

KIDZ NEWS


Newsletter from the Autism & Behavioral Services Department

“We are what we repeatedly do. Excellence then, is not an act, but a habit.”


-Aristotle

FALL IS HERE!

Here's to a happy and healthy start to the school year!

 Message from our Director regarding our expansion of services (p.2)

 Come be a part of “Behavioral Minds” round table meetings! (p.2)

 Learn more about our upcoming workshops and trainings including new CPI classes (p.4)

What apps and games aid in social emotional learning for students with ASD?

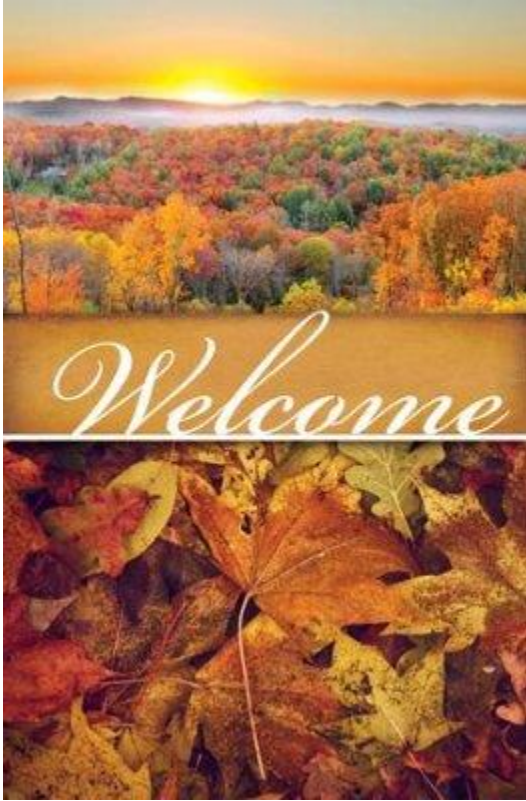
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Current Research:

Effectiveness of Virtual Reality for Children and Adolescents with Autism Spectrum Disorder: An Evidence-Based Systematic Review

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DIRECTORS MESSAGE



We hope everyone is having a great start to the new school year! It is wonderful to report that there have been many positive developments in the Autism and Behavioral Services (ABS) Department. Our consultation services in the school districts have greatly expanded and we are very fortunate to have strong, professional behavior consultants representing our agency who provide quality behavioral support to our clients and children. The ABS department is continually hiring new behavior analysts and special educators in both Nassau and Suffolk County.

To our amazing therapists and staff, we hope you take advantage of some the information highlighted in this newsletter. We will be conducting new Crisis Prevention Intervention (CPI) training this fall and beyond, and we are also holding evening roundtable meetings throughout the academic year. Additionally, Kidz Conferences has scheduled great workshops and trainings that offer continuing education credits.

There are exciting changes on the horizon for the ABS department and we look forward to this journey with our providers and clients! As we move forward, always remember that you can always contact our offices support. We are here to help.

Attention All Providers of the Autism Behavioral Services Department:



Dr. Lenny Caltabiano, Director, will be holding roundtable discussions/meetings throughout the school year once a month in the evening. We will refer to these meetings as “**Behavioral Minds**”. This is not mandated, but available to anyone who would like to meet with colleagues, discuss cases, share ideas, and offer support. We all run into challenging situations with cases, this is an opportunity to come together with colleagues to brainstorm and problem solve. We hope some of you will take advantage of this opportunity. These take place in the Garden City office, so space is limited. See dates on page 3.

**Roundtable
Discussions**

- October 25th: 6 to 8pm**
 - November 29th: 6 to 8pm**
 - December 20th: 6 to 8pm**
 - January 24th: 6 to 8pm**
 - February 28th: 6 to 8 pm**
 - March 28th: 6 to 8pm**
 - April 18th: 6 to 8pm**
 - May 30th: 6 to 8pm**
 - June 20th: 6 to 8pm**
- Contact the office to register!

Calendar of Workshops & Trainings

- October 23rd- SEIT Circle**
Addressing Behavior Pitfalls/Catri. Conference Room 6-8pm
- October 24th- Speech Workshop**
Conference Room 6:30-8:30pm
- November 7th- KIDZ Conferences**
Conference Room 4:45-8:00pm
- November 13th- Speech Workshop**
Conference Room 6:30-8:30pm
- November 26th- SEIT Circle- Classroom Social Skills**
Conference Room 6-8pm
- November 27th- KIDZ Conferences**
Conference Room 4:45-8:00pm



**Sensory Smart Interventions
for Real-Life Challenges,**

Nationally Known Speaker

Lindsey Biel

November 30th 8:30am-4:30pm

LIU POST

Recommended for:

