

AuSM Education Catalog

2022-2023



ausm[®]

autism society of minnesota

www.ausm.org

Minnesota's First Autism Resource[®]

Home Care For All Ages

Supporting families and their
caregivers since 2005.

PCA Choice • FMS • 245D Basic • Homemaker Services



Call now to start your Best Care journey- **651.330.2550**

BEST CARE

YOUR CARE. YOUR WAY.

bestcaremn.com

AuSM is your hub for community, resources, classes, and support.



The past two years have been tough; for organizations, for families, for communities. But through it all AuSM has been dedicated to bringing you the information, resources, and connections you need to thrive. We're proud to share that after multiple years of struggle, we're growing and building new opportunities for our community members.

On these pages, you'll find AuSM's education offerings, including special interest-focused social and recreation programs that engage youth and adults to interact socially while raising self-awareness and self-esteem; AuSM Skillshops that focus on positive strategies and problem-solving; and specialized training tailored for organizations and businesses, including the Autism Direct Support Certification program.

For activities that will take place in person, AuSM will apply a personal safety plan that includes proper health practices while still engaging participants with instructors and each other.

We know that you need a partner in your life. We're here to walk with you no matter where you are on your journey. We celebrate individuals with autism by continuing to offer a welcoming place to learn, access services, and develop skills for navigating emotions, information, and life. Keep connected with AuSM and this amazing community by joining us for an educational opportunity, a training, or a class.

Explore this catalog to see how AuSM is here for you.

AuSM appreciates the support of its education catalog advertisers. AuSM cannot endorse any commercial products, processes, or services.

Thank you, AuSM Premier Partners!

Join these companies in making a difference in the lives of individuals touched by autism in Minnesota.



MARKETING • PRINT • MAIL



If you are interested in becoming an AuSM Premier Partner, please contact Zephyr James at 651.647.1083 ext. 123 or e-mail zjames@ausm.org.

TABLE OF CONTENTS

AuSM Recreation and Social Programs/AuSM Classes *pages 8-11*

- Special interest-focused classes and social opportunities.
- Understanding, intervention, and accommodation strategies for every age on the autism spectrum. Classes are geared toward parents, caregivers, educators, therapists, professionals, and individuals with autism.
- Certification is an intensive course designed for those who want to better provide service to those with autism.

AuSM Celebrates Interdependence/AuSM Training *page 14-15*

- AuSM's interdependence initiative continues to add new resources.
- Learn about AuSM's training program.

AuSM Skillshops *pages 20-22*

- Topic-focused, mini-workshops designed for individuals with autism, caregivers, family members, support staff, and more.

AuSM Membership *page 25*

- Your AuSM membership includes reduced rates for AuSM programs and gives you access to resources and services you need to help you accomplish your goals. Become an AuSM member today!

Upcoming AuSM Events *page 26*

- Mark your calendar for this fall's AuSM events and fundraisers.

AuSM Advocacy/AuSM Camps *page 27*

- AuSM invites you to become a part of our advocacy efforts.
- AuSM camps are looking for staff for 2023.

AuSM Counseling and Consulting Services *pages 28-29*

- With the help of therapists, overcome challenges, improve daily functioning, and achieve a more balanced lifestyle.

AuSM EDUCATION TIPS

- Register for AuSM education programs online at www.ausm.org. Call 651.647.1083 or e-mail education@ausm.org with registration questions. Classes have a maximum enrollment. Register early to ensure placement in a class.
- We have had some participants let us know that they are not receiving our emails. Please add mmcdonald@ausm.org and education@ausm.org to your e-mail address book to ensure you receive all our communications.
- If a participant requires more support than the class provides, they may participate with a Direct Support Professional (DSP). The DSP will be responsible for supporting the individual with communication, behavior, and daily living skills. Contact us at education@ausm.org for more information.
- Check with your county case manager to see if your selected AuSM education program can be paid for under the Brain Injury (BI); Community Alternative Care (CAC); Community Access for Disability Inclusion (CADL); or Developmental Disability (DD) waiver.
- Schedules and instructors are subject to change. Visit www.ausm.org for current information.
- If a class is canceled or postponed, AuSM will notify you via phone or e-mail and will post on www.ausm.org.
- Cancellation by registrant: Refunds less a \$25 processing fee will be assessed for cancellations received in writing to education@ausm.org seven business days prior to the start of the first class in the session. Following this date, no refunds will be given. Requests for transfer of registration to another individual or program will be considered on a case-by-case basis.
- Cancellation by program organizer: AuSM reserves the right to cancel a class due to low registration or other circumstances that make the class non-viable. If AuSM cancels a class, registrants will be offered a full refund. If the class is postponed, registrants will have the option to either receive a full refund or transfer registration to the another class.
- Scholarships are available for those who qualify, and some classes are waiver-eligible. Scholarships can be requested through the registration forms.

Say Hello to AuSM Recreation and Social Programs

Early in our history, AuSM launched the first iteration of its social skills programming in the form of classes called Eagle's Nest. After continuing the program under that name for years, we evolved into AuSM Social Skills Classes to reflect the focus of our community on providing opportunities for autistic youth and adults to learn skills and explore their community. Now we're thrilled to share that we're making another change. AuSM Social Skills Classes are now AuSM Recreation and Social Programs.

