



THE UNIVERSITY OF  
**MAINE**

Maine Autism Institute for  
Education and Research

# Pathways

Fall 2017

The **Maine Autism Institute for Education and Research (MAIER)** is a partnership between the University of Maine College of Education and Human Development and the Maine Department of Education.

MAIER is dedicated to building state-wide capacity to improve outcomes for individuals with autism spectrum disorder (ASD).

- Leadership
- Training
- Professional Development
- Technical Assistance
- Consultation
- Research

## Donate to MAIER

Help support MAIER's outreach to Maine families through our educational and social events. It's easy using our online donation page. FMI or to make a donation, visit our website: [umaine.edu/autisminstitute/donate-to-maier/](http://umaine.edu/autisminstitute/donate-to-maier/)

## Contact Us

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Welcome to the Fall 2017 edition of Pathways



As fall arrives here in Maine, MAIER welcomes you back with another year of training opportunities for educators and professionals, family events, and new online resources. Be sure to check out our all new Professional Development Workshops for 2017-18, read about the SCERTS training being offered next spring, and learn more about new Maine Autism Leader Team training in the coming year.

Please do not hesitate to reach out to us if we can be of assistance. Contact us by email ([maineautisminstitute@maine.edu](mailto:maineautisminstitute@maine.edu)) or phone (207-581-2352)

Best regards,

*Deborah L. Rooks-Ellis*, Ph.D. Director, Maine Autism Institute for Education and Research

## Family Focus

Happy Fall to all our MAIER families and friends. It has been busy year for the MAIER Family Partnership (MFP) as we continue working on our *Places and Spaces* Project, attend community events, and partner with local organizations and non-profits for family events. Be sure to visit our **MFP pages** ([umaine.edu/autisminstitute/maine-family-partnership/](http://umaine.edu/autisminstitute/maine-family-partnership/)) on our website as we are updating our information and resources regularly, and bookmark our **Community Calendar** ([umaine.edu/autisminstitute/events/category/community-events/](http://umaine.edu/autisminstitute/events/category/community-events/)) to assure you learn about upcoming events!

Recently I received an email from a Mom whose daughter was entering adolescence, heralding in a new set of developmental changes and challenges for peer relationships and social inclusion. While teens with ASD face a new set of expectations and "social rules" to learn, peers also need help to better understand their classmates with autism and learn to interact in ways that support friendships and inclusion. In my search for resources to assist this Mom, I found several excellent resources to address adolescent issues, including two promoting understanding and acceptance by peers. Check out the Family Resource section of this issue for a focus on resources related to raising adolescents and young adults on the spectrum.

Many thanks to those who have supported the MFP through donations of time, talent, and financial gifts. Visit MAIER's Donation page ([umaine.edu/autisminstitute/donate-to-maier/](http://umaine.edu/autisminstitute/donate-to-maier/)) to read about recent gifts or to make a donation to support our outreach to Maine families.

Wishing you all a happy and safe fall season!

Donna Doherty, MAIER Family Partnership Director

## 2017-18 Professional Development Opportunities

- September 28, 2017. MAIER PD Series: OT Guide to Sensory Processing. Thomas College, Waterville (*Note: This session is designed for OTs*)
- September 29, 2017. MAIER PD Series: Educator's Guide to Sensory Processing. Thomas College, Waterville.
- October 19, 2017. MAIER PD Series: Accessing evidence-based strategies to support practice. Jeff's Catering, Brewer
- November 16, 2017. MAIER PD Series: Using Data to Support Decision-making/ Part 1 of 2-part series. Governor Hill Mansion, Augusta
- December 4, 2017. MAIER PD Series: Using Data to Support Decision-making/ Part 2 of 2-part series. Governor Hill Mansion, Augusta.
- February 15, 2017. MAIER PD Series: Foundational Practices for Students with ASD/Part 1 of 2-part series. Jeff's Catering, Brewer.
- March 22, 2017. MAIER PD Series: Foundational Practices for Students with ASD/Part 2 of 2-part series. Jeff's Catering, Brewer.
- April 5, 2017. MAIER PD Series: Social Emotional Learning for Educators. Jeff's Catering, Brewer.
- April 12, 2017. MAIER PD Series: Topic TBA. Jeff's Catering, Brewer.
- May 10, 2018. MAIER PD Series: Social Thinking 3.0. Thomas College, Waterville.