- Teacher, Speech Pathologist,
- Psychologist, School Leader, Level III
- Teaching Assistant, LCSW, LMHC,
- LMSW, BCBA's and BCBAs



**Behavior & Cognitive Parent
Training Models for Special
Needs Populations**

11/7 & 12/4 4:45-8pm

TBD- Garden City or Westbury

Recommended for: Teacher, Speech Pathologist, Psychologist, OT, School Leader, LCSW, LMHC, LMSW

*Register for these
on the KIDZ
website!*

**The Behavior Based Parent
Training Model**

11/7 4:45-8pm

Kidz Office, Garden City

Recommended for: Teacher, Speech Pathologist, Psychologist, OT, School Leader, LCSW, LMHC, LMSW, Teacher Aide



CRISIS PREVENTION INTERVENTION (CPI) TRAINING FALL 2018

Conducted By: Lenny Caltabiano, Psy.D, NCSP

Dr. Caltabiano is a certified CPI instructor in *Nonviolent Crisis Intervention*® and will train those who attend the workshop in preventative techniques as well as physical interventions aimed at maintaining care, welfare, safety, and security. **This workshop is only available to Kidz Therapy/Gayle E. Kligman Therapeutic Resources employees.** Those employees that work with children that exhibit (or have the potential to exhibit) risk behaviors (i.e., aggression, self-injurious, elopement, etc.), should strongly consider attending this training.

****THIS UPDATED TRAINING INCLUDES NEW PROCESURES AND PHYCAL INTERVENTIONS. IF YOU HAVE ALREADY BEEN TRAINED IN CPI, YOU WILL WANT TO BE RE-TRAINED IN THE NEW STRATEGIES****

We will be scheduling trainings weeknights and certain Saturdays. Below are the dates and times of the scheduled trainings. The course is a minimum of 8 hours. You should sign up for two week night sessions or one Saturday. You can use these hours towards your professional development requirements. If these dates and times do not work, and you would like to be trained in CPI, please inform the office and we will try to offer other options.

Weeknight Options:

Monday & Tuesday October 15th and 16th 4:30pm to 8:30pm

Wednesday & Thursday November 14th and 15th 4:30pm to 8:30pm

Saturday Options:

Saturday October 20th 8:30am to 4:30pm

LIMITED SPACE LEFT!

Saturday November 10th 8:30am to 4:43pm

SOLD OUT!



FUN FACT: The largest pumpkin ever grown is 1,502 pounds. It was grown by Ron Wallace of Greene, Rhode Island.

Social Emotional Learning Apps for Students with Autism Spectrum Disorder

There is a wide range of approaches we may use to address social emotional learning (SEL) needs in students with autism. Interventions need not be very elaborate to be effective. In fact, most that are readily available are relatively simple and easy to implement. Online and interactive activities show great promise in reaching the autism population with their simplicity, ease, ability to be implemented at home, and free or low cost. To receive a more extensive list of these activities, please contact Maurene Goodman at mgoodman@kidztherapy.com .



The Social Express App

This app features a series of appealing animated episodes that model real world social situations. Rather than passively watching the scenes play out, kids have choices to make, such as helping the characters navigate common social interactions, follow social cues, and make the appropriate decisions. Along the way, they learn key social skills in a safe environment that makes it much easier to transfer the skills into daily life. Learn more at www.thesocialexpress.com.

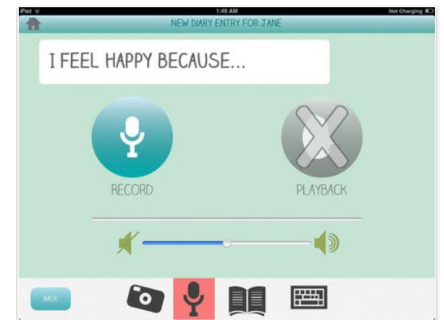
About Face

About Face is a game put out by PBS that focuses on the well-known TV show, Arthur. Students learn how to identify feelings and emotions based on facial expressions that correspond with an interactive story. This fun and simple game allows students to pick their character and move through a storyline, prompting them to identify how a character may be feeling in a given situation. Play the Arthur game for free at <http://pbskids.org/arthur/games/aboutface/index.html>.



Emotionary by Me.Mu

Emotionary by Me.Mu is an emotional diary tool that is designed for therapists or teachers who work with children and adolescents that are diagnosed with autism. Users can take pictures of themselves, record, and listen to their own voice in order to provide emotional context from their own lives. While traditional therapy emphasizes the recognition of emotions through flashcards and other means, this app emphasizes the contexts in which they may occur. Diary entries allow for students to express themselves uniquely and reflect on their thoughts and feelings at a later time. This app also allows for the practice of writing skills and verbal communication, as students should be encouraged to speak with a clear voice and write so that others can understand their thoughts. Learn more about the app at www.autismspeaks.org/autism-apps/emotionary-memu or download it for free on iTunes at <https://itunes.apple.com/us/app/emotionary-by-me.mu/id555381720?mt=8>.



