, adult services (employment, job training, planning for transition, independent living, etc.), mental health, sex education/puberty, gender identity, current research, emotional regulation, executive functioning, positive behavior supports, technology supports and social skills.
- Proposals are due October 31! Late proposals will not be accepted.
- Please thoroughly review the instructions and rules on the proposal application to ensure you have followed all the steps.

If you have any questions, please contact Jessica Fischer at jfischer@asw4autism.org or (920) 558-4600.

Submit a proposal at
http://www.asw4autism.org/conferences_workshops.html



UPCOMING EVENTS

November 4,
9:00-10:00 am

Monkey Joe's | Autism Society of the Fox Valley

Monkey Joe's, Appleton

Monkey Joe's opens the doors exclusively for Autism Society families once a month on the first Saturday of each month from 9:00 until 10:00 am. You're welcome to stay after they open to the public at 10:00. Parents get a chance to meet other parents & ASFV board members, siblings have an opportunity to meet other sibs in a fun environment, and kids can safely bounce, jump, slide and have fun. **FREE for members** or just \$5 for non-member families.

November 11
6:00am

Ugly Sweater Run, 5K & 10K | Autism Society of the Lakeshore

Baymont Inn Hotel, Manitowoc Lakefront Hotel

The Ugly Sweater Run is a fundraiser for the Autism Society of the Lakeshore. The course is a flat, fast, down and back on the Mariners Trail along the shore of scenic Lake Michigan. Runners can wear ugly sweaters or costumes and have some fun while they run. For more information visit <https://runsignup.com/Race/WI/Manitowoc/UglySweaterRunWalk5K10K>

November 25
10:15 am

Reel Movies | "Justice League" | Autism Society of Northeast Wisconsin

Marcus Bay Park Theater | Green Bay

Please join us for a sensory friendly movie experience! Sound is down and lights are up. ASNEW will cover up to four tickets per family for members. Please try to be there by 10:15 to check in at the front desk. Your membership must be current. If you have recently joined, please bring proof of membership in the form of a digital or physical confirmation letter or receipt. Thank you! For more information email administrator@asnew.org

December 9
9:30-12:30

Skate Party | Autism Society of Central Wisconsin

Skate City, Wisconsin Rapids

Includes skating or scooters, pizza buffet, and Coach Bus available from Wausau. Email Erin Fritz at efritz5181@yahoo.com for more information or to register!

Meet Our New Education & Outreach Coordinator



Please help us welcome a new member to the Autism Society of Wisconsin team! Jessica Fischer joined the ASW team in July as the Education and Outreach Coordinator. She will be responsible for planning, developing and administering a variety of educational and community outreach programs in support of the Autism Society of Wisconsin mission.

Jessica received her Bachelor of Science degree in Community and Nonprofit Leadership with a minor in Gender and Women Studies from the University of Wisconsin – Madison in May of 2017. Throughout her time at UW she was the chair of a campus wide award ceremony, created a leadership organization for first-semester transfer students, and assisted the summer orientation program for first-year college students. She has also worked with organizations including Easter Seals Respite Camp as a volunteer and Schools of Hope as an Americorps member. Overall, Jessica is passionate about using her skills and experience to assist nonprofit organizations that are dedicated to serving underrepresented communities.

Wings for All Event November 4

Wings for All™ at Appleton International Airport will soon be here so register soon to reserve your spot! It's a wonderful opportunity for those with autism or other special needs to practice going through security and to board an aircraft. Here is the itinerary for the event:



8:00 am - Registration opens
9:10 am - Boarding the plane.
9:40 am - "Departure"
10:10 am - "Arrival"/Deplane
10:40 am - Deplane complete

The Appleton "flight" will feature an Allegiant Airbus A320 with 177 seats, allowing 88 families to participate.

For information and to register, go to <https://fs30.formsite.com/wingsforautism/form301/index.html>

Get Involved! ASW Board of Directors

The Autism Society of Wisconsin is looking for skilled and motivated candidates to join its Board of Directors. Directors commit to at least a three year term providing support to the organization through board meetings and committee work. Candidates should be willing to provide 2-4 hours of work per month on top of quarterly board meetings and monthly committee meetings.

The Board is particularly seeking candidates from its 53 county service area, with a connection to the autism community, who also have skills/expertise in the following areas: human resources, legal, advertising/marketing, technology, finance, fundraising, business/corporate leadership, etc. The organization encourages candidates who would increase board diversity, including representatives of a diverse racial or ethnic background, geography, and professional background. Individuals with autism are encouraged to apply. The Board will make appointments based on strategic interests, geography and demographic diversity.

Please visit our website for instructions to apply: www.asw4autism.org/board_of_directors.html

Giving Opportunities

Invest in the future of the Autism Society of Wisconsin!

Explore all the ways to give:

- **Employee/Matching Gifts** – Many employers encourage employees to give by matching employee gifts dollar-for-dollar. Check with your human resource department to find out more.
- **Honorary** – Celebrate a birthday, anniversary or other special occasion with a gift honoring a spouse, friend, family member or other loved one.
- **Memorial** – Memorial gifts made to the Autism Society of Wisconsin are to celebrate and honor the life of a loved one.
- **Planned Giving** – Receive tax and other financial benefits while giving to the Autism Society. Plan a gift for the future by working with a financial advisor to set up an IRA Charitable Rollover, trust or bequest, or beneficiary designation on a life insurance policy.
- **Unrestricted Giving**– Give a cash donation that allows us to fund programs which need it most. Donations can be mailed to the ASW office or can be made online through our Network for Good site, accessed from our home page: www.asw4autism.org.

Autism Society of Wisconsin
1477 Kenwood Dr.
Menasha, WI 54952

Please call our office for more information on any of these giving opportunities: 920-558-4602.

Autism Society of Wisconsin
1-888-4-AUTISM (WI only)
1477 Kenwood Drive
Menasha, WI 54952

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Help us fulfill our mission!

Support the Autism Society of Wisconsin by making a tax deductible gift! All donations are appreciated.

_____ \$25 _____ \$50 _____ \$75 _____ \$100 _____ \$200 _____ \$ Other

Donations may be sent to:
Autism Society of Wisconsin
1477 Kenwood Drive
Menasha, WI 54952

We also accept donations online . Click the Donate Now button on our
homepage: www.asw4autism.org

Thank you for your support!

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ASW Board Meeting

January 20, 2018