FMI and to see all MAIER Professional Development opportunities, including registration information, visit our website: [umaine.edu/autisminstitute/trainings/](http://umaine.edu/autisminstitute/trainings/)

**Registration now open for 2017-18 workshops.**

### Special 2-day Training Opportunity in 2018!

"Implementing the SCERTS Assessment Process to Guide Program Development for Children with ASD"



Presented by Amy Laurent, Ph.D., OTR/L and co-author of the SCERTS Model.

Space is limited so apply early for this opportunity. Location to be announced

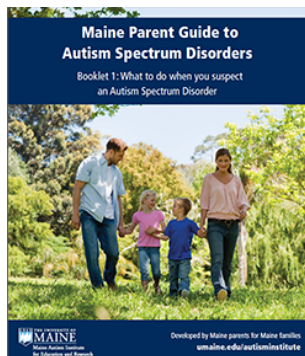
soon. For more information, check our webpages: [umaine.edu/autisminstitute/event/implementing-scerts-assessment-process-guide-program-development/](http://umaine.edu/autisminstitute/event/implementing-scerts-assessment-process-guide-program-development/)

### Maine Family Partnership Events

Check our [Community Calendar](http://umaine.edu/autisminstitute/events/category/community-events/) ([umaine.edu/autisminstitute/events/category/community-events/](http://umaine.edu/autisminstitute/events/category/community-events/)) for MAIER Family Partnership events and other events hosted by MAIER and by our Community Partners!

### Help us with your feedback

Have you been using the *Maine Parent Guide to Autism Spectrum Disorders*? Help us by taking this quick survey: [umaine.qualtrics.com/jfe/form/SV\\_5gmQLRZC5gwwZ1j](http://umaine.qualtrics.com/jfe/form/SV_5gmQLRZC5gwwZ1j)



Haven't received a copy of the *Maine Parent Guide to Autism Spectrum Disorders* yet? Contact us by email ([maineautisminstitute@umaine.edu](mailto:maineautisminstitute@umaine.edu)) or phone (207-581-2352) to request your copy.

# MAIER Professional Development

## Maine Autism Institute for Education and Research 2017-18 Professional Development

**Series** is already being planned! With all new topics for 2017-18, these workshops feature national and local experts in the field of autism. See page 1 of this issue for listing of workshops for 2017-18. Don't miss out on September's workshops: "An OT's Guide to Sensory Processing" and "An Educator's Guide to Sensory Processing"! FMI and registration, check our PD Calendar: [umaine.edu/autisminstitute/event/ot-sensory-processing/](http://umaine.edu/autisminstitute/event/ot-sensory-processing/)

Registration for all sessions are now open and are still offered at the low cost of \$30/person per workshop. Open to educators, professionals, families, caregivers, and interested others. To register for individual sessions, see our PD pages on our website: [umaine.edu/autisminstitute/pathways/fall-2017/2017-18-pd/](http://umaine.edu/autisminstitute/pathways/fall-2017/2017-18-pd/)

## 2016-17 Professional Development Series is available for Archive Viewing!

Did you miss out on our 2016-17 Professional Development Workshops? Our workshops are now available to view online, at the same low cost of \$30 per person/ per workshop, and *Contact Hours* are available. This archived viewing option allows you to watch each selected workshop at a time convenient with your schedule. Please note that archived viewing is a single viewing option only and content should not be shared in groups unless everyone has registered and paid for the workshop.

**Social Stories** with Carol Gray

**PBIS and ASD: Impact of Promoting Positive Behaviors** with Gretchen Scheibel, M.S., OTR/L, BCBA

**PBIS and ASD: Universal Design for Learning** with Katie Novak, Ed.D., Educational Consultant and Shoshana Green, M.Ed.

**Executive Functioning with** Diane Jackson, Ed.D. , University of Maine

**PBIS and ASD: Providing Evidence-based Instruction and Accommodation to Teach Positive Behaviors with** Gretchen Scheibel, M.S., OTR/L, BCBA

**PBIS and ASD: Strengthening Positive Behaviors** with Gretchen Scheibel, MS, OTR/L, BCBA

**PBIS and ASD: Responding Constructively to Negative Behaviors** with Gretchen Scheibel, MS, OTR/L, BCBA

**The Incredible 5-point Scale Extended Version** with Kari Dunn Buron, M.S., Autism Education Specialist/Author

**Social Thinking** with Speaker: Nancy Clements

To learn more about each session and register to view, visit our website: [umaine.edu/autisminstitute/trainings/2016-17-professional-development-series/](http://umaine.edu/autisminstitute/trainings/2016-17-professional-development-series/) **Please note** when you register for the Archive version, you must contact Donna at MAIER ([donna.doherty@maine.edu](mailto:donna.doherty@maine.edu)) to receive the login information and password to access the PD once you have registered and paid for the session.

