

# Spectrum

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Medicaid  
Transformation in  
North Carolina

Keeping Our Loved  
Ones Safe

Autism and the Law:  
What Every Parent  
Should Know

**believe**  
 **in**  
**yourself**



Autism Society  
of NORTH CAROLINA

Mission Statement

The Autism Society of North Carolina improves the lives of individuals with autism, supports their families, and educates communities.

The Spectrum

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Careers

The Autism Society of North Carolina is always looking for qualified candidates who are passionate about helping individuals on the autism spectrum and their families. ASNC has offices in Asheville, Charlotte, Fayetteville, Greensboro, Greenville, Raleigh, and Wilmington.  
  
A variety of part- and full-time positions are available. Please visit [www.autismsociety-nc.org/careers](http://www.autismsociety-nc.org/careers) to learn more about current ASNC career opportunities. We appreciate referrals; please help us recruit the best talent by sharing the above link.

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## Message from the CEO

As anticipated, 2019 has been a very busy year thus far for ASNC in our efforts to support families, improve the lives of individuals with autism, and educate our communities. We have recently concluded the 2018-19

fiscal year and the second year of our three-year strategic plan. Much has been accomplished this year, but as I suspect you know, so much remains to be done to fulfill our mission.

Adults on the autism spectrum are a large focus of our 2017-20 strategic plan. As you are probably aware, most of the literature and current autism research focuses on children or the causes of autism. However, we all know that individuals are adults much longer than they are children, and we need more research on adults to best design a plan for optimum lifelong outcomes.

At ASNC, we have taken what we know about our adults and begun addressing these issues in a strategic manner. Although there are too many areas to focus on in this article, I'll take this opportunity to address transition and employment. National data indicates that the vast majority of adults with autism are either unemployed or underemployed, with estimates ranging as high as 90 percent. At the same time, employers recognize the skills that people with autism bring to the workplace and that employing individuals with autism is beneficial to all.

Given the demand for employment services and the value that employers receive in employing our adults, we have begun to better address this issue in a variety of ways, including:

- **Transition to Adulthood:** We began this program in June in Wilmington with plans to expand to Greenville later this year for adolescents and young adults on the spectrum. This program uses a four-pronged approach – health and wellness, independent-living skills, social relationships, and employment – to prepare participants for employment. We've also begun to expand leisure opportunities for adults on the spectrum in these locations. See page 12 for more on this program.
- **IGNITE:** This past year, ASNC started the second IGNITE program in Raleigh for young adults on the spectrum. Building on seven years of success in the Davidson location, IGNITE Raleigh is creating an environment where young adults with autism are able to continue developing their social, problem-solving, and independent-living skills, and also gain confidence. We plan to expand IGNITE to another location next year.
- **Employment Supports:** ASNC has provided employment supports in three locations across the state for several years. We recently hired an Employment Supports Director to provide statewide leadership, with plans to add locations within the next two years.

It is clear that improving employment opportunities and outcomes for adolescents and adults will have significant benefits for workplaces, the economy, the community, and individuals with autism.

In closing, thank you all for your continued support. We strive to be the best advocate for families, provider for individuals on the spectrum, and educator within our communities. This is all contingent on our continued work together in the coming months and years. Much remains to be done, and we are committed to this.

Wishing you all a happy summer!

Tracey Sheriff, Chief Executive Officer

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# Medicaid Transformation: What You Need to Know

By Kerri Erb, *Chief Program Officer*, and Jennifer Mahan, *Director of Public Policy*



The NC Department of Health and Human Services is in the process of implementing Medicaid transformation in North Carolina. The vision of DHHS is “Improving the health and well-being of North Carolinians through an innovative, whole-person centered and well-coordinated system of care that addresses both medical and non-medical drivers of health.” DHHS plans to implement these changes in coming years after developing policy based on feedback from a wide variety of stakeholders since 2015. Our current understanding is explained below.

Starting this year, Medicaid recipients in North Carolina will have their health services managed by private insurance companies as NC Medicaid switches from a public fee-for-service system to a private managed-care model. Instead of the state of North Carolina managing the program directly, insurance companies will be paid a per-member, per-month fee to work with people on Medicaid to manage their health services, similar to how health care works for people with private health-care coverage. Our state’s plan is unique in that it plans to incorporate elements of non-medical drivers of health, such as housing, transportation, food insecurity, etc., as well.

## Standard vs. Tailored Plans

During this transformation, Medicaid will integrate physical health care with behavioral health care so that people will, hopefully, be healthier and have an easier time getting services regardless of the type of health-care needs they have. This involves services and supports for physical, pharmaceutical, behavioral, and social needs. There will be two separate identified plans to provide this: Standard and Tailored.

Standard Plans will be available for those with mild to moderate behavioral health or substance use needs. Tailored Plans will be for those with more complex or lifelong needs, for example, people on the Innovations waiver. People will be enrolled in a Standard or Tailored Plan based on various eligibility factors. Four statewide Standard Plans will be offered by AmeriHealth Caritas NC, WellCare, Healthy Blue NC, and United Healthcare NC. A regional provider-led entity, Carolina Complete Care, will also operate a Standard Plan in one area. People who move to Standard Plans will choose one of these companies to manage their health services.

## When Is This Happening?

This switch to integrated private managed care will happen in two phases: the Standard Plan rollout, which is scheduled for November 2019 through February 2020, and the Tailored Plan rollout, which is currently scheduled to begin in July 2021. (Dates may be subject to change by DHHS.)

Most people with autism will continue to have their health services managed as they are now through NC Medicaid (also known as Medicaid Direct). Their behavioral health and intellectual and/or developmental disability (IDD) services will continue to be managed by LME/MCOs at this time. Based on diagnoses and services, most people with autism will not see changes to the management of their health benefits until the Tailored Plans roll out.

Some people began receiving enrollment packets from Medicaid this summer to explain the change, and if they are eligible, give them the choice to begin selecting a new health-care insurance company (Standard Plan) and primary care provider (PCP). Those who are part of the Standard Plan rollout and have not selected a company will be automatically assigned based on where they live, their eligibility, where they seek their health care, and where other members of their household are assigned.

## Where Can I Learn More?

DHHS has a wealth of information online at [www.ncdhhs.gov/assistance/medicaid-transformation](http://www.ncdhhs.gov/assistance/medicaid-transformation). You may also contact us at 800-442-2762 (press 2) for additional information.

## What Do Individuals with Autism or Their Families Need to Do?

If Medicaid is your health insurer, you or your child will have the option of enrolling in a Standard or Tailored Plan based on eligibility criteria. People who have Medicaid as their health insurer and

are using Medicaid b3, state-funded (IPRS), or other Medicaid services (e.g. ABA through Medicaid, Research-Based Behavioral Health Treatment) and are NOT on the Innovations waiver, will get a letter indicating options to enroll in a Standard Plan or remain in the Tailored Plan based on eligibility factors. The Tailored Plan will be operated by LME/MCOs, and services should remain unchanged until 2021. You will continue to receive your primary health-care services through Medicaid as you do now if you do not enroll in a Standard Plan. You should carefully weigh your options and choices as most support services for people with ASD (like b3 respite, IPRS Developmental Therapy, Innovations waiver) are not available in Standard Plans. At this time, most services for people with Autism Spectrum Disorder remain in the Tailored Plan eligibility (LME/MCOs).

It is also important to note that individuals who are on the waitlist for Innovations waiver services will be automatically



enrolled into the Tailored Plan, unless they choose to opt out and into a Standard Plan. They can maintain their place on the Innovations waiver waitlist if they are eligible to and choose to enroll in a Standard Plan. As always, it is important for people to get on the waitlist and ensure their information is up to date with DSS and LME/MCOs for services. Individuals who are on the Innovations waiver, CAP/DA, CAP Child or dually enrolled with Medicaid and Medicare will not move into Standard Plans. There are other exceptions to eligibility criteria. For children receiving Research Based Behavioral Health Treatment, those services should be available in both Tailored and Standard Plans in addition to regular health-care services. If you are eligible for the Standard Plan, more information and contacts for who can help you choose a plan and provider can be found here: <https://ncmedicaidplans.gov/>.

See the chart below for the Medicaid behavioral health and IDD services available in Standard Plan vs. Tailored Plan from DHHS.

## What Benefits Are There to Transformation?

The benefits of transformation include choice, access to care management, and coordinated approaches to physical, behavioral, and social needs. People should be able to compare the benefits of each plan and choose the one that best supports themselves and their family. Both Standard and Tailored (2021) Plans will provide access to care management, which should serve as a central hub to all needs in the Medicaid system. Care management, as defined in transformation, will include

“the involvement of a multidisciplinary care team and the development of a written care plan.”

- Local care management (performed at the site of care, in the home, or in the community where face-to-face interaction is possible) is the preferred approach, building on the strengths of the current care management structure.
- Care managers will have access to timely and complete enrollee information.
- As part of care management and coordination, enrollees will have access to direct linkages to programs and services that address unmet health-related resource needs affecting social determinants of health, along with follow-up and ongoing planning...”

As mentioned at the beginning of this article, one of the goals of transformation is to integrate physical and behavioral health care. Plans must work to address not just direct health care, but also non-medical drivers of health, such as nutrition and food insecurity, obesity, exercise, smoking, access to transportation, and employment. Addressing these issues comprehensively will benefit all North Carolinians, including the autism community.

This is the largest change to North Carolina’s Medicaid system in 40 years. We applaud the hard work and vision of DHHS to move North Carolina to a healthier population overall. We will continue to inform, advocate and translate what this means for people with autism in the future; check our blog at [www.autismsociety-nc.org/blog](http://www.autismsociety-nc.org/blog) for updates. ■

## Medicaid Behavioral Health, IDD and Traumatic Brain Injury (TBI) Services

### Covered by BOTH Standard Plans and Behavioral Health IDD Tailored Plans

#### State Plan Behavioral Health and IDD Services

- Inpatient behavioral health services
- Outpatient behavioral health emergency room services
- Outpatient behavioral health services provided by direct enrolled providers
- Partial hospitalization
- Mobile crisis management
- Facility-based crisis services for children and adolescents
- Professional treatment services in facility-based crisis program peer supports
- Outpatient opioid treatment
- Ambulatory detoxification
- Substance abuse comprehensive outpatient treatment program (SACOT)
- Substance abuse intensive outpatient program (SAIOP) pending legislative change
- Clinically managed residential withdrawal (social setting detox)
- Research-based intensive behavioral health treatment
- Diagnostic assessment
- EPSDT
- Non-hospital medical detoxification
- Medically supervised or ADATC detoxification crisis stabilization

### Covered EXCLUSIVELY by Behavioral Health IDD Tailored Plans (or LME-MCOs Prior To Launch)

#### State Plan Behavioral Health and IDD Services

- Residential treatment facility services for children and adolescents
- Child and adolescent day treatment services
- Intensive in-home services
- Multi-systemic therapy services
- Psychiatric residential treatment facilities
- Assertive community treatment
- Community support team
- Psychosocial rehabilitation
- Substance abuse non-medical community residential treatment
- Substance abuse medically monitored residential treatment
- Clinically managed low-intensity residential treatment services
- Clinically managed population-specific high-intensity residential programs
- Intermediate care facilities for individuals with intellectual disabilities (ICF/ID)

#### Waiver Services

- Innovations waiver services
- TBI waiver services
- 1915(b)(3) services

#### State-Funded BH and IDD Services State-Funded TBI Services



NC DEPARTMENT OF  
HEALTH AND HUMAN SERVICES

# Keeping Our Loved Ones Safe

By Matt Alcala, MA, LPA, BCBA, Clinical Professional

According to a 2012 study in the medical journal *Pediatrics*, at least 49 percent of children with ASD have wandered or bolted from safe settings. The moment you realize you don't know where a child is can be one of any caregivers' greatest fears. This fear can be compounded if the child has minimal language, safety skills, and/or social awareness. It is impossible for even the most vigilant caregivers to fully supervise their children 24/7, but you can teach safety skills and put some safeguards in place.