We believe that the best place for autistic youth and adults to learn social skills is in the community, organically, with their peers and mentors. AuSM operates on the model of social skills classes as community-based experiential learning opportunities. That's why our social classes don't include explicit instruction in social expectations. Instead, we partner with community organizations to build fun and engaging activities that kids and adults will love. Our participants naturally gain skills as they navigate new situations, get to know other students, and practice everything from improv to self-advocacy.

A parent from our 2022 summer classes shared that his son typically resists attending classes, but he was eager to come every day of AuSM classes. He asked every morning, many times, when it was going to be time to go to camp — something that had never happened before. Responses like this show the importance of centering our participants and their experiences — something that is at the heart of AuSM classes.

Many social skills programs focus on explicitly teaching communication tactics, whether that be eye contact or conversational approaches. AuSM does things differently. Our programs are rooted in a neurodivergence mindset and help kids and adults build skills naturally, in ways that work for them, while building community. Our new name reflects that we do not operate like traditional social skills classes: we don't offer social skills "training."

"Recreation and social programs allow our participants to embrace and engage in community activities whilst learning social skills," notes AuSM Education Specialist Dayna Nelson. "There's a huge need for this type of programming, as there are not enough organizations in both the metro and greater Minnesota that conduct them. Most social programming that is offered does not provide community interaction and outreach. Our participants have fun while learning boundaries, advocacy, healthy relationships, communicating with peers, and much more. There's no pressure in our recreation programs for participants to be anything but themselves. It's an accepting and nurturing environment where our staff meet the individual where the individual is at."

In addition to better representing how we teach social skills, this new name is more expansive and covers the work that we do to provide organic and integrated community spaces for autistic adults to socialize. As we move into 2023, AuSM staff are working behind the scenes to increase the number of opportunities for adult community building and socializing. We're connecting with new partners to create groups and meet ups for autistic adults to connect in ways that work for them. We see the new name as a reflection of the ways in which we are expanding to offer more resources for our adult community.



We're looking forward to seeing you in our NEW AuSM Recreation and Social Programs!

Helping You Meet Their Needs



612.200.9920
Serving Minnesota since 2009

AUTISM ADVOCACY
901 North 3rd Street, Suite 120
Minneapolis, MN 55401 & LAW CENTER LLC.



MINNESOTA
INDEPENDENCE
COLLEGE &
COMMUNITY
MICC
Learn Skills. Experience Life.

Lifelong community

It's what's important to our neurodiverse students with Autism Spectrum Disorder and learning disabilities.

Learn more at miccommunity.org

Recreation and Social Programs

CSz Improv Skills (ages 14-26)

AuSM is pleased to continue its partnership with CSz Twin Cities to offer classes based on the principles of improvisational theater. Have fun while learning how to respond to the unexpected, engage in reciprocal interactions, and support fellow participants in keeping a scene moving forward. No prior improv experience is necessary. Experienced improv participants may register for the Advanced class; Advanced participants must be pre-approved by the instructor.



Dates

Sep. 24; Oct. 1, 8, 15, 29; Nov. 5 (no class Oct. 22)

Times

Advanced class- 12:30 – 2:00 p.m. ; Beginner class- 2:30 – 4:00 p.m.

Cost

Member- \$275, Non-Member- \$325

Location

Center for Performing Arts
3754 Pleasant Ave., Minneapolis, MN 55409

Register online at www.ausm.org.



SELF Let's Talk About Sexuality: Sex, Communication, and Boundaries (ages 18+)

Learn about sexual development and expression and engage in conversations about safe, healthy sexuality. Topics will include: healthy relationships, safe and appropriate boundaries, consent, personal safety, private and public spaces, dating and relationships, hygiene and personal care, human reproduction, pregnancy prevention, and gender and sexual orientation. Offered in partnership with the Autism Society of Minnesota, this class will be taught by the Seeing and Exploring Life's Future (SELF) Team of Lutheran Social Service of Minnesota.



Dates

Oct. 10, 17, 24, 31; Nov. 7, 14, 21, 28; Dec. 5, 12, 19

Times

6:30 – 8:00 p.m.

Cost

Member- \$150, Non-Member- \$195

Location

Virtual via Zoom

Register online at www.ausm.org.



Recreation and Social Programs

Lowry Nature Center (ages 13+)

Forts and Fire-building for People with Autism

Build shelters in the woods and start a fire. Cook marshmallows and make s'mores. Make friends and practice communicating your needs during safe, off-trail adventures away from the comforts of home. Participants must be able to demonstrate self-care skills without assistance, independently follow adult direction and safety rules, and show readiness for large group participation, including always remaining with the group. This program is co-taught by AuSM and Three Rivers Park District educators. It is held entirely outdoors.



Date: Sept. 11, 12:30 – 3 p.m.

Cost \$20

Lowry Class Code: 4LNC1745

Location

Lowry Nature Center
7025 Victoria Dr., Victoria, MN 55386



Register online at www.ausm.org.

Apple Cidering and Fall Colors Hike for People with Autism

Make apple cider using a cider press. Explore the trails of Lowry while taking in the colors of the season. Make friends and practice communicating your needs during safe, off-trail adventures away from the comforts of home. Participants must be able to demonstrate self-care skills without assistance, independently follow adult direction and safety rules, and show readiness for large group participation, including always remaining with the group. This program is co-taught by AuSM and Three Rivers Park District educators. It is held entirely outdoors.

