

Autism LifeSpan



Autism Resource of the
North State Community

Fall 2013

Branchin' Out to the Seattle International Gift Fair

The adventure began with a group of young adults from Little Red Hen's Branchin' Out program. We embarked on an early flight from Sacramento airport to Seattle, Washington on a warm summer day on August 9, 2012. There were seven of us and we were sent on a mission from Little Red Hen to explore the Seattle Gift Show and look for merchandise that would sell at any of our three locations. Some members of our group had never traveled without their families or been on an airplane, but were able to manage going through security and the flight as though they were frequent flyers.

Our first stop was a spectacular tour of Bedrock Industries, which happens to be one of our many vendors from the Gift Shop. It is there that we were enlightened about the process of recycling glass and turning it into art. We were expertly guided through the process of collecting, breaking, grinding, sorting, molding and finally the heating stage, where glass is melted down to create beautiful art pieces. The tour was very hands-on, and our young adults were able to touch the glass pieces in different stages. Then we were thrilled to pick out some exquisite art to purchase and bring back to the Gift Shop for sale.

Friday morning started with breakfast at the famous Pike's Place Market, where we witnessed merchants tossing the fish in the air, and viewed the many wonderful flowers, produce, and crafts that Seattle has to offer.



Having fun in some shops on the walk back to the hotel.

It was a treat to be walking through this historic, lively and vibrant market place. Our young adults were able to stop and talk to local merchants about their products and buy souvenirs with their own money.

Our next stop was the Pacific Market Gift Show, where we walked through the stalls and perused all the treasures, and collected catalogues to bring home. This was a good opportunity for our young adults to practice greeting people and informing them about the mission of the Little Red Hen.

This market was a small one, so we had time in the afternoon to do a little sightseeing. We discovered the monorail, and caught a ride to the Space Needle, which just happened to be located next to the Chihuly Gardens. What a treat to peak through the fence and see huge, beautiful glass art pieces. We quickly decided that the Space Needle and the Gardens were not in our budget, so the next best thing was to take a picture of all of us next to the Space Needle.

Well, that was not as easy as it seemed, because the top of the Space Needle kept getting cut off in all of our pictures, no matter where we stood. Annie even tried lying on the ground to get a good group shot with it!

On Saturday, we explored the Seattle Gift Show, where our young adults were able to demonstrate their great social skills by introducing themselves and the Little Red Hen to vendors. They asked questions about different products that were being demonstrated, and collected more catalogs for future buying. Some of us got to stop and learn how to play Sudoku at one of the merchant stalls. Dinner was enjoyed by all on the waterfront, followed by a long walk back to our hotel. On the way, we discovered the famous "Gum Wall." Of course our Annie had to leave her mark (chewing gum) in Seattle as we all stood and chanted in unison, "Oooh, that's gross!"

Everyone had a wonderful time and we all thank Teresa and Little Red Hen for giving us the opportunity to experience and enjoy a small part of Seattle, Washington.

Autism Library & Awareness Items for Sale

Autism LifeSpan offers community members access to our extensive lending library with a variety of topics related to autism and developmental disabilities. Our library carries books galore, DVDs, activity books, computer software, and up-to-date news articles.



We also have a variety of autism awareness products for sale, including aprons, bracelets, bookmarks, photo frames, iPhone covers, stepping stones, magnets, and pins.

There are also unique items hand crafted by local SH (severely handicap) classrooms. New items arrive often, and we take special orders as well. Proceeds directly benefit local programs that serve children with autism.

Our goal is to increase awareness and help educate our community!

To learn more, go to AutismLifeSpan.org

A Special Thank You

TO FAR NORTHERN REGIONAL CENTER & EVERYONE who supported our AUTISM AWARENESS FAIR

The **BARRY ALBERT MEMORIAL** is dedicated to Barry Albert, who was the grandfather of a young teenager with autism. We would like to thank all the individuals who generously donated to Autism LifeSpan in honor and remembrance of Barry Albert:

David and Rita Hosford, Thomas and Joan Tenner, Deluxe Corporation – Industrial Design Engineering Team, Tom Hernandez, Darold and Marilyn Albright, Wilbert and Delaine Niebuhr, Charles and Patsie Fullmer, John and Claudia Marks, Bill and Virginia Fastenow, Henry and Lois Winkler, Thomas and Mary Ann Ward, Robin and Mary Thompson, Carl and Betty Jane Hauck, William and Patricia Mulholland, Clement G., Jr. and Frances Schnedie, Ronald and Helen Martini, Kara Stutz, Dr. and Mrs. Kenneth (Sheryl) Lange, and Leonard Whitegon.