## Teach Safety Skills

Safety skills are critically important. Starting with skills that ensure safety first and foremost should be the priority, especially for children with impulse control issues.

**Set clear expectations:** Prime your child with clear and concrete expectations or rules before leaving the car. For example: "We are going to get groceries. We hold hands in the parking lot. Stay with me in the store."

- Give clear directions on what the child should do instead of telling them what they should not do. For example, say "Hold hands while crossing street" or "Stay close to mom," rather than "Don't wander off."
- Provide these expectations in the form of a visual, too, if it is helpful for your child to process directions.

**Praise and reinforce:** It's natural to provide verbal prompts to stay with you when a child wanders, but remembering to praise when they are where they are supposed to be is important too.

- If you call them and they stop or come to you, praise them for listening. If they reach their hand out expectantly or stop at a curb, catch them doing this, too, and praise them.
- Make it fun. Give them jobs that keep them engaged and close by (such as pushing the grocery cart) that you can praise them for doing well.
- Provide an incentive for following the rules, like a small treat on the way out. Make this clear up front.

**Responding to name when called:** Having your child stop and attend to you when called is a very important skill. This can be a real problem for some children who have receptive communication difficulties or issues with joint attention.

- Practice this skill often in a variety of situations. Call your child's name and be ready to provide them with praise, tickles, a favorite toy, or some other kind of attention



For more safety resources, go to ASNC's website:  
[www.autismsociety-nc.org/staying-safe](http://www.autismsociety-nc.org/staying-safe)

or interaction you know they'll really enjoy. When they turn toward you and look, praise them and reinforce the behavior. You want to teach that responding to their name will lead to fun and positive interactions.

- You can add "come here" after they are consistently orienting toward you and provide the same kind of praise and reinforcement. Practice by starting out closer to your child in quieter settings and then increasing the distance and number of places where you try it out. Practicing frequently is important, and providing a fun activity or attention when they look to you or come to you is critical.
- If your child rarely orients toward you when their name is called, it is helpful in some cases to limit using their name to times when you want their attention. You can sometimes leave it out of task demands such as "Mike, time to clean up." Save it for when you need only their attention and are being intentional in working on this skill.

**Holding hands when crossing roads or parking lots:** In some cases, you will want to take the safest option possible, and that is to hold hands or interlock arms when walking. It also provides you a safety net while teaching other critical skills. Having this be a consistent expectation is important.

**Learning to request to go to a desired place (or to leave):** It is also important to know why your child might be attempting to bolt. Some run toward their favorite toys or snacks in the store, some run to escape loud or stressful environments, and some seem to like the attention or game of being chased. Listen to requests and seek out communication about where they want to go in the store. That way they can feel as if they have appropriate communication tools to replace wandering off.

- Prompt a communication response fitting your child's communication style to "Can we leave please" or using a visual for "car" or "home" to exit an environment. A "take a break card" can also help in settings where leaving is not an option.
- Be attentive and aware of body language and triggers. Are they covering their ears in a loud space? Do they seem agitated by unwanted attention? Prompt communication in these moments so your child learns that communicating is the best way to cope and to get help avoiding stressors.



- Have your child ask to go to preferred locations using words or other communication tools. You can put it on a first-then schedule for the store or you can prime them ahead of time to ask if, for example, they want to see the toys or go to the slide. You can also prompt it more directly in the store if you notice something has caught their interest or is likely to do so. For example, a direct verbal prompt to the child would be “Say, I want to go to the playground,” and an indirect verbal prompt would be “Where do you want to go?”

These skills should be practiced consistently and in multiple environments. Expectations should be the same across parents and other caregivers (e.g., holding hands when crossing the street with all caregivers). Many IEPs do not contain any safety goals, but if they do, the focus might be on things such as identifying signs. Yet in most cases, knowledge of these signs won’t generalize to functional application in the community unless community-based instruction is provided. Including safety skills in your goals with service providers also helps ensure more learning opportunities and consistency.

## Equip Your Village

Your child will have multiple caregivers in their lives: school staff, services staff, babysitters, extended family, siblings, and neighbors. Although it might seem like common sense, ensure that everyone who might care for your child is explicitly aware of the specific risks of wandering.

- Make them aware of any safety skill deficits, situations in which bolting might occur, and ways that you ensure safe transitions, such as holding hands when walking in public or using child locks in cars.
- Speak to your neighbors and share your phone number just in case.
- Ensure that siblings have good habits, such as closing doors after they come in from playing outside.
- If you are at a large family or community gathering, have a system like the “tag, you’re it” system proposed by the National Association for Autism, where whoever is “it” watches the child and can tag someone else to take turns.

It can also help to have a safety plan for your child listing some of the above. Include a photo of your child, important phone numbers, places they might go, and any other special considerations, such as safety around water.

## Use Technology

You cannot be expected to have eyes on your child at all hours of the day, especially when there are other children to take care of, dinner to prepare, school bags to pack, and let’s not forget, sleep! Technology can provide peace of mind and another layer of protection.

- For your home, it might be helpful to equip your doors, windows, and any other exits with alarms or child locks that can prevent wandering. Security systems can also serve this function.
- Child locks in cars can give you time to gather your belongings when parked and share expectations before making transitions.
- You can have children wear medical or other identification bracelets.
- For those with a higher risk of wandering, GPS tracking devices are also available.
- More independent adults or teens who might have cell phones can share their locations with others on “find my iPhone” or using “location sharing” on Google maps.

Overall, wandering and bolting are one of the most frightening issues a parent can face. There are obviously going to be times where you cannot provide 100% of your attention, so doing what you can to safeguard and account for this is important. Focusing on safety skills that teach your child to stay close to you in the community and encouraging communication are the most practical places to start. Structuring your environment and using technology and other tools to assist you in supervision can provide you with some important peace of mind. ■

*ASNC’s Clinical Department staff is composed of PhD and master’s-level licensed psychologists, Board Certified Behavior Analysts, and former special education teachers. We provide individualized intensive consultation using evidence-based practices to support children and adults across the spectrum in home, school, employment, residential and other community-based contexts. We also deliver workshops to professionals on a wide range of topics including but not limited to, strategies to prevent and respond to challenging behaviors, best practices in early intervention, functional communication training, and evidence-based practices in instruction for K-12 students with autism.*

*To find out more, contact us at [clinical@autismsociety-nc.org](mailto:clinical@autismsociety-nc.org) or 919-390-7242.*



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# Autism & the Law: What Every Parent Should Know

By Nancy Nestor, *Autism Resource Specialist*



Sadly, American society has faced many tragedies involving guns and young people over the past decade or so. As community members and school boards become increasingly concerned, schools have been forced to stringently enforce rules with “zero tolerance” policies. In the past, students with disabilities might have been given extra consideration, but now, school staff do not have that option.

Recent incidents involving students with autism have resulted in parents getting a call from law enforcement informing them their child has broken the law and asking for a meeting. Understandably, parents are not prepared for this. The behavior in question is usually part of their child’s disability. Law enforcement are not sure how to deal with the situation. Quite often, school officials feel forced into actions they don’t support but are compelled to follow the directives of their supervisors.

In one recent example, police were called to a school after a student with autism violated policy. Upon interviewing the student, the officer told the parent that the student did not understand what he was being asked. The parent agreed. With the help of the Autism Society of North Carolina’s Autism Resource Specialists, the local school Exceptional Children’s administrative staff, the school administration, teachers, and the parents, a crisis plan was created to prevent the behavior from escalating again. For many students, though, schools and families are not aware that these supports are available, and the outcomes are less positive.

More often than not, these scenarios occur for students in mainstream settings, where regular education teachers might not understand the triggers that must be kept in check. They may not have access to simple strategies that derail a meltdown or reroute sexually inappropriate behavior. Much work is still needed to support children on the autism spectrum in mainstream settings. This is a difficult time, but with all the frustration around the “new normal,” we are hopeful that things will be changing to create more reasonable protocols for students with autism.

## Be Proactive: Teach Social Skills

In the meantime, there are some things you can do ahead of time that might help. The biggest challenge for students

**Having a disability does not exempt our children from being investigated for behavior that is illegal.**

who have the academic skills to be mainstreamed is social skill deficits. These same deficits hold them back as adults in relationships and employment. Just as students have IEP goals for academics, they must also have IEP goals to support their social skills development. Goals should include the ability to self-advocate when they are beginning to feel confused or stressed.

Some students will need help outside of school to provide social skill remediation and parent training. An ASNC Autism Resource Specialist can help you find a qualified therapist in your community. For most families, TEACCH is the best option. In addition to outside help, or if you cannot afford therapy for your child, there are several resources you can use on your own. Social skills learning guides such as the online website [www.Do2Learn.com](http://www.Do2Learn.com) and books

such as Zones of Regulation and 5 is Against the Law can help your child begin to understand the ground rules for successful social interaction.

## Addressing Behavior with the School

After an incident, regardless of what happens with local law enforcement, the school must meet with you to determine the next steps for your child. If there is no Behavior Intervention Plan (BIP) in place, you can ask that a Functional Behavioral Assessment (FBA) be completed to create a BIP for this particular situation. If there is a BIP in place, a meeting should be scheduled to determine whether it was being followed. Sometimes new behaviors crop up that weren’t addressed on a current BIP, so adjustments should be made.

If your child has a 504 plan and a relevant BIP, but the BIP was not being followed, you might want to ask for an evaluation for Special Education, which would lead to an IEP. This is important because an IEP with behavior goals opens the door for social skills training by a special educator.



## Meeting with Law Enforcement

If you do find yourself on the phone with the police, you must set up time for you and your child to meet with them. Having a disability does not exempt our children from being investigated for behavior that is illegal. If your child is accused of a crime, and you realize you need an attorney but do not have one, then contact an ASNC Autism Resource Specialist. They will provide you with the name of an attorney in your area who can meet with you and your child before you speak with the police. The nonprofit organization Disability Rights NC is also a good option.

According to Disability Rights NC, any time your child is being accused of a crime, he or she must go with you to meet with the court intake counselor. Disability Rights NC recommends bringing:

1. Proof of your child's disability, such as a copy of the medical diagnosis. Information from the school must be supplemented with a diagnosis from a doctor.
2. Your child's side of the story. If your child cannot put into writing what happened leading up to the event and their side of the story, do it for them.
3. A copy of your child's IEP or 504 plan and other school records, such as an FBA or BIP
4. If your child is a TEACCH client, has a behavioral pediatrician, sees a psychologist or psychiatrist, or is receiving ABA therapy, be sure to bring information from them about your child and how the scenario could have occurred because of their disability.
5. A list of medications your child is taking

In this phase of the investigation, it is important that the court intake counselor understand that your child has a disability and how autism affects their ability to function socially. After meeting with your family, the court intake counselor has 15 to 30 days to choose one of three courses of action: drop the charges, enroll the student in a diversion program, or continue with a plan to go to court.