12:30 – 3 p.m.

Cost \$20

Location

Lowry Nature Center
7025 Victoria Dr., Victoria, MN 55386



Register online at www.ausm.org.

Recreation and Social Programs

MEA Recreation

Minnesota Landscape Arboretum

Tour the Minnesota Landscape Arboretum and enjoy the fall colors while fostering learning, friendship, and fun while celebrating neurodiversity. AuSM programs are conducive to youth and adults who fall within the wide range of the autism spectrum, and programs are staffed at a 1:4 staff-to-participant ratio. Due to gender disparities in our typical classes, the afternoon session is reserved for females to connect and build community.

Date: Thursday, Oct. 20th

9:30 a.m. – 12 p.m.: ages 14-24

1 p.m.-3:30 p.m.: ages 14+, females only

Cost

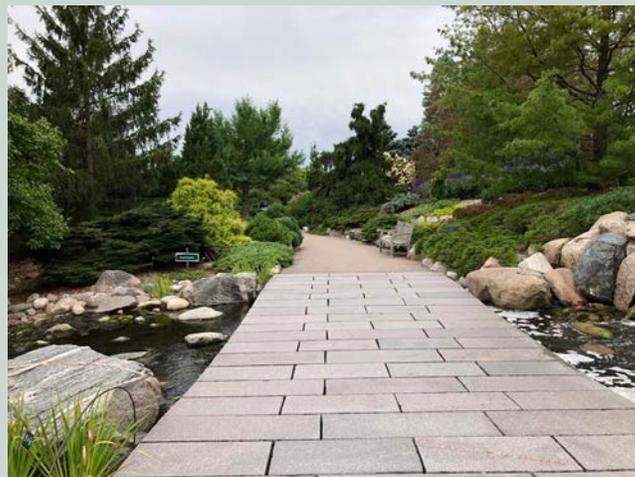
Member- \$35, Non-Member- \$45

Location

Minnesota Landscape Arboretum

3675 Arboretum Dr., Chaska, MN 55318

Register online at www.ausm.org.



Stepping Stone Theatre

New to improv or want to sharpen your skills? Here's your chance! In this workshop, you will work collaboratively with your group to explore the fundamentals of improv. Together, you will play improvisation games, brainstorm scenarios, and share some good laughs!

Date: Friday, Oct. 21

9:30 a.m. – 12 p.m.

Ages 14-24

Cost

Member- \$35, Non-Member- \$45

Location

Stepping Stone Theatre

20 W. 7th Pl. St. Paul, MN 55102

Register online at www.ausm.org.



AuSM Classes

Autism Direct Support Certification Program

This program is designed for professionals and caregivers who work with or support individuals with autism and want to provide better service and care. Individuals on the spectrum also are welcome and encouraged to attend for increased self-understanding and to share their unique perspectives.

Training Objectives

- Identify how people with autism think.
- Understand how differences in thinking lead to differences in behavior.
- Understand how different tools/interventions address the strengths and challenges of ASD.
- Identify tools to support clients and loved ones in different situations.

Dates/Times

Fall 2022 Session:

Fridays 9 a.m. – 12 p.m.

Sept. 9, 16, 23, 30; Oct. 7

Winter 2023 Session:

Saturdays Jan. 14 and 21, 9 a.m. – 12 p.m. and 1-4 p.m.

Saturday Jan. 28, 9 a.m. – 12 p.m.

Cost

\$260 per person

Location

Virtual via Zoom

[Register online at www.ausm.org.](http://www.ausm.org)

Understanding Autism and Best Support Strategies

Learn common characteristics of individuals with Autism Spectrum Disorder and sensory processing disorders. Obtain valuable insight on evidence-based practices for supporting individuals across settings.

Who should participate?

Caregivers, parents, grandparents, group home and day program staff, Personal Care Attendants, and education and health care staff will benefit from this class. *Note: This is a single-session class. Content is the same in all sessions. When registering, please select only the single session that works best for you.

Dates/Times

Sept. 19 from 2 – 4 p.m.

Oct. 17 from 6 – 8 p.m.

Nov. 21 from 10 a.m. – 12 p.m.

Dec. 19 from 2 – 4 p.m.

Cost

2022 Understanding Autism classes are generously sponsored by AuSM Premier Partner



Location

Virtual via Zoom

[Register online at www.ausm.org.](http://www.ausm.org)

Improving lives through personalized homecare



Accra helps families affected by Autism Spectrum Disorder that need support in their homes. We are one of the largest providers of homecare services in Minnesota, proudly serving more than 9,000 clients across the state. Our mission is to improve lives by providing individualized homecare services and support to people living at home. Our person-centered philosophy focuses on treating each person as a unique individual.

Our services include:

- Personal Care Assistant (PCA) Choice
- Financial Management Services (FMS)
- 245D Waivered Services
- Home Health Care
- Mental Health Services
- Senior Assisted Living

To learn more, call 866-935-3515
or visit accrahomecare.org



Champions of Homecare

Accra • 12600 Whitewater Drive • Suite 100 • Minnetonka, MN 55343

Talk To Me Technologies

Talk To Me Technologies provides assistive technology known as “Speech-Generating Devices” which allows people to communicate using a synthesized voice. Our technology helps children and adults of all ages with complex communication needs due to diagnoses like autism, cerebral palsy, Down syndrome, stroke and ALS (Lou Gehrig’s disease).