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



Add your loved one to our Wall of Fame!

Bring your picture of someone with autism by the office so we can scan and return it safely. We'll add it to the faces on our wall.

Our newsletter is published by:

Autism LifeSpan

Inside Little Red Hen's

Kids & Kitchen

959 East Ave.

Chico, CA 95926

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Our group at the Bed Rock Company. We feature their beautiful products in our Gift Shop!



Learning about Seattle public transportation.



Great company! Great food!



Sight seeing around Seattle.



Enjoying Pike's Market Place.

Chico Water Sprites Swim School

Chico and Butte County residents know that nothing beats the heat better than swimming! The innovative business, Water Sprites Swim School, located in Chico, offers swimming lessons to learners of all ages and kinds. The staff at Water Sprites knows that the benefits of swim lessons reach far beyond teaching individuals water safety, but also encompass physical, social, cognitive, and recreational skills.

Water Sprites' goal is to instruct swimming in the most fun and educational way, offering an adaptive swim program which strives to ensure that every person has the opportunity to benefit from quality swim instructions. Water Sprites has an ISIA Adaptive Aquatics Certified Instructor, as well as a Certified Therapeutic Recreation Specialist with a degree in Therapeutic Recreation from CSU, Chico. The adaptive swim program uses a thorough assessment procedure, so classes are uniquely formatted to serve the individual in a supportive, one-on-one class setting.

This program offers year-round lessons for ages two months and up. Sessions are a half hour long, once a week, and are centered on the strengths and goals of the individual and his or her support system. Water Sprites' indoor pool is always kept at a comfortable 90 degrees, which supports the predictability and routine of swimming lessons.

**Water Sprites is located at 2280 Ivy Street Suite 110, Chico, CA 95928.
Open Monday through Saturday.
Contact Water Sprites at (530) 342-2999 or at info@chicowatersprites.com**

Autism Fair 2013

Our annual Autism Fair this past April was a huge success! Families and individuals came



and enjoyed the variety of service providers who attended, along with fun and hands-on creative, sensory activities. Our interactive activities included a bounce house, personal planting projects, oobligook, and creating things out of clay.

We were very pleased with the participation and support for this year's fair, and we look forward to an even bigger and better Autism Awareness Fair in April 2014! Be on the lookout for upcoming information, and feel free to stop by or contact our Autism LifeSpan Office anytime at (530) 897-0900, located at 959 East Ave, inside the Little Red Hen Kids and Kitchen Store.

Chico School of Rock

Music therapy is what the Chico School of Rock is all about. The school uses music therapy in a playful and interactive way to support students with autism. The children are able to engage in multiple ways, whether it's picking up an instrument and learning how to play, singing, dancing or clapping along.

At Chico School of Rock the music therapy starts with basic "hands-on" exploration of any instrument students choose, and uses fun and colorful visual aids as a way to teach children with autism important music, communication, and social skills. Chico School of Rock offers all instruments, from pianos and guitars to percussions and mandolins, and even teaches singing and songwriting! The music sessions allow the students to express themselves, and provides them with an emotional outlet.

Chico music icon and educator Sid Lewis, who has been teaching the art of Rock n' Roll for over five years, founded the school, and now Chico School of Rock has grown to 100 students with five full-time instructors. Lewis' approach was so successful that he previously formed a band with some of his students called Jet Fuel Only, which included two students with autism. The band was featured in **People Magazine** and on the **Rachael Ray Show** (right).



This is a fun and unique music school that will continue to help students express themselves in creative ways that are enjoyable to them. Music lessons are offered year round, along with summer camps, special events, and instrument rentals! Chico School of Rock is located at 932 W. 8th Avenue, Chico, CA 95926. Call them at **(530) 894-2526** and check out their website: **chicoschoolofrock.com**.

Meet & Greet!

Meet & Greet is for parents and caregivers of people with developmental disabilities. It gives parents a chance to build relationships, share stories, develop a support group, and have an enjoyable evening with other adults.

If you would like to be on our Meet & Greet mailing list, please email your name and address to Shannon@autismlifespan.org.