If the intake counselor believes charges are not appropriate, then a process will be started to drop them. That will be the end of your child's required association with the criminal courts for this case. If the case goes to court, the prosecutor or a judge also could drop the charges. In both cases, no record of the incident would be kept and there would be no required involvement with the juvenile court system.

## Diversion Programs

Diversion programs are a way for your child to avoid formal criminal involvement with the juvenile justice system. The intake counselor might begin the process for a diversion plan that will be approved by the court. For example, the plan might require that your child pay restitution for property damage, complete community service, attend counseling sessions, or

show responsible behavior in school by attending daily, receiving no discipline referrals, and earning good grades. If your child is able to meet the conditions of the diversion plan, then the intake counselor and the judge will usually drop the charges.

## Going to Court

If your child does not fulfill the requirements of the plan, then the intake counselor will recommend that charges remain. Both you and your child will be required to come to court on a specified date to appear before a judge. The court proceedings will take place in the courthouse of the county where the alleged crime took place. If you have not hired an attorney for your child, one will be appointed at this hearing. Just as with the intake counselor, it will be very important that you share all information about your child's autism with the attorney.

During the meeting with your child's attorney, a decision will be made about your child's plea. If the child says the charges are true and admits guilt, the judge will arrange for a dispositional hearing, where a decision will be made about the sentence. For most juvenile offenders who have no prior court history, the sentence is supervised probation. For those who have a court record, the sentence could be counseling, community programs, restitution, continued probation for up to six months, custody with placement in a group home, wilderness program, juvenile detention center, or youth development center. There is also a chance that the judge will dismiss the charges.

When someone accused of a crime pleads innocent, the judge will schedule an adjudicatory hearing, which is basically to determine innocence or guilt. During these proceedings, information will be presented, including evidence, testimony by witnesses, and support for or against charges of your child's delinquency. The result of examining all of the information must prove beyond a reasonable doubt your child's guilt. With a judgement of innocent, the charges will be dropped and the case ended. If the verdict is guilty, the judge will schedule a dispositional hearing, described above.

## Call on Us

Autism Resource Specialists can connect you with therapists or counselors who can help your child replace dysfunctional behavior with more suitable actions. Being proactive could help prevent a stressful legal situation from occurring or it might help if charges are brought and you have proof that you are actively helping your child learn more acceptable behavior. With planning, action, and support ahead of time, hopefully these circumstances will not be a part of your life. ■

*ASNC Autism Resource Specialists are available to help families in every county of North Carolina on topics such as accessing services, community resources, IEPs, and residential options. They are all parents of children or adults with autism themselves, so they have firsthand knowledge and a unique understanding of what you are going through. They also are trained professionals with many years of experience. Find one near you: [www.autismsociety-nc.org/resourcespecialists](http://www.autismsociety-nc.org/resourcespecialists)*

# Learning Strategies, Making Connections at Conferences

The Autism Society of North Carolina's annual and fall conferences enable parents, autism self-advocates, and professionals to learn from presenters and ASNC staff members, check out resources, and connect with each other. We hope you have had a chance to join us for one or more. Registration is already open for the fall conference this November, titled: The Hidden Curriculum: Practical Solutions for Understanding Rules in Social Situations.

**SAVE THE DATE**  
**March 27-28, 2020**

Annual Conference  
Hilton University Place, Charlotte  
Online registration opens Oct. 1

## A Look Back at the 2019 Annual Conference in Charlotte

In March, the 2019 annual conference focused on Strategies for a Lifetime and addressed a wide range of topics. For those who were not able to attend, we are sharing some of the highlights of a couple of the presentations here. Find more details about this year's conference presentations on ASNC's blog, [www.autismsociety-nc.org/blog](http://www.autismsociety-nc.org/blog), by searching "conference."

Dr. Patrick Friman, who has more than 30 years of experience as a licensed psychologist, gave the opening presentation on Friday. He began by explaining that common misconceptions about anxiety prevent us from combatting it. "Anxiety is not something that you have. ... like a cold, or flu, or cancer. You are anxious. All that means is you're afraid," he said. "Then the question becomes pretty straightforward. What are you afraid of?"

When someone is afraid, their brain narrows their choices to fight or flight, Dr. Friman explained. This is when inappropriate behavior occurs. He said that we don't have to get over fear or get rid of it; we have to learn how to behave in the presence of fear.

At least 30 percent of people have suffered from an anxiety disorder, he said. Among individuals on the autism spectrum, the rate is about 40 percent. In children, anxiety may come out in certain behaviors, Dr. Friman said. They cannot always tell us that they are anxious. They might show an excessive need for control by arranging objects, scripting, correcting, bargaining,

frustration at unexpected shifts in play, interrupting the play of others, or avoiding play altogether. They also might display social confusion or dependence on adults.

Dr. Friman explained that parents can unintentionally create or reinforce anxiety in children. He shared some common actions to avoid:

- **Questioning and checking:** "Are you OK honey?" is not neutral and makes the child question whether they are or should be OK.
- **Overprotection and reduced independence:** Keeping a child's world small makes them afraid of what is outside of it.
- **Enabling avoidance:** This may help a child feel better in the moment but it does not help them grow in the long term.
- **Attention to fear:** Noting when they are brave is much more productive, he said.
- **Low distress tolerance:** Be able to tolerate the child being stressed out or upset so they can stretch themselves. Don't solve problems for them. Let them struggle.

Dr. Friman then shared some ways that parents can decrease their children's anxiety:

- Praise and attend to brave behavior.
- Model brave behavior and use role reversal. Be honest with them and let them see your own apprehension about something but that you act anyway. It doesn't help to say they have nothing to be afraid of; acknowledge fear and show how to work through it.
- Allocate responsibility, encourage independence, and allow mistakes. Let them act on their own, even if they fail a few times. That is how people grow and learn, he said.
- Set reachable goals.
- Create opportunities for change. For example, Dr. Friman said he has clients who do not like change, so he rearranges his furniture before their appointments. Over time, they learn that change will not hurt them.
- Schedule worry time. This is especially effective for young children.
- Incorporate intense or unusual interests such as rocking and flapping. Why take away something they love, Dr. Friman





asked. Let them do it after they've done something you want them to do. You can allocate time to do it privately, so it doesn't take up too much of their day. Trying to eliminate such behaviors increases anxiety.

- Exposure and desensitization over time
- Teach relaxation exercises, such as progressive muscle relaxation, focused breathing, mindfulness, or the 4x4x4 method used by the military: Have the individual breathe in, hold, and breathe out, each for a count of four, for a total of four minutes.

## From Genes to Biology: What We Know and Why It Matters

Dr. John Spiro of the Simons Foundation presented on "From Genes to Biology: What We Know and Why It Matters" on Saturday. About 12 years ago, research into Autism Spectrum Disorder began improving, Dr. Spiro said. Studies were conducted on larger cohorts of up to 3,000, and more researchers were sharing their data. More high-quality, standardized data was available, and genetic sequencing saw huge technology advances at the same time the cost was dropping.

Now, scientists believe that they have found 70-100 genes that are very likely to be related to ASD. But we are still in very early days, and research is ongoing, he said. The primary goal is to use the list of genes and turn it into something that makes a difference in the lives of individuals with ASD. Genetic research:

- Is fundamentally changing the way we define ASD
- Enables study in experimental models
- May help to identify environmental risk factors
- May lead to targeted and transformative therapies

To continue making progress, Dr. Spiro said, it is critical to scale research to tens of thousands of people. Researchers need families to be ready to participate in studies, educated, and excited. Everyone should be involved in research, he said.

In April 2016, the Simons Foundation launched SPARK, an effort to collect data from at least 50,000 individuals with autism and their families. SPARK, or Simons Foundation Powering Autism Research for Knowledge, aims to speed up research and advance the understanding of autism to help improve lives.

Dr. Spiro said it was important to have medical and genetic information from "completed trios," or the individual plus their biological mother and father. As of March, SPARK had enrolled 15,991 trios. It has 69,555 participants with ASD and 177,452 overall participants. Researchers have completed genetic sequencing on more than 30,000 individuals and returned 35 clinically validated genetic findings.

UNC is one of more than 20 medical schools and autism research centers to join SPARK to help recruit individuals and families affected by autism. Enrolling in the study is easy and can be done online. A saliva-collection kit will be sent to your home at no cost to you. Families who want to register can go to [www.SPARKforAutism.org/UNC](http://www.SPARKforAutism.org/UNC). ■



## 4th Annual Fall Conference "The Hidden Curriculum"

*Brenda Smith Myles, PhD*

**Saturday, November 16**

**DoubleTree by Hilton Hotel RDU Airport  
Research Triangle Park**

Join us this fall to learn about The Hidden Curriculum: Practical Solutions for Understanding Rules in Social Situations. The Hidden Curriculum refers to the set of rules and guidelines that children and adults may not be taught but they are assumed to know, understand, and follow. The curriculum includes things that can affect social interactions, school, health and well-being, as well as unspoken rules, slang terminology, metaphors, reading body language, context clues, and more. This information may be intuitive for neurotypical individuals, but it is not for individuals with autism or other special needs.

Dr. Myles has presented more than 1,500 times around the world and has written more than 250 articles and several books on Autism Spectrum Disorder. She has served as a consultant with the Ohio Center for Autism and Low Incidence (OCALI) and the Ziggurat Group.

A selection of Dr. Myles's books, including [The Hidden Curriculum](#), [The Hidden Curriculum of Getting and Keeping a Job](#), [Making Visual Supports Work in the Home and Community](#), and [Simple Strategies That Work! Helpful Hints for All Educators](#) will be available for purchase at the conference.

**Register now & save!**  
**[autismsociety-nc.com/fallconference](http://autismsociety-nc.com/fallconference)**

*ASNC is offering an early-bird rate of \$100 – a savings of \$25 – through midnight, Sept. 30. Fees include morning coffee, lunch, and handouts. On Oct. 1, the rate will increase to \$125. Seats are limited and we expect a sold-out event.*

*If you have questions about the conference or wish to pay via a school or governmental purchase order or with Medicaid Innovations Natural Supports Education waiver funds, please contact David Laxton, Director of Communications, at [dlaxton@autismsociety-nc.org](mailto:dlaxton@autismsociety-nc.org) or 919-865-5063.*

# Focus on Adult Transition and Employment Supports



The Autism Society of North Carolina has long recognized the growing need for more supports for young adults with autism. Our current strategic plan calls for a focus on transition services, employment supports, and the social needs of young adults and adults with autism. This spring, we created statewide positions to lead our Transition and Employment Programs.

Mindy Govan was named Transition and Employment Services Director. Govan's years of experience include work with Vocational Rehabilitation School Transition and Supported Employment, TEACCH, and most recently, IGNITE, ASNC's community centers for young adults on the spectrum. Shannon Pena was appointed Employment Supports Director, with a statewide focus on employment. Pena has more than 10 years of experience with ASNC helping people on the autism spectrum to obtain jobs that meet their interests. Shannon Hughes, the new Transition Program Coordinator, has worked in the field for many years in Raleigh and in other states. We look forward to their shared expertise as we continue to expand and emphasize the importance of the transition years and meaningful employment for adults with ASD.

These experienced professionals are leading the launch of new adult transition programs in Wilmington and Greenville for teens and young adults. The programs are made possible through the support of Trillium Health Resources. Here, Govan shares about the new supports.

