

Autism LifeSpan

Autism Resource of the
North State Community

Winter 2012

Young Adults Succeeding with College Plus

Mains'l Services' College Plus is a year-round program that provides individual support and assistance to young adults with disabilities who are interested in pursuing a college degree or academic certificate. Led by Program Coordinator, Betty Carlson, College Plus provides learners with individualized support in the areas of academics, independent living, socialization, and vocation. Together, the student and instructor set realistic, attainable goals in each area:

Social Skills, including developing and maintaining friendships and pursuing leisure interests and hobbies. *Independent Living Skills*, including maintenance of a clean, well-kept home, nutrition basics, and money management. *Vocational Skills*, including resume development, networking skills, and application and interview training, as well as seeking volunteer opportunities.

Students start as freshmen, and move up a tiered system. At each level, they receive hourly supports, based on the individual's need. Support hours are decreased as they gain independence. There is a screening process to make sure the College Plus Program is a good match with the student. Students must complete a detailed application. Some of the application requirements include their high school transcript, current IEP, a letter of interest by both the student and their family, a list of goals and a letter of recommendation.

As the student achieves goals in each area, new goals are set. If a student shows slow or no progress on a specific goal, it is reviewed and revised to move forward and be successful. Academic supports are provided at the college; the independent living supports are offered in the participant's home; and the vocational and social skills are provided in various integrated, community-based settings. Students increase their independence by learning to access and utilize transportation.

Students can expect to leave the College Plus program with a set of core skills and experiences to maximize their strengths and talents. Successful learners will have developed a set of skills to improve the quality of their lives, equip them for independent living, and move them towards competitive employment.

Students interested in applying to the College Plus Program must have a referral from their case manager and complete the application found online at <http://www.mainsl.com/support-options/college-plus-program.php>. For more information, please contact Betty Carlton, Program Coordinator at blcarlton@mainsl.com or call 530-899-1907 x105



College Plus students 2011-2012

A Special Thank You To **Far Northern Regional Center**

Thank you for your donations and time. We sincerely appreciate all you do!

Lending Library

Did you know that Autism LifeSpan has a free lending library? Our library contains over 500 books, videos, DVDs, and curriculum materials regarding autism and other developmental disabilities.

Our office is open to all parents, professionals, educators, and families in Northern California.

Three items may be borrowed at a time, for three weeks from the date they are checked out.

A list of books and DVD's is coming to our website soon.

For more information call us at (530) 897-0900 or, email shawn@autismlifespans.org.

The lending library is open during the Kids & Kitchen Store hours: Mon-Fri 9:00-6:00, Sat and Sun 10:00-6:00



Coverage for Behavioral Health Treatments to Start July 1, 2012

On October 9, 2011 California Governor Jerry Brown signed Senate Bill SB.946, making California the 28th state to enact autism insurance reform. SB.946 will require coverage of proven behavioral treatment therapies for autism starting in July 2012.

Authored by Senator Steinberg, SB.946 clarifies settlements negotiated by the Brown administration last summer with two major health plans that behavioral health treatments, such as applied behavior analysis (ABA), are eligible benefits with no caps on age or amount of benefits.

The law will take effect July 1, 2012. By virtue of the early intervention provided through ABA, California taxpayers are expected to save \$140 million a year in special education and social service costs, according to an independent analysis by the California Health Benefits Review Program. In addition, the improved access to ABA therapy could create at least 20,000 new jobs.

Thousands of California families, in the absence of insurance coverage, have been forced to pay out-of-pocket or rely on taxpayer-funded programs for behavioral health treatments, which can cost \$50,000 a year or more.

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Autism LifeSpan

Inside Little Red Hen's

Kids & Kitchen

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In Memory of Bob Heron

On Friday, December 9th, we lost our good friend, Bob Heron. Bob was a kind, intelligent, caring husband, father and friend.

He was born in July 1949 in San Diego, California. He attended school in Southern California then moved to Northern California in the 1980s.

He met his wife, Margaret, in 1988. They married in 1989. Their daughter, Elizabeth, was born in October of 1991.