## Welcome our new Maine Autism Leader Teams (MALT) for 2017!

Six new teams from school districts and agencies across the state will receive advanced training in evidence-based practices for working with individuals with autism. MAIER will host six training sessions, and offer ongoing mentoring and coaching sessions to participating teams over the course of the coming year. Welcome to our new MALT teams: RSU 2, RSU 56, RSU 49, Veazie Schools, Spurwink, and Brewer Schools!

About 1 in 68 children has been identified with autism spectrum disorder (ASD) according to estimates from the Centers for Disease Control and Prevention. Maine schools continue to look for resources to educate and support children in an effective way. In response to this need, MAIER invited applications for school districts and agencies to receive advanced training in evidence-based practices for working with individuals with autism. Six teams were selected this year to participate as Maine Autism Leader Teams, joining the existing 42 teams.

Teams receive six days of training (three two-day training sessions) with coaching and mentoring opportunities provided between training sessions. Team members include general and special educators, related services staff, and general and special education administrators.

The overall goals of the training are to:

- Build local capacity to establish and implement proactive and positive programming with fidelity for children with ASD,
- Build regional and state experts, trainers and supports for Maine's educators working with students with ASD,
- Foster the development of observational skills for working with children with autism spectrum disorder,
- Provide current information about the diverse range of individuals who exhibit characteristics associated with ASD,
- Ensure that Maine teachers and paraprofessionals are appropriately and adequately prepared to work with children with ASD, and
- Provide participants with sufficient current and evidence-based information that enables them to share materials with others in their district.

An outgrowth of this team training has been the creation and ongoing support of an autism leadership network across the state. Over 400 autism leaders are employed by agencies and school districts across the state to promote sustainability and to scale up efforts.

Check out the [MALT Map \(umaine.edu/autisminstitute/malt-map/\)](http://umaine.edu/autisminstitute/malt-map/) to find a team in your area or to contact MAIER to ask about the opportunity.

**Roadmap to Maine Autism Services now available!** MAIER has developed a new brochure to guide parents and caregivers to services and supports when they are questioning their child's development.



“Road Map to Services” outlines the early signs of autism in the areas of communication, social skills, and restrictive or repetitive interests as early as 12-18 months, using examples caregivers can identify. In addition, this brochure provides guidance to obtaining the necessary assessments and to getting connected with related services and supports available in Maine.

This colorful and easy-to-read brochure was developed through a partnership with the Maine Department of Education, Office of Special Services, and is available free of charge to any individual or organization in Maine concerned with the development of young children. If you work in a school, agency, or office and would like to display this brochure, contact MAIER today! Contact MAIER by phone (207-581-2352) or email

([maineautisminstitute@maine.edu](mailto:maineautisminstitute@maine.edu)) to order a print copy or to order copies for your office or organization.

# Family Focus



**Loads of fun at MAIER Family Partnership “Outdoor Adventure Day”** *The MAIER Family Partnership and the Auburn/Lewiston YMCA partnered for a day of outdoor fun for families at the AL YMCA’s Outdoor Education and Learning Center on Sunday June 25<sup>th</sup> 2017.*

The Auburn Lewiston YMCA’s *Outdoor Education and Learning Center* was abuzz with activity on Sunday June 25<sup>th</sup> when local families impacted by autism joined the MAIER Family Partnership and AL YMCA for an “Outdoor Adventure Day.” Children were greeted with a variety of activities led by YMCA & MAIER staff and volunteers, and families gathered to share a BBQ lunch at noon.

Twenty families, including children, teens, and adults on the autism spectrum and their siblings, joined in the activities. The field filled with bubble blowing fun and hula hooping, and a spontaneous volleyball game ensued with players of all ages. Families headed down the wooded trails to explore their skills at archery, an obstacle course, and a low ropes course, all supervised by YMCA staff and volunteers. Children searched for pinecones, moss, and acorns for the Nature Scavenger Hunt, studied their finds with their new magnifying glasses, and collected prizes for their finds.