## Why are Adult Transition Supports a Priority?

When young adults on the autism spectrum finish high school, they often find themselves without support or guidance. They may not know how to enroll in or succeed in post-secondary education. They may not know how to apply or interview for a job and navigate the social and communication demands of employment. Without classes, they often find themselves isolated without the only peer network they have ever known.

Adult services are very limited for individuals on the spectrum, but of course they spend many more years as adults than as children. We also know that adults' needs vary significantly from

person to person. ASNC is working to address these needs by creating a variety of services.

We have wanted to provide more supports to help young adults for a long time, and we are excited about the opportunity to do that with the support of Trillium Health Resources.

Studies have shown that one in three young adults with autism has no paid job experience, college education, or technical training nearly seven years after high school graduation. But of course a fulfilling life is not only about employment and education. An enriched, happy life also includes wellness, positive social interactions, and independent leisure skills.

Our mission is to improve the lives of people with autism, and adult transition supports will do that for a segment of the population that has gone underserved. These supports will help them build a better future.

## Where Can I Learn More or Sign Up?

Read more details and fill out online interest form at [www.autismsociety-nc.org/transition](http://www.autismsociety-nc.org/transition).

Email Transition Program Coordinator Shannon Hughes at [shughes@autismsociety-nc.org](mailto:shughes@autismsociety-nc.org) for more information.

## What Will the Transition Supports Include?

Our new adult transition programs in Wilmington and Greenville will help each participant learn the skills they need to become as independent as possible.

The transition programs will focus on job readiness, job development, and job placement and training services. At the same time, it will help them learn the soft skills required for success on the job, like organization, self-direction, social skills, time management, and many more.

We will also work on other areas such as financial literacy, daily living and independence skills, and interpersonal relationships, to help them have a full and happy life.

The programming will include small group instruction in the



centers and one-to-one out in the community. We'll also have group activities and sessions. The program will run year-round, and participants will be able to choose from flexible session offerings.

We'll also cover transportation, community integration, advocacy, coping, emotion regulation, health, and wellness.

At our IGNITE centers in Davidson and Raleigh, we focus on members' existing strengths and interests and then provide person-centered support and a pathway to future success. Members have a chance to step outside of their comfort zones with social and community opportunities. These new programs are based on those successful models.

### Who Should Sign Up?

Young people on the spectrum who are at least 16 years old are eligible for the new program. Because it's funded through Trillium Health Resources, the participant has to live in the Trillium catchment area. The program has a heavy emphasis on employment, so participants will have to want and be able to work in the community with limited support. (Initial job placement and coaching will be provided.)

For these adolescents and young adults, this is an exciting, yet challenging, time. We encourage anyone interested to contact us to see whether the program would be a good fit. I am very excited about what these programs will mean for the individuals and families we serve.

## Nominate Your ASNC Direct Support Professional for the Roman Award

Do you have a direct support professional who regularly goes above and beyond? Have they had a significant impact on you, your loved one, your family, and the community?

Recognize their excellence by nominating them for the John and Claudia Roman Direct Service Award. This award honors an Autism Society of North Carolina direct support professional who has demonstrated outstanding dedication to individuals with autism and their families. The winner will be recognized at the Autism Society of North Carolina's annual conference as well as receiving a monetary award and other recognition.

The John and Claudia Roman Direct Service Award was endowed by Lori and Gregg Ireland to honor Christine Roman, the direct support professional who worked with their son, Vinnie. It was named for her parents, John and Claudia Roman. The Autism Society of North Carolina has bestowed the award for 12 years as part of its annual celebration of direct support professionals. ■

Nominations must be submitted by Aug. 29, online:  
[www.autismsociety-nc.org/RomanAward](http://www.autismsociety-nc.org/RomanAward)



## Improve a life – and yours!

Do you know someone who is passionate about helping individuals on the autism spectrum and their families? Let them know that the Autism Society of North Carolina is always looking for qualified candidates to join us as we improve lives.

### Why work for ASNC? We offer:

- Extensive training and education
- Full- and part-time positions across the state
- Flexible hours and customized schedules
- Competitive pay
- Benefits starting at 20 hours
- Extensive client matching to ensure good fit
- Rewarding and relevant job experience

### We are always looking for candidates or referrals for the following positions:

- Autism Support Professionals
- Vocational Support Professionals
- Autism Services Coordinators
- Social Recreation Counselors
- Behavior Technicians

[www.autismsociety-nc.org/careers](http://www.autismsociety-nc.org/careers)

# Campers Have Awesome Summer in Eastern NC

Summer Day Camp has just wrapped up at our Winterville, Newport, and Wilmington Social Recreation centers as well as sites in Brunswick and Onslow counties. Through all five, we served about 215 campers and their families and made a lasting impact on all those involved.



Camp Awesome attendees take part in traditional summer camp activities such as swimming, outdoor play, music, and arts and crafts in a setting that is tailored to individual campers' needs. We train our staff to provide a caring, accepting atmosphere that celebrates each individual for who they are. After spending time in our Social Recreation programs, individuals with autism show increases in confidence, independence, and a willingness to try new things. Families receive much-needed respite and peace of mind that their child is in a safe and loving environment as they are being challenged to try new things.

We'd like to introduce you to some of our campers through these stories by Camp Awesome staff.

## Wilmington Camper: Mikey Borneman

Mikey Borneman has limited verbal language and uses gestures, signs, and body language to communicate. His parents had been unable to find a suitable afterschool program for him until they heard about ASNC's Wilmington Social Recreation Center. They quickly applied to send Mikey, then in sixth grade. "This has been the most wonderful and rewarding opportunity!" said his mom, Tacey Borneman.

Until last summer, Mikey used low-tech ways to communicate. When an app was installed on his iPad, we began to hear his voice at Camp Awesome. Mikey began to use his device to participate in whole group discussion, games, and conversation. He began to indicate his feelings, his wants, and his needs through his app.

As Mikey used "his voice," we began to see a humorous young man who played tricks, loved to scare his counselors, and sought out the attention of anyone who spoke to him. "I have never seen Mikey so happy," Tacey said. "He has become much more social and interactive, and has started to seek out the attention of others for play or just to engage."

## Winterville Camper: Rogan Vincent

As Rogan Vincent entered his second year with the Social Recreation Program in Winterville, his immense growth was

noticed by everyone! When Rogan returned to school after attending Camp Awesome, his grandmother, Dee Dee Vincent, received notes from his teacher and positive comments from all those who work with him saying how much he had grown over the summer.

Rogan and his counselors worked very hard to focus on building meaningful friendships with his peers and increasing social emotional skills. Rogan learned to give his friends personal space when they need it most. He also learned to express empathy when his friends are sad by offering them his Cheetos, his favorite snack, to cheer them up. Rogan loves to find ways to learn new facts about every camper, counselor, and staff member.

One of his counselor's fondest memories of Rogan was when he decided to jump into the deep end of the pool. At first, he was very reserved and kept to the 3-foot section. But by the end of summer, he had taken on the challenge of jumping into the deep end 100 times during each trip to the pool!

When his grandmother was asked what camp means to Rogan and their family, she said, "This program is our home, it gives us hope. I don't know where we would be without them."





## Newport Camper: Jesse Dyczewski

Jesse Dyczewski began attending the Newport Social Recreation program in the fall 2016. At first, he was minimally verbal, displayed minimal reciprocal interactions with adults or peers, and tended to play repetitively with only one or two toys.

Since then, we have seen him grow tremendously. He started to discover his voice, especially during the van rides from his school to our center, often narrating what would come next in the route. "Turn right ahead," he would squeal from the backseat. And then, one very special day that the Director will never forget, Jesse spontaneously came around the corner, looked at her, and called to her as he excitedly held up his drawing of a rainbow. This was the first time she had heard him call her name and share something.

Now, Jesse participates in every activity, creating art, participating in motor activities, singing along with songs, and interacting with his peers during snack time. He even gives out the best and most cuddly hugs!

## Onslow Camper: Ethan Lay

Ethan Lay's first came to Camp Awesome in 2018, and it was his first time being involved in any program specifically for individuals with autism. Before camp, Ethan, then 10, was still learning about Autism Spectrum Disorder and was having a difficult time understanding the beauty of autism. Throughout camp he learned that autism is different in everybody, and it is not something to feel ashamed of.

Now he is proud of autism and the fact that it makes him unique. In fact, he makes sure to tell his classmates all about autism! He sees himself as an individual with potential and goals, just like everybody else around him.

"I made a lot of friends at camp who are like me," Ethan said. "Autism is actually really super awesome. I love my autism."

## Brunswick Camper: Mathew Steve

Mathew Steve joined us at Camp Awesome for his third year last summer. Mathew has lots of active energy and is very playful and sweet. At first, he didn't usually participate in group activities. Mathew was paired with a counselor who enthusiastically tried new things throughout the summer. Through adapting activities, modeling appropriate play and peer interactions, and positively rewarding participation, we saw Mathew truly blossom.

By the end of the six weeks, Mathew was joining in just about every group game and activity with his counselor's encouragement. "He was jumping into the pool with other campers, playing duck-duck-goose and tag, and even singing along with camp songs!" she excitedly shared. "I am so proud of the progress Mathew made in the weeks he spent at camp."

His mother, Bobbie Steve, said Mathew wants to socialize but doesn't know how to engage others. "He comes out of camp with a little more social skills every year," she said. "It's the best and he loves it!"

## Year-Round Programs

Our Afterschool Programs run each school year in our Winterville, Newport, and Wilmington centers. We focus on person-centered programming and engage school-age children on the autism spectrum in a variety of recreational and leisure activities with highly qualified staff at a 1:1 ratio or in small groups.

In our unique Adult Programs, participants are able to focus on building meaningful relationships with their same-age peers, explore both independent and group leisure, and become more active members in their local communities. The programs are carefully designed and shaped around the interests, passions, and needs of their adult participants.

Group respite opportunities offer not only fun and engaging activities, but also learning and community involvement. Events are held on weekends, evenings, teacher workdays, holidays, and during parent Chapter events. Group respite events are so much more than just an opportunity for families to tend to responsibilities; they are a chance for caregivers to rest their hearts and minds while their children are being supported and cared for deeply. We thank Trillium Health Resources for its support of all of these programs. ■

*For more information or to sign up for a program, please go online to [www.autismsociety-nc.org/social-recreation/eastern-nc](http://www.autismsociety-nc.org/social-recreation/eastern-nc) or contact the director for your area:*

**Brunswick County:** [SRP\\_Brunswick@autismsociety-nc.org](mailto:SRP_Brunswick@autismsociety-nc.org)

**Newport:** [SRP\\_Newport@autismsociety-nc.org](mailto:SRP_Newport@autismsociety-nc.org)

**Onslow County:** [SRP\\_Onslow@autismsociety-nc.org](mailto:SRP_Onslow@autismsociety-nc.org)

**Wilmington:** [SRP\\_Wilmington@autismsociety-nc.org](mailto:SRP_Wilmington@autismsociety-nc.org)

**Winterville:** [SRP\\_Winterville@autismsociety-nc.org](mailto:SRP_Winterville@autismsociety-nc.org)



Dyczewski

Ethan Lay

Mathew Steve



# Gaining Skills Through Arts & Crafts at Camp Royall

As the clock ticks past 11, campers stream into the arts and crafts building. Some of them move quickly, going straight to a station to see what fun project they'll be working on today. Others check the wall where visual schedules hang, labeled with their names, to learn what they will be doing first.