Margaret says "We are so lucky to have had him in our lives these past years-we would not have traded him for anything in the whole world." She shares one of his favorite inspirations with us:

"Only with patience and tenderness might a person surrender his barbed-wire armor for a softer shield. Perhaps in this lies the key to the good life-not rules to follow, nor problems to avoid, but an engaged humility, an earnest acceptance of life's pains and promises."



*Bob and Elizabeth
Italy August 2011*

California Vocations New Family Support Group

A Family Support Group is forming for families of adult children with developmental disabilities, including those with autism. This support group is perceived as responding to the ever-changing needs of these families.

Parents, siblings and other family members are encouraged to join. The support group is sponsored by California Vocations, Inc., a residential center for adults with developmental disabilities. The Family Support Group is open to families within the communities throughout Butte County. The first meeting is expected to begin mid-March.

For those interested in obtaining more information about this support group please call California Vocations at 530.877.4146, ex. 201 or, email an enquiry to Kristinak@calvoc.org, or Fax 530.877.1170

Arc Adult Day Programs Offer Many Opportunities to Adults with Disabilities in Butte County



Consumers receive on-the-job training at Arc Thrift Stores.

Photo by Alex Moline

The Arc Adult Day Program offers a variety of educational, recreational, social and vocational opportunities to adults with disabilities in Butte County. They have two sites, one in Chico, one in Oroville, and soon they will have a third site, in Paradise. Participants are involved in activities both on site and in the community. These activities are designed to promote self-esteem, independence and social awareness.

Through their Work Readiness Program, consumers receive on-the-job training at the Arc thrift stores in Chico and Oroville. There they learn valuable work related skills while earning money.

They have enjoyed trips to the Tree Farm, Chico State, Chico Mall and Chico Museum, to name a few. At the end of the week they have “Fun Friday,” which includes outings to different restaurants, dances at the Pavilion, pizza parties, monthly birthday parties and musical entertainment from the community.

The Arc hosts an annual Fashion Show in which the consumers are the models. There are consumer talent shows and D.J. parties that boasts one of the consumers, “D.J. RTC,” a perennial favorite.

Along with all this, Arc offers many classes on many topics from arts and crafts, physical fitness and gardening to Spanish, math, computers and everything in between.

The program’s Associate Director, Nelson Corwin says “In summary, working with the developmentally disabled population has enriched my life in ways I could not imagine when I was working in employment not related to this field. I have been personally enriched by the disabled population’s generosity, openness, eagerness to learn, helping with other clients and the positive attitude the majority of clients bring with them to the program on a daily basis.”

If you would like more information on Arc’s Adult Day Program you can contact Nelson at 530.891.5865, extension 201 or email: nelsoncorwin@arcbutte.org



Annual Fashion Show

Autism LifeSpan Thanks Weddings North Valley and Rabobank

On behalf of Autism LifeSpan and the community we serve, we would like to thank Weddings North Valley (weddingsnorthvalley.com) and Rabobank for their generous donations.



The Chico Bridal Showcase, hosted by Weddings North Valley, was held on January 8, 2012.

Weddings North Valley has donated \$500 from the Chico Bridal Showcase to Autism LifeSpan. Autism directly touches so many people in this community and this generous donation will help raise awareness and support our programs. To learn more about the programs supporting children and adults with autism, visit littleredhen.info and autismlifespanspan.org.



Jessica, the lead designer of the Floral Chicks, worked at the Bridal Show.

Their friends at Rabobank also donated \$300 to Autism LifeSpan. Each year Autism LifeSpan continues to advance its mission of serving people with Autism and their families. By providing families with resources and programs sponsored by Little Red Hen and Far Northern Regional Center, we have seen many lives changed for the better.

Our goal is to continue to make a difference for families affected by Autism and other developmental disabilities. With the help of donations from supporters such as WeddingsNorthValley.com and Rabobank, we will continue to see improvements in services and resources.



Rabobank

Their commitment to helping our community is sincerely appreciated.

Chico State Autism Clinic S.A.F.F.E. Supporting Active Families in a Friendly Environment

Exercise is beneficial for health, makes you feel better and helps reduce stress. However finding time to exercise can be difficult. The Chico State Autism Clinic offers a physical activity program for EVERYONE!

Adults receive a personalized exercise plan developed by CSU personal training and exercise physiology students, and is FREE!