Luka, wego™ 10A communicator



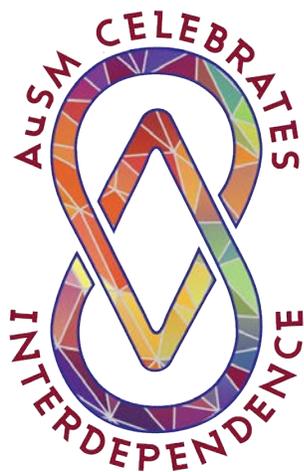
TTMT
360

 [TalkToMeTechnologies.com](https://www.TalkToMeTechnologies.com)

Learn more about our
TTMT360™ program

Spark™ Symbols © Talk To Me Technologies complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.





AuSM Celebrates Interdependence Continues to Grow

Last year we introduced you to AuSM Celebrates Interdependence, an initiative that looked at disability from a new viewpoint that celebrates neurodiversity and highlights the amazing ways that our autistic community members participate in their communities, families, relationships, workplaces, and other spaces. We shared new, original resources with information about relationships, families, environment, and community. We hosted educational opportunities connected to interdependence, and sought your questions and concerns to tailor our information to your needs.

We're proud to share that the AuSM Celebrates Interdependence initiative has continued to grow throughout 2022. Based on survey responses, information and resource calls, and focus groups, we have added additional resources and created video walk-throughs of some of our existing resources to help you better understand them. From a glossary of terms to information about learning to drive, you'll find a wide variety of new options in the campaign.

As we look toward 2023, we have plans to continue adding and improving our AuSM Celebrates Interdependence resources. You can look forward to seeing more social narratives on our website, more educational videos, and new interactive tools to help you live the life you want.

Check out our full list of current resources and visit our website in the Resources section to access the initiative.

Resources

- **Glossary of Terms:** If you're uncertain about any terminology used in these resources or in other autism spaces, you can likely find definitions in our glossary.
- **7 Things to Know About ASD and Sexuality:** Obtain a quick overview of important facts about autism and sexuality.
- **Relationship Guideposts:** Learn about a variety of behaviors and signs that will help you determine if a relationship is healthy, unhealthy, or abusive.
- **Social Rules for Online Dating:** If you're interested in online dating, but want more information about what to expect and the social rules that others will want you to follow, this document can help guide you.
- **Supporting Queer Autistic Individuals:** This handout was included during the keynote, "Supporting Queer Autistic Individuals: Applying The Lessons of Universal Design to Gender and Sexuality" at the 2022 Minnesota Autism Conference and includes common terms related to gender and sexuality – as well as answers to questions and concerns you may have.
- **Autistic Sexual Bill of Rights and Building Your Own Bill of Rights Worksheet:** An overview of the rights every individual has in relationships, plus information about determining your own wants and needs in a relationship.
- **How to Create an Online Dating Profile:** First impressions are important when meeting people online and in-person! When someone is dating online, they can create a profile that reflects who they are and allows others to see if they have interests or values in common. Use this worksheet to create an online dating profile that communicates who you are!
- **Creating Family Traditions:** Traditions are a great way to bring your family together, feel connected to your history, and share values. How can you create values that include your autistic family members? Use this guide to collaboratively create family traditions that work for your family.
- **Sensory Schedule:** This interactive Google Sheet is a way to identify sensory supports and create a schedule to help you incorporate them into your life. You can use it as an individual, or to help support someone else. This resource now includes a video walk-through.
- **Charting the LifeCourse Resources:** Charting the LifeCourse is a person-centered planning approach to helping an individual within their family system find supports and meet their goals. This page has a variety of interactive resources for mapping relationships, identifying goals, and imagining the future.
- **Your Self-Care Toolkit:** This resource is an interactive tool to help you plan out your self-care practice and become more intentional about meeting your own needs. This resource now includes a video walk-through.
- **Types of Self-Advocacy:** This graphic shares a variety of different ways that an individual can engage in self-advocacy, pushing us to look beyond traditional concepts of advocacy that are limited to politics or laws.
- **What is Mutual Aid?:** An introductory article explaining the concept of mutual aid and how it relates to the disability community.
- **What is Collective Care?:** A guide to the concept of collective care, a disability-specific form of mutual aid. It includes information about how to start a care web or collective.
- **What is Pod Mapping?:** This guide will help you map out your mutual aid supports and understand how you can be more intentional about giving and receiving help.
- **Driving and Transportation with Autism:** This resource provides information about how driving can be challenging for autistics, as well as tips for teaching driving skills. It also includes more resources and places to get driving lessons.
- **Accessible Chef:** Accessible Chef is a collection of free visual recipes and other resources to help teach cooking skills to individuals with disabilities at home or in a special education classroom.
- **Sensory Chew Product Database:** A database listing over 300 sensory chewing products with information like price, chew type, URL, and vendor.