This week's theme is Camp Royall Classics, so each project relates to a song that the campers have been singing. Visual instructions are provided with each project.

The group project is a moose head, which gives the campers a chance to choose how they want to color on the cutout – with markers or crayons. "I know the moose isn't supposed to be neat, but I want it to have cool colors," says one young girl.

Next, the campers are directed to create antlers by pressing their painted hands onto a sheet of paper. Some of the campers ask for gloves, but one says, "I don't mind getting my hands dirty," and holds them out for the brown paint.

The arts and crafts projects are created to give campers a chance to explore different materials that they might not have used before, said Karla Morel, an Activity Director. She is a special education teacher in Puerto Rico, and is also going to school to become an occupational therapist. Cotton balls, tissue paper, paint, and glue can all provide sensory experiences, she said.

Over the years, Camp Royall Activity Directors have created the activities, building the camp's library full of projects, which are kept in two 4-foot-tall filing cabinets. "We have consulted with special education teachers, occupational therapists, and speech therapists to keep improving the opportunities that we offer our campers," said Lesley Fraser, who was then Camp Director. "Our summer camp trainers each year give us feedback on all of our activities."

When the campers use scissors or glue tiny googly eyes onto a clothespin shark, they're not just creating masterpieces for their families' refrigerators, they're building fine-motor skills.

After the campers have finished the moose group project,



they switch with the campers who are at stations. They get 10 minutes for each project, which holds their attention and gives more opportunities for building skills.

"Our campers are working on a number of skills during arts and crafts: following visual structures to complete tasks more independently, social skills in creating projects alongside their new friends, and creativity when being encouraged by their counselors to try new things and put their own personal spin on their art," Lesley said.



They're also learning to make choices, request materials, and follow instructions. All of these skills enable campers to become more successful in school or a work setting, as they encourage independence, communication, and attention.

Of course, the campers think they are just having a good time doing a typical camp activity. "Arts and crafts is fun and relaxing," said one of the campers. "I made a pet rock. Her name is Sunshine. Her favorite thing is mac and cheese, and she's a sleepy head!"



Another said, "Making sand art and painting the hippo was cool. I made it bright and colorful!"

All of the campers' projects are collected in the arts and crafts building until the end of the week, when they go into bags for each camper to take home.

"A lot of our campers love arts and crafts," Lesley said. "They love having freedom to create projects and make things their own. At Camp Royall, we celebrate our campers for who they are and where they are at. This is definitely seen in arts and crafts

by all the unique projects that our campers are really proud of.

"We want our campers to feel proud of their creations and have something to take home to show off to their families at the end of the week."

## Fun at Camp Year-Round

We have just wrapped up a summer of serving over 400 campers, but more fun is coming up at Camp Royall. We offer programs for campers of all ages and on all levels of the autism spectrum year-round. Check out all of our programs below – we hope to see you soon!

**Family Fun Days** offer an opportunity for families to experience all the joys of camp together. Fun Days will take place September 7 and December 14, which will be our holiday party with sensory-friendly visits with Santa. Activities available include boating, face-painting, a cookout, hayrides, gym games, the zap line, arts and crafts, and more. Family Camping adds dinner in our dining hall, campfire time complete with s'mores, and overnight lodging in one of our cabins. We will also provide a continental breakfast Sunday morning and more time to play at camp.

**Mini Camps** are set for three dates this fall: September 20-22, October 25-27, and November 15-17. Mini Camp provides campers the chance to spend the weekend at camp, from 5 p.m. Friday to 12 noon Sunday. Campers enjoy a miniature version of our summer camp program while families benefit from some respite; preference is given to campers living at home. Supervision at a ratio of 1:1 or 1:2 is provided for all campers during these weekends.

**Adult Retreats** give independent adults, 18 years and older with "high-functioning" autism, a chance to enjoy time with friends at Camp Royall. This fall, we will have one week-long retreat, September 29-October 4, and one weekend retreat, November 29-December 1. Participants enjoy recreational activities at camp as well as outings in the community.

**Teen Tuesday** offers teens (ages 13-22) the opportunity to learn life skills in a welcoming group setting. The group meets one Tuesday a month from 5 until 7:30 p.m. Our first meeting after summer break will be on September 18.

**Residential Camps** will be offered in the fall, October 13-18 for campers ages 4-22, as well as during the winter school break, December 27 to January 1, for campers ages 4 and up. The overnight program includes a 1:1 or 1:2 counselor-to-camper ratio, based on each camper's level of need. ■

*Please contact our camp office for questions about any of the events at 919-542-1033 or [camproyall@autismsociety-nc.org](mailto:camproyall@autismsociety-nc.org).*

*For more information or to register for any program, please visit [www.camproyall.org](http://www.camproyall.org). Also check back later in this year for spring dates for all of the above programs!*



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# Chapters Celebrating Awareness: Food, Fun, & Fellowship



This past April, our Chapters celebrated another great month of awareness and acceptance. This year was especially exciting as many of our support groups participated in Dine 4 Autism, in which dozens of restaurants across the state agreed to donate a portion of their day's proceeds to local Chapters. Held on Tuesday, April 23, the event represented the first Chapter effort of this magnitude. Chapter leaders and members volunteered weeks ahead of time to recruit local restaurants. Chapters also provided restaurants with autism awareness materials to display and advertise. The event gave community members an opportunity to eat for a cause while also serving as a celebration for families with loved ones on the spectrum, who felt accepted and welcomed as they dined out. Plans are already in the works for a second annual Dine 4 Autism next April.

Chapters also planned their own unique community awareness events throughout April. From sensory outings for children to rock concerts to special guest presentations at meetings, featured here are just a few of the great photos that were sent in by our Chapters. Many of our groups are already planning for the coming school year and are eager for new involvement, so now is the perfect time to consider joining your local Chapter. For information, please visit our website at [www.autismsociety-nc.org/chapters](http://www.autismsociety-nc.org/chapters).

## Davie/Forsyth Chapter Focuses on Safety

The Davie/Forsyth Chapter recently sponsored a community workshop led by ASNC Autism Resource Specialists Judy Smithmyer and Wanda Curley. Neighboring Chapters were also invited to this training that provided safety strategies for caregivers of individuals with ASD and other special needs. Local firefighters also provided information and recommendations, encouraging families to contact local agencies such as fire and police departments to provide information about their loved ones to store in their databases. In case of an emergency, first responders would have access to this helpful information.



## Pitt County Chapter Supports Hoops League

Sponsored by ASNC's Pitt County Chapter, the Autism Youth Basketball League in Greenville has annually offered a free basketball league that caters to the specific needs of area residents on the autism spectrum. Each Saturday for six weeks, individuals ages 4-21 learn basic basketball skills, working their way up to playing fun and non-competitive games. The overall mission is to increase social interaction and physical fitness among these athletes.



## Robeson County Chapter Hosts Community Fun

On June 8, the Robeson County Chapter held an autism awareness event at Hope-Thru-Horses, featuring music courtesy of DJ Powers, a bounce house, free refreshments, vendors, a host of clowns who provided face painting and balloon animals, a special appearance by the Carolina Girls dance group, therapy dogs, and animals galore! The Chapter sends out a special thank-you to the corporate sponsors, BB&T and Joe's Crab Shack. BB&T provided the event



funding as well as an amazing group of volunteers during the event. Joe's Crab Shack provided all of the awesome door prizes. Chapter Leader Wendy Ervin and Regional Chapter Coordinator Amy Vanwyk were on hand to answer questions about the local Chapter and ASNC's services.

## Macon County Chapter Sunday Fun Day

Families of the Macon County Chapter enjoy getting together for family outings. In late May, they gathered at Parker Meadows in Franklin. Along with supervised play at the river's edge, the afternoon featured a yummy picnic menu of hot dogs, hamburgers, salads, chips, cupcakes, and drinks. All left tired but happy!

## Egg-stravaganza in Person County

The Person County Chapter held its first sensory-friendly egg hunt in April at Palace Pointe in Roxboro. Children were given an exact number of eggs to retrieve, all filled with non-candy treats. Families enjoyed a stress-free hunt and had fun being together.

## Guilford County Chapter "Gets Social"

In partnership with Chuck E. Cheese in Greensboro, the Guilford County Chapter offers a kid-friendly "Get Social" event every first Sunday of the month two hours before the usual opening time. To increase access, the Guilford Chapter offers free play passes with the help of generous community sponsors. It has



been especially gratifying that Guilford Chapter families are now planning birthday parties during Sensory Sensitive Sunday where all friends can be included, said Courtney Chavis, former Chapter Facilitator.

## ECU Campus Chapter Steps It Up in Service

The ECU Campus Chapter has been busy re-establishing its club and recruiting new members. This year, the Greenville-based group has clocked the highest number of volunteer hours out of the six active Campus Chapters across the state. At the ASNC Eastern Run/Walk for Autism, ECU students volunteered and provided an information table.

## Wake County Chapter Busy with Lunch 'n' Learns, Fundraisers

In May, the Wake County Chapter's monthly lunch 'n' learn drew a big crowd. Whitney Sukonick, Lead Clinical LPA for ASNC, presented on anxiety. She introduced some effective coping and communicating strategies to empower individuals and discussed how parents and caregivers can plan ahead for potential issues. Stay tuned for Wake's brunch 'n' learns, which will debut in September.

Autism Awareness Month often inspires generous giving by local organizations. Towne Properties of Raleigh, an HOA management company, holds an annual charity golf tournament and chose the Wake Chapter as this year's recipient. Afterward, Krystal Reid with Towne Properties presented an astounding \$9,000 donation to Regional Chapter Coordinator Meleah Lowe.

## Harnett County Rocks Out for Autism

Rockism for Autism, an annual awareness event organized by Timothy C. Morris, PA, was held April 20 at Dunn Shrine Club. The festival included live music, food trucks, dancing, and door prizes galore! The Harnett County Chapter provided an information table, and donations benefited ASNC and the Chapter as well as providing scholarships to Camp Royall. A big thank-you to Timothy Morris, PA; Melissa Stancil; and their awesome volunteers for organizing such a fantastic event. ■

*For information on how you can become involved with one of our Chapters around the state, please visit [www.autismsociety-nc.org/chapters](http://www.autismsociety-nc.org/chapters). No chapter in your area? ASNC works with local families to start new groups. Contact Marty Kellogg at [mkellogg@autismsociety-nc.org](mailto:mkellogg@autismsociety-nc.org) for more information.*





# Recursos y Eventos para Familias Hispanas

La Sociedad de Autismo de Carolina del Norte ofrece recursos en español para ayudar a familias hispanas que tienen seres queridos con autismo y profesionales bilingües que trabajan con niños y adultos con autismo.

## Grupos de Apoyo Hispanos

Los Grupos de Apoyo Hispanos en todo el estado ayudan a padres a obtener información de recursos, tratamientos y compartir sus experiencias en español. Los grupos también promueven la inclusión y concientización del autismo en las comunidades.

