



**Center for Spectrum Services Presents**  
**FALL 2019 WORKSHOP SERIES**

*3 CTLE Credits per workshop are available for Professionals*

**\* Maintaining Child Safety – Preventing and Managing Elopement (wandering or running off) \***

**Thursday, November 7<sup>th</sup>, 2019 4:00 – 7:00pm**

*Presented by Leah Siuta, MPS and Kimberly Osterhoudt, MA EdPsych*

Having a child who wanders off or runs away can be a parent or teachers worst nightmare. Over 50% of children with autism will attempt to leave familiar and safe environment at some time. Therefore, it is especially important that we do all we can to prevent elopement and prepare a response plan. This workshop will include

- understanding why a child may run off and developing a child specific plan to help them learn to refrain from this behavior.
- discuss teaching strategies to help a child to learn to follow safety directions and safety awareness.
- discuss considerations for safety monitors, securing your home or school, and knowing what to do in the event that your child is missing. Parents will be given a list of resources.

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**\* How to teach functional life skills to children!\***

**Wednesday, Nov. 13<sup>th</sup>, 2019 4:00 – 7:00pm**

*Presented by Leah Siuta, MPS and Tiffany Francese-Sears, MA LMHC Behavior Intervention Specialist*

Fostering independence is an essential part of children's development. These skills will help children with ASD to become more independent with personal care such as toileting, feeding, dressing one's self and caring for their environment. Thus, it is important that staff and parents be exposed to the different ways to teach these important life skills. During this workshop we will

- explore the importance of life skill training and how to apply this training to a community, school and home based practice.
- learn to analyze your child's current skill set and determine the next steps for teaching
- learn several Applied Behavior Analysis (ABA) strategies to teach independent living skills, including chaining, errorless learning, visual schedules, differential reinforcement and social stories.

Participants will be shown videos throughout the presentation to enhance their understanding as well as small group exercises to feel more comfortable teaching these skills.

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**\* Care for the Care-Giver: Keep Your Battery Charged\***

**Thursday, November 21<sup>st</sup>, 2019 4:00 - 7:00pm**

*Presented by Sandra Brownsey, MS CAS*

Self-care is often talked about as an essential piece of keeping ourselves well and ready for all that our busy lives throw at us. But, it's often hard to do or find the time to fit in to the schedule. Dead batteries don't work until you charge them. The same applies to all care-givers.

In this workshop participants will learn

- simple techniques to follow improved self-care routines for feeling your best. You'll feel rejuvenated, relaxed and ready for all that comes your way on a daily basis.
- explore ways to include children in routines.
- learn breathing and other relaxation techniques

Please attend the workshop with an open mind and comfy clothes as we dive into relaxation mode.

## ~ Fees and Registration Information ~

Please print and mail or fax this completed registration, along with a PO or check to  
Center for Spectrum Services, Autism Workshop Series, 70 Kukuk Lane, Kingston, NY 12401.  
Fax Number – (845) 336-4153

To pay with a credit card visit [www.centerforspectrumservices.org](http://www.centerforspectrumservices.org) or  
use the form below.

**\*\* Please provide 48 hours notice for cancellations \*\***

### Workshop Costs:

\* Free - Family members of individuals with ASD and their primary caregivers.

\* \$65.00 (per workshop or \$150 for all 3) - Other interested Professionals and Paraprofessionals  
***3 CTLE Credits per workshop are available for Professionals***

### Please indicate workshop choice(s):

\_\_\_\_\_ 11/07/19 (Preventing and Managing Elopement)

\_\_\_\_\_ 11/13/19 (How to Teach Functional Life Skills)

\_\_\_\_\_ 11/21/19 (Care for the Care-Giver)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (for emergency workshop cancellation): \_\_\_\_\_

E-mail: \_\_\_\_\_

Agency/Position: \_\_\_\_\_

If you would like to pay with a credit card, please provide the following information:

Type of Credit Card (please circle):    Visa    Mastercard    Am Ex    Discover

Card Holder's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Card Holder's Billing Address: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Exp. Date \_\_\_\_\_ CW2/CVC (Security Code): \_\_\_\_\_

Signature: \_\_\_\_\_



For additional information or questions, please  
contact Michelle Thomas at (845) 336-2616 x 110 or  
[mthomas@centerforspectrumservices.org](mailto:mthomas@centerforspectrumservices.org)