AuSM Extends Training Throughout Community

For years, AuSM has provided customized training opportunities to organizations and companies across the state of Minnesota – but in recent years, these trainings have flourished. In the last year alone, AuSM’s education team has completed over 80 trainings with dozens of community partners throughout the state. These trainings included:

- Ongoing training with Accra that reached nearly 850 participants
- Children’s Hospital
- Melrose Center
- 31 police departments
- Eight schools and colleges
- Como Zoo
- MNDoT
- Community Health Initiative



“The prevalence rate for autism in Minnesota is 1 in 36 children. Caregivers, clinicians, educators, employers, emergency responders, museum and recreational organizations are interacting with more individuals with autism and neurodivergent disorders than noticed before,” says AuSM Education Specialist Dayna Nelson. “These community members want to engage and be helpful to people who are experiencing difficulties without being harmful. Thus, AuSM has had an increase in our trainings as we partner with a much larger group of organizations that want to engage in better ways with the neurodivergent community.”

In addition to customized trainings built in tandem with our community partners to meet their needs and create true inclusion, AuSM has also provided “Understanding ASD” trainings to over 325 people in the past year. What sets these trainings apart is that in 2022, AuSM made a commitment to include an autistic trainer in every session.



- Accessibility and Inclusion
- Autism 101
- Autism Awareness for Students and Peers
- Autism in Adults
- Disability Policy
- Early Childhood and Early Intervention
- Emergency Training
- Evidence-Based Practices
- Executive Function and Emotional Regulation
- Medical Provider Training
- Mental Health
- Newly Diagnosed
- Sensory-Friendly Environments
- Sensory Processing
- Strategies for Employers
- Transition and Adolescence
- Understanding Behavior and Positive Supports

True inclusion requires engagement, so that individuals with disabilities participate to the greatest extent possible and have a voice to share their thoughts, ideas, questions, and experiences. Across our trainings, AuSM is committed to this kind of deep engagement. We are committed to incorporating autistic presenters into our trainings, developing content with autistic feedback, and continual research that includes autistic voices.

AuSM’s Education Director Eric Ringgenberg shares: “AuSM training stands out because we talk about autism in a way that many people have not encountered before. Autistic perspectives and experiences are centered in the training content that is provided, and as much as possible autistic voices are included in training sessions. We promote understanding disability through a social model, thus viewing autism as a difference much more than a disorder.”

Contact AuSM’s Education Department at **651.647.1083** or e-mail education@ausm.org for more information about training opportunities.

Sensory Friendly PERFORMANCES



Empowering individuals with sensory sensitivities to experience engaging theatre at CTC!

- **Sensory Guides and Social Narratives**
- **Trained staff from Fraser, AuSM, and CTC**
- **Overall sound reduction**
- **Audience lights left on**
- **Take-a-Break Space**
- **Fidgets, weighted blankets, earmuffs, and more**

LEARN MORE AND VIEW SENSORY FRIENDLY SHOW DATES AT

childrenstheatre.org/sensory

Photo by Pixel Dust Photography



Listening is always free.

Go to todaysautisticmoment.com for program information, subscriptions, and special events.

Fall 2021 Shows

September

- Autistic Adults: Dating, Romantic Relationships and Sexuality
- Autistic Adults: Let's Talk About Consent

October

- Autistic Adults: Coming Out as Autistic, Transgender and Nonbinary
- Autistic Adults: Managing Relationships with Other Autistics

November

- Autistic Adults: Preparing for Sensory Unfriendly Holidays
- Autistic Adults: Substance Addiction

December

- Autistic Adults: Substance Addiction Recovery
- Autistic Adults: Internet Safety

*This ad is paid for by a grant from the Minnesota Humanities Center with money from the Arts and Cultural Heritage Fund



contact us:

phone: 612.361.7927

email: swiminfo@swimpossible.org

website: swimpossible.org

why we're unique:

we adapt to you.

SwimPossible provides safe, calming, and fun lessons that are customized for students who need a 1:1 personalized approach, adapted to their needs for learning how to swim. Our method incorporates current swim techniques and elements of water therapy taught by a family of experienced instructors to help students quiet their minds and feel how their bodies move in the water. SwimPossible does not focus on diagnoses or labels. We teach swimming to students of all ages who are not served successfully by traditional lessons, including those with Autism Spectrum Disorder, Anxiety, ADHD, Down's Syndrome, and other sensory and learning differences.

because students learn best through a personalized approach.

If you have swim lesson needs not met by other conventional lessons, Swim Possible is the place to be! We don't go by structured "levels" or "graduating." We base our lessons simply around your specific abilities, goals, and needs to provide you with confidence and safety in the water. All of our instructors are well trained in water safety, swim strokes and are Swim Angelfish Certified. Many instructors are also CPR/Lifeguard trained. Each of them are trained to help our swimmers progress in a way that lets them shine.

10% discount when you sign up for your first 10 week session!





We understand that autism impacts more than the individual.

Our autism services programs create tailored plans to meet each child's individual needs. We take an integrated approach to treating the challenges associated with ASD including difficulties with:

- social interaction
- communication
- sensory processing
- self-regulation

To learn more about mental health and autism services at St. David's Center call (952) 548-8700 or visit stdavidscenter.org



Academy of Whole Learning is now Franklin Center



Our holistic approach includes a full range of programs:



A Minnesota school unlike any other, delivering K-12 education through personalized accommodations for neurodiverse students.