Other highlights of the day included a visit from the Auburn Fire Department and their ladder truck. The children were invited to climb on board to steer the wheel and get up close to fire equipment. Thanks to Krista Nadeau and Beth Harriman, families also had the opportunity to take home a free “ID a Kid Kit” courtesy of Prudential Life Insurance.



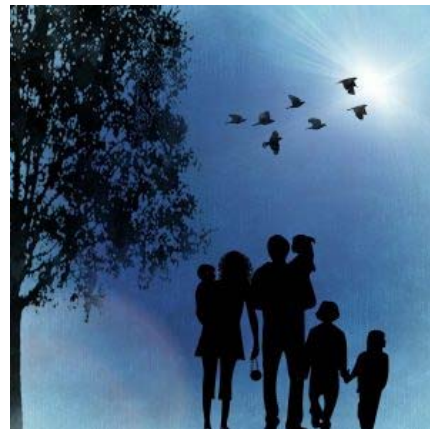
This “Outdoor Adventure Day” was spearheaded by Carissa Arnold, mom to Gage, who expressed her desire for a MAIER Family Partnership (MFP) event in her community. Once she connected us with Steve Wallace at the AL YMCA, the planning team took off with designing a day of outdoor fun with flexibility and acceptance in mind.

Our thanks to Carissa and the AL YMCA staff, Steve, Will, and Mike, who helped make this event a huge success! Our heartfelt thanks to the local donors who helped to make this a free event for local families: Pediatric Associates of Lewiston, Brava Meat Company, Lepage Bakery, the Lewiston Hannaford Supermarket, and the Walmart Distribution Center #7014, Lewiston. Thanks as well to our mighty crew of volunteers, Sue, Bob, Skye, Ariel, Sam, Martha & Bella, and Nick.

Interested in hosting an MFP event in your community? Contact Donna Doherty, Family Partnership Director at MAIER, by email ([donna.doherty@maine.edu](mailto:donna.doherty@maine.edu)) or phone (207-581-2468).

## “Places and Spaces” webpages are now live!

Check out MAIER’s newest online resource for families, a space dedicated to helping families explore new options for recreation and fun. Developed with the help of MAIER Family Partnership parents and friends, *Places and Spaces* offers Directory listings of Maine places to visit, a tip sheet for supporting children with autism as they venture out to new places, and additional valuable resources. **Help us build our directory listings** by submitting your favorite places and events for families impacted by ASD, using our online submission forms. If every family that receives this newsletter submits one place we can have over 300 listings! To visit “Places and Spaces” check our website: [umaine.edu/autisminstitute/pathways/fall-2017/places-spaces/](http://umaine.edu/autisminstitute/pathways/fall-2017/places-spaces/)



**Rockland Autism Awareness Fair** *Read about the amazing work of one Maine family to raise autism awareness in their community and help support local programs and organizations dedicated to ASD.*

MAIER joined the Rockland community for an **Autism Awareness Fair** on March 18<sup>th</sup> at the Rockland Elks Lodge. This family-friendly fun and informative event was organized and led by Jessica Crane (mother of four-year old Brody), with the assistance of her family and friends. The spirit of the community was evident as the steady stream of families arrived and smiles and laughter filled the Lodge.



The day included a variety of fun and sensory friendly activities for the children, including a bounce house and slide, sensory bins, crafts, and snacks. Local fire and police officers joined the fun and offered safety information, while parents and community members visited information booths from local and state Autism service providers and organizations, including MAIER. Donna Doherty, MAIER’s Family Partnership Director, and Olivia White, UM graduate student shared information on MAIER’s resources and family partnership, including the *Maine Parent Guide to Autism Spectrum Disorders*.



The Fair also served as a fundraiser for local programs and organizations serving families impacted by autism. Together with local businesses and individuals who donated a unique variety of goods and services, Jessica and her helpers raised over \$3500 through the silent auction available during the event. We are both pleased and thankful to be the recipient of a generous donation from the group, which will help support MAIER’s Family Partnership program.

Our sincere thanks go out to Jessica and her family for all their hard work and dedication it took to plan and hold such a wonderful community event. Your efforts will help support families throughout the state of Maine!