Evening on the Lake with Branchin' Out Young Adults

Our Branchin' Out group was thrilled to be able to spend a fun few hours on Black Butte Lake for a final outing before the end of summer. We headed out later in the afternoon around 3 pm on Thursday, August 22, and enjoyed tubing and wakeboarding for hours until the sun finally started to set. Everyone was all smiles as Ken Noble, father of Daniel Noble who is one of our young adults from Branchin' Out, whipped us around on a huge three person tube. We were all impressed when Daniel started wakeboarding, and rode around the entire lake! In between tubing, wakeboarding, and eating pizza, we were all able to socialize and enjoy a relaxing and exciting evening on the water. Everyone had an amazing time, and we all thank the Nobles and the Little Red Hen for giving us this opportunity!



Enjoying pizza for dinner.



Kayla, Jamia, and Allison having a blast!



Shane, Collin, and Jon's turn on the tube!



Daniel showing us how it's done.

Guided Spectrum

Parents, if you are looking for more ways to help your child with the struggles faced by autism, Guided Spectrum is there to help teach you! Marija Savitt, M.A., is the lead consultant at Guided Spectrum where they specialize in Autism Spectrum Disorder treatment. They are based in the San Diego and Far Northern area of California. Prior to their recent move back to California, they ran a successful business in Las Vegas, NV, called Behavioral Resolutions. Now they are back in Chico and offer two consultation programs called the Relationship Development Intervention (RDI) program and the Pivotal Response Treatment (PRT). Both programs utilize a consultation model of intervention that teaches the parents the tools they need to help make a difference in their child's life.

RDI is very individualized and was developed to address the core deficits of Autism Spectrum Disorders. It does this through the Family Consultation Program (FCP) and the Dynamic Intelligence (DI) program. Through RDI, parents are trained in very specific strategies to become a successful guide to their children, and children learn critical skills necessary for overcoming their obstacles.

PRT was developed to provide a more naturalistic approach within the Applied Behavioral Analysis (ABA) umbrella. This program addresses areas such as communication, behavioral needs, and self-management of behaviors. The parents are taught to recognize times for learning and building motivation in their child.

They also offer a full range of child assessments (ADOS, TABS, DP-3, etc.). Guided Spectrum does not provide a diagnostic service, but they can provide a third party opinion to the individual's diagnostic, educational, or program planning needs.

Guided Spectrum is an approved vendor for RDI services through both the San Diego and Far Northern Regional Centers. You can contact them at **(530) 588-4539** or at **GuidedSpectrum@gmail.com**. They are located at 40 Constitution Dr. Suite F, Chico, CA 95973.

North Valley School

North Valley School, a division of Victor Treatment Centers, is a private school that serves students with special needs who have been previously unsuccessful in public school.

Their program called ECHO, which stands for Every Child Has Opportunities, is a community based educational program that has been serving students with disabilities for over 18 years. They assist students with Autism, Down's Syndrome, and/or significant developmental delays accompanied with behavioral challenges. The children are identified for placement at ECHO by their IEP (Individualized Education Plan). The school's team of professionals uses a data driven decision-making process in order to identify the best practices for each child to achieve their own personal and academic goals. The program focuses on teaching students socially appropriate behavior in a variety of environments.

ECHO educates students through equine therapy, sensory integration, individualized academic instruction, and community awareness training. The program consists of a high staff-to-student ratio, with one staff member for every two students. A one-on-one aide is available if the student's IEP team deems it necessary. The ECHO program has a behavior management specialist that focuses on behavior planning, training, instruction, and consultation.

Along with the ECHO program, North Valley School also has a barn located on campus with horses, pigs, goats, and chickens that are used for therapeutic interactions with the students. Victor Treatment Centers also provides a variety of other services as well, which can be found at www.victor.org.

North Valley School is located at 855 Canyon Road, Redding, CA 96001. You can contact them at **(530) 232-1406** or at www.victor.org.

ASD Parent Support Group

Rowell Family Empowerment and the ARC of Butte County presents the **ASD Parent Support Group**. This group invites all families of children at-risk or on the autism spectrum. Attendees will enjoy an evening of food, conversation, and sharing experiences. A main dish will be provided by ARC and families bring the side dishes.

After dinner, all children, including siblings, will be engaged in child centered activities with ARC's family support staff, while the adults enjoy refreshments and rejuvenation through adult support.

For more information or to make reservations, contact Leah at (530) 636-4269 or (917) 573-0339.

When: The 3rd Tuesday of every month

2013 Dates: Sept. 17, Oct. 15,
Nov. 19, Dec. 17

Time: 5:30 Dinner &
6-8 pm Meeting

Location: ARC of Butte County
2030 Park Avenue, Chico