Condado	Horario	Lugar de la Reunión	Coordinadoras Voluntarias
Cumberland/ Robeson	Último viernes 9-11 a.m.	Oficina Regional de ASNC 351 Wagoner Drive, Suite 402 Fayetteville	Alma Morales, 910-785-5473
Durham	Primer miércoles 9-11 a.m.	Mount Hermon Baptist Church 4511 Old State Hwy 10 Durham	Juana García, 919-687-7692 Mayra Tapia, 919-450-6543 Karen Díaz, 919-641-3718
Guilford	Segundo viernes 5-7 p.m.	St. Mary's Catholic Church 1414 Gorrell St. Greensboro	Xochitl Garcia, 336-253-2482
Johnston	Último viernes 9-11 a.m.	Johnston County Partnership for Children 1406 S. Pollock St. Selma	Hilda Munguía, 919-946-5080 Mónica De la Cruz, 919-464-0306
Mecklenburg	Segundo jueves 9-11 a.m.	Our Lady of Guadalupe Catholic Church 6212 Tuckaseegee Road Charlotte	Laura Torres, 704-430-0281 Clara Amarante, 347-217-5661
Pitt	Una vez por cada trimestre	St. Gabriel Catholic Church 3250 Dickinson Ave. Greenville	Mary Cordova, 252-288-1668
Randolph	Último viernes 5-7 p.m.	First United Methodist Church 224 N. Fayetteville St. Asheboro	Sugey Ramirez, 336-308-6097
Vance	Una vez por cada trimestre	Henderson	Beatriz Solano, 252-378-4491
Wake	Último viernes 9-11 a.m.	Westover United Methodist Church 300 Powell Drive Raleigh	Ana Chouza, 919-244-9633 Guadalupe Ortega, 919-247-5760 Becy Velázquez, 919-802-0621



## Eventos Más Recientes en la Comunidad Hispana

**Conferencia Anual ASNC:** Un centenar de padres hispanos asistieron a la conferencia anual en marzo en Charlotte para aprender estrategias y apoyar mejor a sus niños o adultos con autismo en el hogar y la comunidad. Los miembros de los Grupos de Apoyo Hispanos recibieron becas financiadas por donaciones de Iglesias locales, negocios hispanos, campañas de concientización sobre el autismo y el fondo de los Capítulos de ASNC. Por favor contáctenos si desea contribuir con las becas para la conferencia del próximo año.

**Taller “Seguridad en la comunidad”:** ASNC ha brindado recientemente muchos talleres en español sobre La Seguridad en la Comunidad por todo Carolina del Norte. Los padres aprendieron cómo el autismo puede afectar la seguridad de un individuo, las estrategias de seguridad y dónde encontrar recursos.

Algunos de los consejos de seguridad incluyen:

- Hable con sus vecinos para presentar a su hijo y comparta sus preocupaciones. Proporciónese su información de contacto.
- Vaya a la estación de policía, bomberos y EMS de su localidad para presentar a su hijo a los primeros socorristas y entréguele una foto actual con la información sobre su hijo y sus datos de contacto. Además, enséñele a su hijo como puede pedir ayuda a los primeros socorristas.
- Mantenga su hogar seguro con detectores de humo, cercas, sistemas de seguridad, cerraduras y alarmas en ventanas y puertas.
- Haga planes de evacuación contra incendios, condiciones climáticas, inundaciones y otras crisis.
- Considere usar herramientas de identificación portátiles como brazaletes, etiquetas en su ropa, zapatos, y/o dispositivos electrónicos de rastreo.
- Enséñele a su niño a mantenerse al lado de su cuidador, a cruzar la calle de manera segura, el significado de señales de tránsito y quién es una persona segura y quién es un extraño. Use historias sociales y apoyos visuales.

Para obtener más información sobre cómo mantener la seguridad de su hijo, contáctenos o visite: [www.autismsociety-nc.org](http://www.autismsociety-nc.org)

**Taller “Autismo & Genética”:** ASNC continúa brindando este taller en inglés y español en todo el estado con la Dra. Hunter Blanton, PhD en Genética y Biología Molecular. El taller cubre la investigación científica sobre las causas del autismo, las pruebas genéticas, el apoyo y la abogacía.

**Zumba por el autismo:** El Grupo de Apoyo Hispano de Mecklenburg organizó esta divertida recaudación de fondos que también promovió concientización e inclusión del autismo. Gracias a Camino Church, los instructores de Zumba, los donadores y los líderes de este grupo por este triunfante evento. Tuvo tanto éxito que ASNC planea realizar eventos de Zumba en otras regiones del estado.



**Carrera/Caminata por el Autismo:** Cada año miles de familias participan en los eventos de concientización y recaudación de fondos de autismo de ASNC. Únase a nosotros en una de las Carreras/Caminatas por el Autismo este otoño:

- 14 de septiembre en Fletcher (área de Asheville)
- 28 de septiembre en Greensboro
- 12 de octubre en Raleigh

Obtenga más información sobre estos eventos y regístrese en línea [www.runwalkforautism.com](http://www.runwalkforautism.com).

**Se necesitan patrocinadores:** Nuestro departamento de Asuntos Hispanos recibe donaciones con agradecimiento para proveer educación y promover oportunidades a familias hispanas en todo el estado. Ofrecemos becas para la conferencia anual, así como traducción de talleres y conferencias. Por favor contáctenos si desea convertirse en patrocinador o contribuir con nuestro departamento. ■

*Para más información o ayuda en español, comuníquese con Mariela Maldonado, Enlace de Asuntos Hispanos, al 919-865-5066 o [mmaldonado@autismsociety-nc.org](mailto:mmaldonado@autismsociety-nc.org).*



# Fundraisers & Events

## Spring Run/Walks for Autism Raise \$178,000

This spring, more than 4,100 people stepped out to improve lives in our five Run/Walk for Autism events around the state. Together they raised about \$178,000 to improve the lives of individuals with autism and support their families.

In Mount Airy on April 13, more than 2,400 people and 60 teams raised a record-breaking \$80,000 in the eighth annual Surry County Walk for Autism. On April 27, residents of two communities turned out to celebrate and support people with autism. In Wilmington, 860 people and 46 teams raised about \$60,000 in the ninth annual Coastal NC Run/Walk for Autism. The 11th annual Eastern Run/Walk for Autism in Greenville drew 487 people and 35 teams to raise about \$22,000.

In Concord, 127 people and 21 teams participated in the ninth annual Cabarrus County Run/Walk for Autism on May 4, raising \$6,000. On June 1 along the Beaufort waterfront, 269 participants and 16 teams raised \$10,000 in the ninth annual Crystal Coast Run/Walk for Autism.

In addition to raising much-needed funds, our Run/Walk for Autism events provide significant awareness about autism throughout North Carolina. We greatly appreciate all of the individuals, families, and businesses that participated, donated, volunteered, or sponsored this spring.



## Register Now for a Fall Run/Walk for Autism

### WNC Run/Walk for Autism

September 14

Bill Moore Community Park, Fletcher

[wnccrunwalkforautism.com](http://wnccrunwalkforautism.com)

### Greensboro Run/Walk for Autism

September 28

Jaycee Park, Greensboro

[greensbororunwalkforautism.com](http://greensbororunwalkforautism.com)

### Triangle Run/Walk for Autism

October 12

Downtown Raleigh

[trianglerunwalkforautism.com](http://trianglerunwalkforautism.com)

## Volunteer to Improve Lives and Support Families

Would you like to give of your time for one of the fall Run/Walks for Autism? Many roles are available for volunteers leading up to and during the events. Please go to [www.autismsociety-nc.org/volunteer](http://www.autismsociety-nc.org/volunteer) to sign up. If you have questions, contact Shelley Jarman at 919-865-5051 or [sjarman@autismsociety-nc.org](mailto:sjarman@autismsociety-nc.org).

## Spring Event Sponsors

We thank the following sponsors of our events this spring; these events would not be possible without them. Please support these businesses and thank them for helping to improve the lives of individuals with autism and their loved ones.

### Gold (\$10,000+)

Fulcrum Strategies  
Premiere Communication and Consulting, Inc.

### Visionary (\$5,000-\$9,999)

Avance Care  
Hardison & Cochran, Attorneys at Law  
PPR Foods, LLC - McDonald's  
Raleigh Diamond  
Willpower Enterprises

### Champion (\$2,500-\$4,999)

Archer Western Construction  
Central States Manufacturing  
FoodBuy  
GreerWalker CPAs & Advisors  
Integrated Speech Therapy  
Maple Grove UMC Unites for Autism  
Pediatric Possibilities  
Phillips Van Heusen  
Pilot Mountain Elementary School  
Pilot Mountain Woman's Club  
Surry Insurance

### Partner (\$1,000-\$2,499)

23rd Group, LLC  
A Small Miracle, LLC  
Alliance Insurance Services  
Big Vape Theory  
BrickStreet Insurance  
Carport Central  
CK Technologies  
Clinic for Special Children  
Corning, Inc.  
Country Roads Miatas  
Culligan Water - Washington  
Culligan Water - Wilmington  
Dance Machine Productions, Inc.  
Enterprise Rental  
Fleet Feet Greenville  
Frontier Airlines  
Highland Park Baptist Church  
Jimmy John's  
Johnson Family Farms  
Johnson Lexus  
Kamm McKenzie OBGYN

Magnolia Construction, LLC  
McDonald's - Mt. Airy  
Memories on Main  
Millennium Charter Academy  
Nester Hosiery  
New Balance - Wilmington  
PPD  
Pro-Forma Branding Agency  
RHA Health Services  
Seaside Bagels  
Trillium Health Resources  
Vanguard Charitable Endowment Program  
Walgreens  
White & Johnson Pediatric Dentistry  
Woodruff & Associates, CPA PC

### Advocate (\$500-\$999)

AES  
Allergy Partners of the Piedmont  
Alliance One International, Inc.  
Andrea Utt / Allen Tate  
Anne & Ed Shoaf  
Bayada Habilitation  
B-Dazzle Productions  
Behavioral Services, Inc.  
BLOOM Photography  
Briggs-Shaffner Company  
Canteen Refreshment Services  
Colt W. Simmons Construction  
Cox Farm, Pilot Mountain  
Creative Hands Occupational Therapy  
Culligan Water - Morehead City  
David H. Cline IV, DDS, PA  
Disabled American Veterans Chapter 26  
Fancy Gap Baptist Church  
Fidelity Charitable  
Freedom and Liberty Worship Center  
Gentry Middle School  
Gray's Towing  
H&R BLOCK  
Hugh Chatham Memorial Hospital  
J.G. Coram Construction  
Johnson Granite

Libby Hill Seafood  
Life Alliance  
M&M Signs & Awning  
Northern Hospital of Surry County  
Omega Construction  
OT Solutions  
Physicians East  
Positive Behavior Supports Corporation  
Professional Roofing Services  
Real Estate Development Partners  
Southland Transportation  
Surry Yadkin Electric Membership Corp.  
Teresa & Jim Lewis  
The Cyzner Institute  
The Temple Team at Keller Williams Realty  
Tina B Smith Music  
Truliant Federal Credit Union  
Weyerhaeuser

### Friend (\$250-\$499)

13 Bones Restaurant  
Apple Spice Catering Company  
Austin Veterinary Animal Hospital  
Beamer & Kirkman Realty  
Becky's Glass Works of Mount Airy  
Bray's Recapping Service  
Brenda R. Lineberry, CPA  
Carolina Taxworks  
Carteret Children's Clinic  
Carteret-Craven Electric Foundation  
Central Café - Dobson  
Challie Minton, MD  
Chris Bryant Electric  
Clawson's 1905 Restaurant & Pub  
Coastal Kids Therapy  
Coastal Plains Restaurants, LLC  
Columbiettes of Holy Angels  
CommScope  
Copeland Masonic Lodge #390  
Diamonds Direct  
Dr. John Gravitte, DDS  
Eagle Carports, Inc.  
Eagle Storage  
Everhart Primary Health Care