## Sesame Street Introduces Julia!



Sesame Street welcomed a new Muppet to their neighborhood last year as part of their “See Amazing in all Children” initiative. Julia, a four-year-old muppet with autism, “is a natural extension to Sesame Street’s long-standing message that we are all different but the same.”

In addition to the role Julia will play on the show, the initiative includes a website developed to educate communities, increase acceptance, and reduce the isolation and stigma experienced by children and families impacted by autism. A “Provider Guide to Offering Autism Friendly Events” offers tips to childcare providers, families, and communities to creating a welcoming space and hosting autism-friendly events.

Free online resources include Julia’s storybook, videos for both adults and for children on myriad of topics, and daily routine cards for using with your child with ASD. This includes tips and suggestions for supporting siblings and talking with peers about autism, information on preparing your child with autism for outings, and suggestions on how to take care of yourself and stay connected with others. Resources are available in both English and Spanish. Be sure to check out this great new resource by visiting the Sesame Street “See Amazing in All Children” webpages: [autism.sesamestreet.org/](http://autism.sesamestreet.org/)

*The focus for this issue is on resources to support teens with ASD and their peers during a developmental stage that can be both exciting and puzzling to teens and to those around them.*



*[A Teen’s Guide to Understanding and Communicating with People with Autism:](#)*

[www.youtube.com/watch?v=p9-l19CKISg](http://www.youtube.com/watch?v=p9-l19CKISg)

This video was created by New Jersey teen, Alexandra Jackman, in 2015 as part of her efforts to help others “look past the special needs and get to know the person.” For more information on *Alexandra Jackman* and her efforts to “help teach tolerance of those with disabilities” read this interview : [www.autismspeaks.org/blog/2015/04/28/qa-creator-teens-guide-autism](http://www.autismspeaks.org/blog/2015/04/28/qa-creator-teens-guide-autism)

[Autism at a Glance](#) is a series published by the Frank Porter Graham Child Development Center at UNC, Chapel Hill designed for high school staff and family members in supporting adolescents on the autism spectrum. Each four-page resource provides practical tips and resources on a variety of topics relevant to this age group. View online: [fpg.unc.edu/search/apachesolr\\_search/Autism%20at%20a%20glance?filters=type:resources](http://fpg.unc.edu/search/apachesolr_search/Autism%20at%20a%20glance?filters=type:resources)

[Autism Society of Maine Resource](#) Library has several books on teen issues to loan, free for asking. Use the search engine to find teen topics, and contact ASM using the information on their website. View online: [www.asmonline.org/library/](http://www.asmonline.org/library/)

## Family Resources

**Bullying and Individuals with Special Needs.** A comprehensive website dedicated to awareness, education, and action to reduce bullying of individuals with disabilities. Learn about supports for individuals with disabilities, their families, their peers, and those who support them. Developed by the Ohio Center for Autism and Low Incidence (OCALI). View online: [ocali.org/project/bullying\\_and\\_individuals\\_with\\_special\\_needs](http://ocali.org/project/bullying_and_individuals_with_special_needs)

**College and Students on the Spectrum:** [www.youtube.com/watch?v=GZp459zssr0](http://www.youtube.com/watch?v=GZp459zssr0)  
This YouTube video was created at the Yale University School of Medicine Child Study Center to outline the important considerations when thinking about college for your family member with ASD. (55 minutes)

**Growing Up Together Booklets:** [www.iidc.indiana.edu/pages/growing-up-together](http://www.iidc.indiana.edu/pages/growing-up-together)  
These booklets were developed by the Autism Society of America and Indiana Resource Center for Autism (IRCA) to help classmates of a student with an ASD learn about autism. Developed to provide information in a respectful manner and to do so without stigmatizing the student on the autism spectrum. One is designed for younger students, and one for teens.

**Growing Up Together Booklet for Elementary School Children:** [www.iidc.indiana.edu/styles/iidc/defiles/IRCA/growingupelementary.pdf](http://www.iidc.indiana.edu/styles/iidc/defiles/IRCA/growingupelementary.pdf)

**Growing Up Together: Teens with Autism:** [www.iidc.indiana.edu/styles/iidc/defiles/IRCA/Growingupteen.pdf](http://www.iidc.indiana.edu/styles/iidc/defiles/IRCA/Growingupteen.pdf)