Fully licensed, comprehensive therapy for the neurodiverse, with a focus on the intersection of behavioral and mental health.



Engaging experiences outside of school where students build friendships, create connections, and develop social skills.



Summer camps for neurodiverse or sensory-sensitive students to maintain their learning, have fun, and make friends.



A post-secondary program offering a full range of life skills courses, preparing neurodiverse young adults to live and work independently with confidence.

HELPING FAMILIES NAVIGATE THE COMPLEXITIES OF LIFE WITH AUTISM THROUGH HOLISTIC WELLNESS PRACTICES

Are you feeling *overwhelmed* and *drained* with navigating all the daily complexities and different needs that can change by the day?

Does your loved one only eat a specific set of limited meal options and is missing the nutritional content of real food?

My son was diagnosed in 2009 and I understand the complex world of being a special needs mom.

I help other families with:

- Mentoring and holistic wellness
- Simplified nutrition changes and natural nutritional products
- Self-Care and resources
- A free Calm Down Strategies sheet



www.LivingWellWithYvette.com
763.312.7971
hello@livingwellwithyvette.com

AuSM Skillshops

Based on topics suggested by the Minnesota autism community, AuSM Skillshops are mini-workshops designed for individuals with autism, parents, caregivers, family members, support staff, educators, therapists, and other professionals.

AuSM Skillshops are held virtually through the Zoom platform. Sessions will be available in real-time only and will not be accessible after the AuSM Skillshop has taken place. Upon request, AuSM Skillshop participants may receive a certificate of attendance to submit to licensing boards for Continuing Education Unit (CEU) consideration.

AuSM Members receive a certificate for one FREE AuSM Skillshop per year and save \$10 on each AuSM Skillshop.

Cost Per AuSM Skillshop/Per Individual Registration

AuSM Member: \$15; Non-Member: \$25

AuSM Member with ASD or Current Student: \$10

BEST CARE
YOUR CARE. YOUR WAY.

Register online at www.ausm.org.

2022-2023 AuSM Skillshops are generously sponsored by Best Care, an AuSM Premier Partner.

Oct. 25, 2022 Learning to Drive While Autistic

Presenters: Kathy Woods, OTR/L, CDRS, LDI (she/her)

Date: Tuesday, Oct. 25 from 7-9 p.m. **VIRTUAL**

Driving is viewed as a rite of passage as we enter later teenage years or early adulthood. This skillshop will share information and invite discussion on the critical skills needed for driving how being autistic may impact learning to drive, assessment of driver readiness and driver training, ideas for things that can be initiated in the home, community and therapies that may improve safe driver potential, and review ideas related to modified independence in the community through use of alternative transportation and delivery services.

Kathy Woods, OTR/L, CDRS, LDI, is the Supervisor of CKRI's Driver Assessment and Training. She is an Occupational Therapist, Certified Driver Rehabilitation Specialist, and a MN state licensed driver instructor. Kathy had seven years experience working in the vehicle modification industry before joining the team at CKRI in 2006. In addition to her role in providing oversight and management of the day-to-day operations of the service, Kathy provides clinical testing, behind-the-wheel assessments, and lessons. Kathy has given presentations at the local, state, and national level on driver assessments and vehicle modifications. She is an active member of the Association of Driver Rehabilitation Specialists (ADED); in the past she has served on certification committees and is currently on the publications committee. Kathy has earned an Autism Badge from ADED, which signifies a level of competency within this scope of practice of Driver Rehabilitation.





Nov. 15, 2022

Guardianship: Do We Need It?

Presenter: Jason Schellack (he/him)

Date: Tuesday, Nov. 15 from 7-9 p.m. **VIRTUAL**

At age 18, a child is legally considered an adult. Some youth, however, aren't yet ready for all of the responsibilities of adulthood. Many children with ASD will continue to need assistance with their IEPs, transition services, making medical decisions, and applying for government benefits. To legally assist their adult children in these important areas, many parents and caregivers choose to establish legal guardianship. Learn about the guardianship legal process, limited guardianship, and how you can qualify for free legal assistance. Understand the powers and responsibilities guardians have under Minnesota law, and how successor guardians are chosen and appointed.

Jason Schellack is an attorney and the Executive Director of Autism Advocacy and Law Center, LLC, a law firm dedicated to serving individuals with disabilities and their families. Schellack has worked with individuals with autism as a camp counselor, personal care attendant, public defender, and legal advocate. He practices primarily in the areas of guardianship, estate planning, family law, and special education law. Schellack is licensed to practice law in the State of Minnesota, as well as federal district court.

Dec. 13, 2022

Autistic Friendly Holidays and Traditions

Presenters: Zephyr James (any pronouns)

Date: Tuesday, Dec. 13 from 7-9 p.m. **VIRTUAL**

Many families rely on holidays and traditions to create connections, feel a tie to history, and share values. But often family traditions and expectations can exclude autistics, whether because of sensory needs, disrupted routines, or confusing expectations. This session will help you explore how your autistic family member (or you yourself) can be a powerful force towards creating ritual and tradition that meets the needs of your family. It will include strategies for managing the overwhelm that often comes around the holidays, interactive practice for brainstorming traditions that work for your family, and tips for meeting everyone's needs.