Aiko & Egor

Aiko & Egor, a research based video series aimed at children with Autism and their family members, strives to engage and educate by creating and providing tools that foster positive change in regards to developmental milestones. The video series provides opportunities for engagement with play skills, language, and overall social behavior. With over 10 different characters in the interactive video series, the storyline centers around a purple whale named Aiko who loves to play with her best friend Egor, who is an excitable orange blowfish. What makes the video series so unique is the “Bubble Times” that are embedded at specific moments throughout the animations. These are paused learning opportunities that provide a Learn Together feature that educators or parents can take advantage of with their student. During these moments, the adult interacting with the child can either replay the character’s actions or continue playing the video. The app is free to download and comes with 1 free episode. Each additional episode is \$1.99 and can be found on the Apple App and Google Play stores. Find out more at www.seebeneath.org.



Breathe, Think, Do with Sesame

This free game is intended to be used with younger aged children and teaches skills such as problem solving, self-control, planning, and task persistence. It emphasizes calm breathing and making plans for handling overwhelming situations. Users explore 5 different interactive activities with unique, everyday challenges. Students tap the screen in order to pop bubbles and to help monsters breathe, think, and solve problems to feel better. Adults can personalize encouraging phrases that the student will hear as they help monsters strategize. There is also a Robust Parent Section that includes great resources for navigating everyday challenges. The app is encompassed by Sesame Street’s Little Children, Big Challenges initiative that aims to provide tools to help children build skills for resilience. Download the app for free for all iOS platforms on www.itunes.com.



Effectiveness of Virtual Reality for Children and Adolescents with Autism Spectrum Disorder: An Evidence-Based Systematic Review

There have been various papers recently that review the Virtual Reality based treatments in ASD. Many of these studies are limited, however, because they disregard indexes that are primary scales in the contribution of VR-based treatment. As we all know what Autism Spectrum Disorder is, the question remains, can VR aid in targeting social communication, interaction, competences, and language? As something that first emerged in 1987, VR is defined as “an artificial environment which is experience through sensory stimuli provided by a computer and in which one’s actions partially determine what happens in the environment.” VR is being used widely across health fields, including rehabilitation, mental health treatment (phobias, PTSD), surgery training, OCD, and of course- ASD. VR has many advantages such as allowing patients to be trained in a realistic environment that could be manipulated and adapted to the characteristics and abilities of the subjects.

This systematic review performed a comprehensive literature search. Since technology is a vital component of the studies involving Virtual Reality, only recent articles (January 2010-February 2018) were considered for the systematic review. Papers used included studies whereas authors carried out the evaluation of the impact of a VR-based treatment in children with Autism Spectrum Disorder. This study assessed children (<18) with ASD prior to VR treatment and after VR treatment. After an intensive screening of papers, 31 studies were included for this comprehensive study. This includes a total of 602 participants in the selected papers, 451 participants in the experimental group, and 151 participants in the control group. The mean age of subjects ranges from 5-15.5 years old. This comprehensive analysis reviewed target behaviors and skills ranging from social skills, emotional skills, daily living skills, communication abilities, attention, physical activity, and phobias and fears.

The conclusion of this comprehensive review finds that there is only moderate evidence to suggest that VR-based treatments can help children with ASD. While the lack of definitive findings does not allow the authors to state that VR can improve the results of traditional treatments, promising results should encourage the science community to develop new VR-based treatments. There were promising advantages in ASD symptomatology within the studies which can still be built upon. While there is still significant room to grow within this dimension of therapy in our field, science makes great strides every year, and may be a useful tool for certain learners.

Original Article:

Mesa-Gresa, P., Gil-Gómez, H., Lozano-Quilis, J.-A., & Gil-Gómez, J.-A. (2018). Effectiveness of Virtual Reality for Children and Adolescents with Autism Spectrum Disorder: An Evidence-Based Systematic Review. *Sensors*, 18(8), 2486. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/s18082486>.

Please visit our website for more details on trainings and registration.

- www.kidztherapy.com . Click on the conferences tab. More trainings and workshops are listed at the website. Continuing education credits are available. See website for details.
- For additional information on the CPI trainings, please see Blesson Thomas (kidzabs@kidztherapy.com).
- For a full list of social emotional apps for students with ASD, please see Maurene Goodman (mgoodman@kidztherapy.com).