Faw, Folger & Johnson, PC  
Friendly Heating & Air  
G&B Oil  
Gahagan Paradis, PLLC  
Gates Pharmacy  
H&W Trucking Company  
He's Not Here  
Higgins Construction  
HomeCare Management  
InterFlex Group  
Jan & Sue Martin  
KTL - McDonald's  
Leonard Buildings & Truck Accessories  
M&M Granite, Inc.  
Mill Creek General Store  
Moody Funeral Home  
Mount Airy Equipment Co., Inc.  
Mullins Pawn Shop  
New Horizons Adult Day Services, Inc.  
North Carolina Weight & Wellness  
Northside Group, LLC  
Novant Health Surry Medical Associates  
Pauls Creek Baptist Church  
PCM Construction, Inc.  
Piedmont Triad Mechanical  
Pilot Mountain Middle School PTO  
Prism Medical Products, LLC  
Renfro Corporation  
Rogers Realty & Auction Company  
Royster & Royster, PLLC  
Scenic Ford Motors  
Sela Building Corporation  
Shikora Japanese Grill  
Snipes Insurance  
Southeastern Cars & Parts  
Starbucks  
State Electric Supply  
Team Colin  
The Journeys  
Theo's Italian Restaurant  
Tlaquepaque Restaurant  
Todd G. Glazener, DDS PA  
Vulcan Materials Company  
Wayne Farms  
WFBH Family Medicine - Foothills



# More than \$220,000 Raised to Send Campers to Camp Royall

## Catwalk to Camp Events

This year's Catwalk to Camp on April 11 in Raleigh featured the extraordinary talents of some of our beloved campers! They included George Yionoulis and Anthony Watson, who showed off their dance moves; artists Julian Ballen and DJ Svoboda; phenomenal fundraisers Grace Smith and her dad, Troy; and Teneika Faison, who gave a heartfelt speech on what Camp Royall has meant to her. Then Matthew DiBlasi and his band had attendees on their feet dancing to a lively rendition of "What I Like About You."

Our keynote speaker was Jamie Valvano, the middle daughter of legendary basketball coach Jim Valvano as well as a cancer advocate, teacher, and writer. Jamie, who is also mom to a son with special needs, shared her vision of how everyone can live an extraordinary life.

Renee Chou, anchor for WRAL-TV, served as emcee for the seventh annual event at The Angus Barn's Pavilion. The evening wrapped up with a live auction. Nearly \$160,000 was raised to benefit campers this summer.

We also held a sixth annual Catwalk to Camp in Charlotte on May 9, raising \$30,000 for camp scholarships. Partygoers enjoyed heavy hors d'oeuvres and a fabulous silent auction with skyline views of downtown Charlotte and the Panthers stadium. We heard from Kachia Anthony, whose son James is a rising second-grader and attended camp last year thanks to a scholarship. Guests in Charlotte were also inspired by Jamie Valvano and her message of living an extraordinary life. The main event was a fashion show featuring individuals with autism and their loved ones.



## Camp Royall Classic Golf Tournament

On May 6, 27 teams came out for the eighth annual Camp Royall Classic at Governors Club in Chapel Hill. The golfers enjoyed a cool day on the Jack Nicklaus Signature Golf Course and raised more than \$30,000 to send children and adults to Camp Royall.

Our thanks to local McDonald's franchise owners Paul, Pat, Rex, and Kelli Willoughby as well as Jeff Woodlief and Premiere Communications and Consulting for their continued support of Camp Royall. We would also like to thank Ritesh Patel and Avance Care for their sponsorship to help us provide a life-changing week at camp to individuals from across North Carolina.

We are so grateful to all who participated in our events to provide scholarships to Camp Royall. Be on the lookout for these events next spring!





## Camp Royall Donors

The Autism Society of North Carolina has been offering recreational, therapeutic, and educational summer camp experiences for the past 48 years to individuals with autism of all ages. Camp Royall is the largest and oldest camp exclusively for individuals with autism in the United States. We hope you will consider joining these generous donors in helping to provide a life-changing experience for a camper with autism. Please contact Kristy White, Chief Development Officer, at 919-856-5086 or [kwhite@autismsociety-nc.org](mailto:kwhite@autismsociety-nc.org) if you are interested in donating to camp, learning about named scholarships, or helping with fundraising.

### \$10,000+

BB&T Charitable Giving  
Citibank Trust South Dakota  
Costanzo Family Charitable Trust  
Credit Suisse  
Estate of Mary V. Balliet  
Foundation For The Carolinas  
Fulcrum Strategies  
North Carolina Community Foundation (NCCF)  
Premiere Communications & Consulting, Inc. - Raleigh  
Ronald McDonald House Charities of North Carolina  
Triangle Community Foundation's Send A Kid To Camp Program  
Maria Costanzo  
Donald Hadley  
Kristen and Ron Howrigan  
Brandi and Mikeal Martin  
Lorraine and Dale Reynolds  
Teresa and John Sears  
Kim and Jeff Woodlief

### \$5,000-\$9,999

Avance Care  
Gaston Community Foundation (Roberts-Miller Children's Fund)  
Hardison & Cochran Attorneys at Law  
Integrated Speech Therapy  
Pfizer  
Raleigh Diamond  
Schwab Charitable Fund  
The Charlotte Observer Summer Camp Fund  
The Nightly Order of the Fiat Lux - Triangle Chapter  
University of Delaware  
Jane and Douglas Ball  
Rebecca and Cory Bean

Meg and Gary Jack  
Lisa O'Connor  
Jill and Doug Terry  
Leigh and Jeff Vittert

### \$2,500-\$4,999

Archer Western Construction  
Carolina Panthers Charities  
FoodBuy  
GreerWalker CPAs & Advisors  
Ladies Philoptochos Society  
Pediatric Possibilities  
Women of Fearington  
Brenda and David Bodenheimer  
David Jones  
Torrie and John Kline  
Lisa and James Montague  
Heather Moore and Steven Jones  
Dawn Rohlik  
Linda and Kevin Routh  
Laurie Turner  
Dawn Wilcox

### \$1,000-\$2,499

23rd Group, LLC  
Acorn Alcinda Foundation  
Alton Lane  
Amy Elizabeth Jacobs Memorial Fund  
ASNC Onslow County Chapter  
ASNC Orange/Chatham County Chapter  
ASNC Wake County Chapter  
BrickStreet Insurance  
CADCO Construction Company  
CAPTRUST Community Foundation  
Chatham Community Church  
Craven County Unrestricted Endowment Fund, a component fund of NCCF

Fidelity Charitable  
Frontier Airlines  
Jamie's Vision  
Kamm McKenzie OBGYN  
Lee County Unrestricted Endowment, a component fund of NCCF  
Lenoir County Unrestricted Endowment, a component fund of NCCF  
Martha Frances Pruitt Endowment Fund, a component fund of NCCF  
Moore County Unrestricted Endowment Fund, a component fund of NCCF  
National Christian Foundation of the Carolinas  
Raleigh Kiwanis Foundation  
The Raidy Charitable Foundation  
Willpower Enterprises  
Yoga & Wellness of High Point, LLC  
Julie and Scott Bare  
Karen and Jonathan Beavers  
Courtney and Daniel Cantrell  
Janet and James Cozart  
Karen and Michael Crow  
Kim Perry Cummings  
Cassandra Daston  
Krista and Patrick Falvey  
Amy and Vance Fowler  
Marea and Brad Goodwin  
Ruth Hurst and Tom Wiebe  
Laurie and Kyle Kennedy  
George Lambert  
Helene and Bill Lane  
Larry Manley  
Carol Manzoni and Chris Diplock  
Amy and Keith McClintock  
Dolores McGovern  
Patty and Ed Meilus

Miranda and Joshua Miller  
Maureen and Rob Morrell  
Kristy and Aleck Myers  
Elizabeth and Chris Norton  
Cynthia and Scott Nyberg  
Jessica and Erik Otto  
Elizabeth and Jeffrey Phillippi  
Jim Phillips  
Katie and Tracey Sheriff  
Michael Smith  
Tracey and Henry Smith  
Louise and Michael Southern  
Daniel Talbert  
Jennifer Torrey  
Denise and Stephen Vanderwoude  
Kristy and Andrew White  
Kelli and Rex Willoughby

### \$500-\$999

Angus Barn  
APC Group Holdings  
ASNC Craven County Chapter  
ASNC Crystal Coast Chapter  
ASNC Guilford County Chapter  
ASNC New Hanover County Chapter  
Blossman Gas & Appliance  
CommScope Technologies  
LAMB Foundation of North Carolina  
Luck Stone  
Northstone Country Club  
Positive Behavior Supports Corporation  
PPR Foods, LLC - McDonald's  
Proforma  
Real Estate Development Partners  
The Czner Institute  
The Temple Team at Keller Williams Realty

## New toolkits available on our website!



[www.autismsociety-nc.org/toolkits](http://www.autismsociety-nc.org/toolkits)

Two new toolkits have been added to our website: IEP Transition Component and Moving to NC.

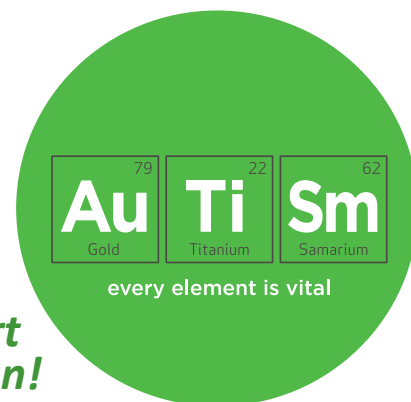
The Autism Society of North Carolina strives to provide families and individuals with the tools they need to lead fulfilling lives. All of the free toolkits can be read online or downloaded and printed.