Zephyr James is an autistic adult and the Community Engagement Manager at the Autism Society of Minnesota. With over seven years of experience in the autism field, they spend their time talking to autistic community members to create resources that meet the needs of the community where they are. James has completed the Partners in Policymaking disability advocacy program and was a Minnesota LEND Fellow.

Jan. 10, 2023 How to Change the World: an introduction to Public Policy and Disability

Presenter: Jillian Nelson (she/her)

Date: Tuesday, Jan. 10 from 7-9 p.m. **VIRTUAL**

Have you ever wondered how to change the laws, or how disability policies are decided? Join AuSM's Policy advocate and advocacy committee for an overview of the process to change laws, what are the nuances to disability advocacy, and how you can get involved and use your own voice. This session will be presentation, panel discussion and hands on learning opportunity. The committee will also offer a detailed overview of the coming sessions policy agenda.

Jillian Nelson, Community Resource and Policy Advocate for the Autism Society of Minnesota, was diagnosed with autism as a young adult. With a degree in human services and a background in self-advocacy, she has dedicated her career to helping others with autism achieve their goals, advocating for system change, and spreading a message of education and autism acceptance. Nelson currently sits on The Governor's Council for Developmental Disabilities. She also has worked in employment services, helping others with autism secure and retain appropriate, successful employment.

Jan. 24, 2023 Surviving Autistic Burnout

Presenters: Dayna Nelson (she/her)

Date: Tuesday, Jan. 24 from 7-9 p.m. **VIRTUAL**

This session will discuss what autistic burnout is, how to recognize it, and what common causes are. After you understand burnout, you'll get some hacks that will help you survive burnout plus narratives and resources around asking for help and support. This isn't your guide on solving burn-out, it's your guide to recognizing, taking care of and being kinder to yourself when you're burnt out. This is a class for autistics, caregivers, educators and professionals who are surviving burnout.

Dayna Nelson is the Education Specialist with the Autism Society of Minnesota. She has a Bachelor of Arts in Psychology with a heavy emphasis of Family Social Sciences from the University of Minnesota – Twin Cities. Dayna is dedicated to community-based outreach and providing evidence-based practices within the community to celebrate neurodiversity. She has several years of experience working with autistic individuals, individuals with motor and physical disabilities, and individuals with severe mental diagnoses. Additionally, Dayna has extensive experience working in education, museum and homeless shelter programming. In this role, Dayna navigates and strives for a deeper understanding in the development of expansive trainings, implementing social skills and collaborating with organizations for sensory friendly and inclusive spaces.





We Know Self-Directed Care

"It's your people that make MRCI-CDS good. The people I've had contact with, I appreciate very much."
– Kathy W. | Client Representative | St Paul, MN

Whether you are a participant or their family, case manager, support planner, provider or agency, our responsive staff has the knowledge and expertise to guide you through the complexities of self-directed care.

Accepting Immediate Intakes

Call 800-829-7110 or visit MRCICDS.ORG to learn more



Financial Management Service (FMS) | PCA Choice | 245D Licensed | Community First Services and Supports (CFSS)



Where experiences & adventures are open to all abilities.



**Camp | Respite | Retreats | Team Building
Therapy and Adaptive Riding | Travel**

www.truefriends.org | 952.852.0101 | info@truefriends.org



**NAVIGATING
MSP AIRPORT**



PRACTICE MAKES PERFECT.

Traveling with your child with special needs can seem intimidating. Navigating MSP helps ease the anxiety with practice runs through MSP Airport.

This FREE program is offered monthly and will allow you to:

- Experience TSA security
- Explore the terminal
- Board a plane and meet a pilot
- Prepare for takeoff
- Gather helpful tips, information and resources

To learn more or to register for a session, go to MSPAairport.com and search for Navigating MSP.

For more information contact:
Shelly Lopez at 612-726-5239
or Shelly.Lopez@mspm.com



AuSM Membership

Whether you are a family with a child who is newly diagnosed, an adult on the spectrum, an educator who serves individuals with autism, or a business that wants to learn how to better serve customers with autism, AuSM provides you with resources and services you need to help you accomplish your goals. Your AuSM membership helps you find the most accessible way to participate and grow.

- Member-only rates on classes, AuSM Summer Camp eligibility
- Discount registration for annual Minnesota Autism Conference
- One complimentary AuSM Skillshop per year
- Access to AuSM Lending Library
- AuSM Connections, our twice-per-month e-mail newsletter
- Advocacy updates and alerts

Basic AuSM Membership

\$60 Household: two adults and children or grandchildren, ages 21 and under
 \$40 Educator/Professional: individual membership for professionals
 \$20 Person with ASD: individual membership for adults over 21

Group AuSM Membership

\$150 Non-Profit: includes memberships for employees
 \$350 Corporate: includes memberships for employees



Visit www.ausm.org or call 651.647.1083 to become an AuSM Member today!



Nov. 6, 2022
 Virtual and
 In-Person at the
 Mall of America



500 and 100 piece divisions

Register at www.ausm.org

Upcoming AuSM Events



Sep. 17: Autistic Community Summit



Masonic Institute for the Developing Brain
9 a.m.-4:30 p.m.
Virtually and In-Person

AUTISM SOCIETY OF MINNESOTA
— Autistic Community Summit —

Oct. 19: Ignite Inclusion: A Fundraiser for the Autism Community

Brother Justus Cocktail Room
6:30-9 p.m.