Children participate in a physical activity program in the Autism and Sensory Motor Clinic at CSU Chico (right beside the weight room!). CSU students from Adapted Physical Education provide activities for children with ASD and their siblings.



For further information, contact Teri Todd, Associate Professor, Kinesiology Department (KINE) 530-898-6179 tatodd@csuchico.edu

NANCY MCGIE ESTATE PLANNING PRESENTATION

By Dan Strauss

On November 10, Autism LifeSpan was pleased to host an educational session on the topic of limited conservatorship with local attorney Nancy McGie. Nancy engaged the audience of approximately 20 members in a highly interactive session. The event was held at our Kids & Kitchen Classroom in Chico.

The purpose of limited conservatorship is to protect adults with developmental disabilities from harm or exploitation while allowing for the development of maximum self-reliance.

A conservatorship is a legal proceeding where one person, called the “conservator” is appointed by a judge to manage the affairs of another person called the “conservatee.” The law prefers that a family member of the individual be appointed conservator. However, the court can appoint non-relatives, professional conservators, government agencies and nonprofit corporations.

Nancy made it clear that a limited conservatorship is not required merely because a person has a developmental disability. A limited conservatorship is appropriate only when necessary to protect the well-being of the individual. It is designed to encourage the development of maximum self-reliance and independence of the individual.

A limited conservatorship gives the conservator only certain specified powers, and allows the conservatee to retain rights that he/she is able to exercise. In this kind of conservatorship, the regional center will receive notice of the petition and will file an advisory report with the court on the appropriateness of the conservatorship.

If the main objective is the management of the funds of a person with a developmental disability, Nancy made it clear that a Special Needs Trust can often better meet those objectives.

Autism LifeSpan is grateful to Nancy McGie for the excellent educational session that she provided. For more information on limited conservatorship, contact Nancy at 899-0796 or email nmcgie@att.net, or contact your regional center case worker.



RED BLUFF OUTLAWS SUPPORT AUTISM AWARENESS

On Saturday, February 4th, 2012, the Red Bluff Outlaws Sprint Kart organization and Autism LifeSpan hosted their second annual Autism Awareness Night.

Races were held at the Tehama County Fairgrounds. Drivers' ages range from 5 to over 60. Young racers learn good sportsmanship and self-confidence, as well as enjoying quality time with family and friends.

Autism LifeSpan representatives Shawn Christopherson and Kayla Foster were available for spectators to get information, ask questions and give support to autism awareness.

Thank you Red Bluff Outlaws!



Stephanie, Mallorie, Brian Jr., Brian Sr. McGahan



Saturday, April 14, 2012
12:00-3:00pm
Rose Scott School
located at the First Baptist Church
850 Plametto Avenue, Chico

**Music, Food, Autism Resources,
 Bounce House and more!**

Sponsored by Autism LifeSpan, Little Red Hen, Far Northern Regional Center
 For more information or to reserve a booth contact Autism Lifespan (530) 897-0900

FOCUS FILM FESTIVAL

"Exploring the complexities of the human experience."

For Once in My Life

March 9, 6:30 PM, Red Bluff Community Senior Center

A documentary about a unique band of singers and musicians, and their journey to show the world the greatness--and killer soundtrack--within each of them. The film explores the struggles, triumphs, and the healing power of music. The band members' unique talents are nurtured to challenge the world's perceptions of people with disabilities. FREE ADMISSION (wheelchair accessible). Directors: Jim Bigham and Mark Moormann

A Not So Still Life: The Ginny Ruffner Story

Thursday, March 22, 6:30 PM, Sierra Nevada Big Room, Chico

A Not So Still Life peers into the kaleidoscopic mind of Ginny Ruffner, an artist as beloved for her magnanimous spirit as for her evolving "visual thought experiments." The film explores the full span of Ginny's fascinating journey, from her childhood in South Carolina to her emergence as a world-renowned artist. Witness Ginny's determination to recover from the accident that nearly claimed her life, but barely even slowed her constant re-invention of the world around her. Director Karen Stanton

Meet Special Guest: Ginny Ruffner 6:30-7:00 PM: Live Jazz by Robert Karch and Sharon Demeyer \$10 general admission, \$8 students with ID. Co-presented by Friends of the Arts (wheelchair accessible).