United Way of Central Indiana  
Wake Electric Foundation  
Linda and Michael Anderson  
Nancy and Rick Baker  
Heidi and Alan Binkley  
Reed Blackburn  
Kathelena and Daniel Burns  
Ingrid and Neal Conley  
Kim Costello and Lee Hamilton  
Todd Dameron  
Lindsey Davis  
Robert Deerin  
Sean Dennis  
Pamela Dilavore  
Marie and Keith Dodson  
Kathleen DuVal and Martin Smith  
Kerri and Jeremy Erb  
Michael Farmer  
Madison Gardner  
Katherine and John Hodges  
Sandra and Ed Hooks  
Melissa and Robert Johnson  
Christopher Jones  
Lisa and David Kaylie  
Ratna Krovvidi  
David Leap  
Denise Leerkes  
Jackie and Jamie Lowrey

Austen Matheny  
Susan and Victor McBryde  
Elizabeth and James McCollom  
Jeanne McGovern and Michael Schwenk  
Paige Moody and Sydnee Matheny  
April Moore  
Chad Morgan  
Trista and Eric Nelson  
Ryan Oxendine  
Daniel Pomp  
Daniel Rauscher  
Holly and Timothy Reiter  
Ronii Rizzo  
Candace and Joseph Roberts  
Anne and Ed Shoaf  
Laura and Phillip Simson  
Tina and Harvey Skinner  
Barbara and Gordon Still  
Eliza and Scott Strickland  
Mindy and Tom Storrie  
Kathy and Ed White  
Annie and Karl Whitney  
David Williams  
**\$250-\$499**  
ASNC Sampson County Chapter  
Diamonds Direct  
Duke Health's Spectrum Autism

Awareness Club  
Gina Scott & Associates  
Kendra Scott - Charlotte  
Kiwanis Club of Lee County  
KTL - McDonald's  
Mims Distributing Company  
SWDP Restaurant Group  
ToneyKorf Partners  
Triple J Services  
Leah Antkiewicz  
Barbara Bailey-Walenty and John Walenty  
Jamezetta and Edward Bedford  
Suzanne Begnoche and Pavan Reddy  
Lalethia and Kelvin Bethea  
Elena and Alexander Birger  
Amy Brande  
Carolyn Brown  
Adrienne and Chris Campolmi  
Ingrid and Roy Chopping  
Dorota and Paul Clegg  
William Cole  
Mary and Charles Croney  
Christy and Otis Crowder  
RJ Cummings  
Heather Darcy  
Beth Euler  
Diane Fiore

James Frazier  
Heather and Edgar Garabrant  
Suzanne and Randy Garrett  
Carol and Jerry Gehl  
Reginald Hall  
Jason Harris  
Margaret and Dennis Harrison  
Jean Hodder  
Ray Johnsen  
Christine and Lawrence Jones  
Alyson Knight  
Jeanne and James Lawton  
Ricki Lynch  
Bethany Mahon  
Sue and Jan Martin  
Lori Maxwell  
Ann and Jerry Moser  
Sealy and Bran Nash  
Lillian and James Poole  
Nancy Popkin and Mark Stanback  
Kirby Ring  
Rolando Saavedra  
Susan and Douglas Sept  
Jennie Sniffen  
Judy and Paul Wendler  
Kelli and Jerry Wood  
Jacqueline and Johnnie Young



## New T-shirt design!

For the science geek in your household: The Elements!

We also have long and short-sleeve versions of our "Stand Out" design and all the other favorites. So, pick a T-shirt to help promote autism awareness and acceptance.

You can also declare your love for someone with autism, promote acceptance, or support ASNC with one of our popular car magnets or logo embroidered gear.

# Get in gear: Shop ASNC

[www.autismsociety-nc.org/shop](http://www.autismsociety-nc.org/shop)





## Donor Spotlight: LGI Homes

On June 6, nearly 100 volunteers from LGI Homes came to Camp Royall to donate their time and talents for campers with autism.

The volunteers, who were from the builder's Raleigh/Durham, Winston-Salem, and Wilmington locations, completed a wide range of tasks: painting cabins, extensive landscaping, repairing the hiking trail bridge, and painting the exterior of the gym. LGI Homes donated all of the supplies and materials used in the projects.

Megan Thornton, Regional Office Manager, said some of LGI's staff have children with autism or know someone who does. "We researched local organizations and absolutely fell in love with ASNC and the work they are doing in NC," she said.

LGI Homes holds a Service Impact Day each June as part of its LGI Giving initiative, which aims to support the communities that the company serves through financial contributions and volunteerism, strengthening local relationships, and demonstrating loyalty. "This event has ultimately increased volunteerism throughout our company as our employees find other opportunities to give back throughout the year as well," Thornton said.

LGI Homes also catered lunch for all of their employees as well as camp staff and the campers. They brought Maple View Ice Cream out for a special post-lunch treat for everyone!

After their day at camp, LGI leadership also decided to donate \$5,000 to Camp Royall, which will enable the camp to continue providing the best summer ever for campers with autism.

The company plans to continue its partnership with ASNC, Thornton said. "We thoroughly enjoyed working with ASNC and are honored to continue helping with the amazing work the organization is doing!"

## Corporate Partnerships

Is your company looking for a way to give back and make a difference in your community? Connect them with the Autism Society of North Carolina! We are excited to work with companies, organizations, and their employees to improve the lives of individuals with autism and support their families. We value corporate involvement and partner with companies on programs, initiatives, and cause marketing.

### Become a Corporate Partner

Each year, we host eight Run/Walk for Autism events across North Carolina, plus many other special events, that offer financial and in-kind sponsorships as well as volunteer opportunities.

Create positive brand association: For close to 50 years, the Autism Society of North Carolina has been the leading statewide resource for individuals with Autism Spectrum Disorder.

Reach a large audience that is engaged and diverse: More than 65,000 North Carolina individuals are affected by autism, and their families partner with us to give their loved ones the best lives possible. Autism knows no racial, ethnic, or social boundaries.

Let us customize your package: With a team of experienced and creative marketing and sponsorship professionals, we are able to customize your package to help you achieve your mission and ours.

Together, we will be here for the families who need us today and the families who will find out they need us tomorrow.

#### Contact us:

Kristy White, *Chief Development Officer*  
919-865-5086 | [kwhite@autismsociety-nc.org](mailto:kwhite@autismsociety-nc.org)

## Want to Volunteer?

Check out our volunteer portal!

- Web-based and mobile-friendly
- Browse needs and events by region or date
- Register online, as an individual or with a team
- Share opportunities with friends
- Track your hours, add reflections, and download a volunteer "resume"

[www.autismsociety-nc.org/volunteer](http://www.autismsociety-nc.org/volunteer)

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## Reliable Resource

Are you reading ASNC's blog regularly? Our Autism Resource Specialists, Clinical team, and Public Policy staff contribute in-depth articles aimed at supporting individuals with autism and their families.

Some of our most popular recent posts:

- Transition to Adulthood: Tips Learned on the Journey
- The Importance of Leisure Skills
- Autism Awareness: We Are All Human
- Make the Most of Family Outings

[www.autismsociety-nc.org/blog](http://www.autismsociety-nc.org/blog)



## Show Your Support!

You can show your support everywhere you drive by purchasing an Autism Society of North Carolina license plate. A portion of the plate fee is donated to public awareness and autism education programs throughout the state.

<https://payments.ncdot.gov/VehicleRegistration/SpecialPlate>



# Call on us!

The Autism Society of North Carolina improves the lives of individuals with autism, supports their families, and educates communities.

**Autism Resource Specialists** connect families to resources and provide training to help you become your child's best advocate. As parents of children with autism themselves, they understand your concerns. Find yours: [www.autismsociety-nc.org/resourcespecialists](http://www.autismsociety-nc.org/resourcespecialists)

**Workshops and conferences** with our Autism Resource Specialists or Clinical staff will help you learn more about topics that concern you, such as early intervention, evidence-based practices, IEPs, transitioning, and residential options. [www.autismsociety-nc.org/autism-workshops](http://www.autismsociety-nc.org/autism-workshops)

**Online resources**, including toolkits, webinars, a blog, and a Staying Safe section, provide opportunities to learn on your own time from your home. [www.autismsociety-nc.org](http://www.autismsociety-nc.org)

**Chapters and Support Groups** around NC provide a place for families who face similar challenges to feel welcomed and understood as they offer each other encouragement. [www.autismsociety-nc.org/chapters](http://www.autismsociety-nc.org/chapters)

**Skill-building and support services** provide children and adults with autism the skills to increase self-sufficiency and participate in the community. ASNC's services across the state include skill-building in areas such as communication, socialization, community integration, and personal care; family consultation; respite; and adult day programs. Services are provided through the NC Innovations waiver, state funding, B3, and private pay. Contact us to learn which supports are available in your region. [www.autismsociety-nc.org/skill-building](http://www.autismsociety-nc.org/skill-building)

**LifeLong Interventions** provides comprehensive treatment across skill domains and the lifespan. This service is rooted in the principles of ABA and involves intensive teaching, using evidence-based practices to promote appropriate skills and behaviors. LifeLong Interventions is directed by a psychologist who supervises PhD and master's level psychologists and Board Certified Behavior Analysts. Training is provided by registered behavior technicians under the direct supervision of these clinical professionals. ASNC is an in-network provider for many insurers, including Cigna, BCBSNC, Aetna, and United Healthcare. Children under 21 who are eligible for Medicaid are also eligible to receive treatment under Research-Based Behavioral Health Treatment. We also provide treatment through private-pay arrangements. [www.autismsociety-nc.org/clinical](http://www.autismsociety-nc.org/clinical)

**Behavior consultations** provided by our psychologists and BCBAs can help explain why behaviors are occurring, develop comprehensive behavior plans, and coach caregivers on effective strategies. [www.autismsociety-nc.org/clinical](http://www.autismsociety-nc.org/clinical)

**Employment Supports** helps individuals with autism explore their skills and interests, then assists them in finding, keeping, and thriving in a job. Services are funded through the state Division of Vocational Rehabilitation. [www.autismsociety-nc.org/employmentsupports](http://www.autismsociety-nc.org/employmentsupports)

**Adult Transition Supports**, for adolescents and young adults, focuses on job readiness and placement while incorporating skill development in other areas necessary for a successful transition to adulthood. The program is available in Wilmington and Greenville with support from Trillium Health Resources. [www.autismsociety-nc.org/transition](http://www.autismsociety-nc.org/transition)

**IGNITE** community centers in Davidson and Raleigh offer activities, skills training, and educational workshops that foster social, financial, educational, and employment independence for young adults with high-functioning autism or Asperger's Syndrome. [www.autismsociety-nc.org/ignite](http://www.autismsociety-nc.org/ignite)

**Camp Royall** is the nation's oldest and largest camp for individuals with autism. Located near Pittsboro, Camp Royall serves all ages and offers year-round programming. [www.camproyall.org](http://www.camproyall.org)

**Social Recreation programs** provide opportunities for participants to bond over common interests, practice social skills, and try new activities. In Newport, Wilmington, Winterville, and Brunswick and Onslow counties, social recreation programs include summer day camp, afterschool programs, and adult programs, with support from Trillium Health Resources. In other areas, afterschool programs and social-skills groups for a range of ages and abilities are available. Contact us to learn which services are available in your region. [www.autismsociety-nc.org/socialrecreation](http://www.autismsociety-nc.org/socialrecreation)

**ASNC's public policy** efforts aim to advocate for the needs of individuals with autism and their families by maintaining a wide range of ties with the executive and legislative branches of state government. You can get involved and make your voice heard. [www.autismsociety-nc.org/make-voice-heard](http://www.autismsociety-nc.org/make-voice-heard)

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We have regional offices in Asheville, Charlotte, Fayetteville, Greensboro, Greenville, Newport, Raleigh, and Wilmington. Contact our state office to be connected to resources.

**ASNC State Office: 800-442-2762**  
**5121 Kingdom Way, #100, Raleigh, NC 27607**

Sign up online to receive our email updates:  
[www.autismsociety-nc.org/contact-us](http://www.autismsociety-nc.org/contact-us)



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in Fletcher

**SEPT. 28** Greensboro  
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**OCT. 12** Triangle  
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**Register now! [www.runwalkforautism.com](http://www.runwalkforautism.com)**

**Autism Awareness Baseball Game**

**Burlington Royals  
vs. Pulaski Yankees**

**August 24 | 6:30pm**

To register for 1K walk at 4:30pm:  
[www.burlingtonroyals.com](http://www.burlingtonroyals.com)

For baseball tickets: 919-865-5063  
[dlaxton@autismsociety-nc.org](mailto:dlaxton@autismsociety-nc.org)

**Save the Date!**



**November 30 | Davidson**  
7th annual car show to benefit IGNITE

**Autism Awareness Football Game**

**UNC vs.  
App State**

**September 21**

Learn more at  
[www.teamautismnc.com](http://www.teamautismnc.com)

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