Nov. 5: Jigsaw Puzzle Competition

Mall of America
9 a.m.-3 p.m.
Virtually and In-Person



Nov. 1-17: Give to the Max Day Fundraiser

Online at www.givemn.org



Register at www.ausm.org



Join AuSM Advocacy

The **AuSM Advocacy Committee** is a powerful voice in advocating on behalf of Minnesota’s autism community. From working to ensure vaccine equity to pushing for accessibility reform, the committee is one way that AuSM ensures that Minnesota’s laws and public policies support individuals and families living with autism.

Our committee is currently looking for new members or individuals who want to get involved in advocacy! With a focus on state legislation, our committee works through the difficult but worthwhile process of drafting and introducing bills, connecting with legislators to gain support, and pushing (needs) past the finish line. Committee members can engage in plenty of ways, including:

- Contact legislators
- Testify at hearings and town halls
- Draft communications
- Serve on committees

Experienced advocates will tell you that affecting governmental change is painstakingly-hard work. Legislation that you think will get done quickly can instead takes years, and that’s if you’re lucky to succeed at all. If you truly want to learn “how the sausage gets made” in lawmaking and advocacy, we invite you to join us as part of our committee. You’ll have the opportunity to learn from our seasoned advocates about the process of working on political advocacy, as well as how to focus an agenda and continue working a bill through multiple years of deliberation. Bring your perseverance and convictions: advocacy is hard work, but it’s also an important, fulfilling, and transformative calling. Let’s absolutely do this, together.

Our 2022-2023 legislative session agenda will be focused on the following issues:

1. Education accessibility: including parents with disabilities, post secondary education and the transition service cliff
2. Sensory-friendly requirements, including grant appropriations and event licensing
3. Reforming accessible parking guidelines and playgrounds to be more inclusive of autism
4. County and state services accessibility
5. Lowering rates of MA-EPD

To learn more, visit www.ausm.org and sign up for advocacy alerts.

AuSM Camps

AuSM camps have wrapped up for 2022 but you can still support camp programs! You can find the wish lists for our summer camp programs by visiting www.ausm.org. You’ll find Amazon wish lists with items that will improve camps for all of our campers.

AuSM Is Seeking Staff for 2023 Camps

AuSM invites you to learn about the magic of camp and community by becoming a camp counselor during the summer 2023 season. AuSM’s Camp Discovery and Camp Hand in Hand will be seeking staff beginning this fall. If you are interested in learning more, contact us at 651.647.1083 or e-mail camp@ausm.org.



AuSM Counseling and Consulting Services

Autism Society of Minnesota therapists have committed their careers to helping individuals with autism spectrum disorder understand their diagnosis. They provide strategies to support each person’s unique autism experience, addressing both the challenges and gifts it can bring. AuSM therapists help individuals from youth through adulthood as they grow at their own pace in a safe, compassionate, and respectful environment.

Counseling Services

- Diagnostic and functional assessments for adolescents and adults
- Individual and family therapy
- Training for organizations and service providers

Consulting Services

AuSM’s Counseling and Consulting Services team is available to assist therapists, group home staff, community organizations, employers, day training and habilitation groups, and other professionals who work with individuals with autism with general training or strategies related to a specific issue or topic. Contact us for more information.

We are ready to meet with you

To inquire about our services, make an appointment, or verify insurance, contact us at **651.647.1083** or e-mail info@ausm.org. We accept Medical Assistance and many private insurance plans.

Support Groups and Social Coaching

AuSM offers free monthly support groups to meet the needs of caregivers, children, family members, and individuals. In addition, AuSM offers social coaching for individuals who want to build specific skills.

“It is difficult for me to trust healthcare providers. But I trust my AuSM therapist. And I respect her. Everyone at AuSM seems to understand what I am going through.” – AuSM Counseling and Consulting Services Client

Meet Our AuSM Therapists



Sara Lahti, MA, LPCC

Pronouns: she/her

Lahti has worked with children with ASD and individuals with ASD and other disabilities in a day program facility. Lahti developed a passion for working with adults on the autism spectrum and uses Adlerian and person-centered

therapeutic techniques to help clients better understand themselves and their strengths. She works with clients on thought patterns and how they affect daily living and also helps clients develop social interest within themselves and their communities.



Barbara Luskin, PhD, LP

Pronouns: she/her

Dr. Luskin is a licensed psychologist who has worked closely with children and adults with ASD for more than 30 years in professional and home settings. She specializes in providing both assessments

and counseling to individuals with ASD and those who support them. Dr. Luskin's services include diagnostic and functional assessments, individual therapy for adults, and training and consultation for caregivers. She helps them understand ASD, teaches them creative and effective interventions, helps them evaluate progress, and provides guidance when adjustments are needed.

Dr. Luskin serves the local autism community in multiple capacities including professional consultation, autism trainings, certification instruction, and individual work with clients. She is currently available for diagnostic assessments and brief therapy.



Beth Pitchford, MA, LPCC

Pronouns she/her

Pitchford became passionate about working with people on the "invisible" part of the spectrum (formerly known as Asperger's syndrome) after she realized that many people close to her have autism and spent most of their lives wondering

why they felt so different. Pitchford values working with adults who want to decode the neurotypical world in order to decrease barriers to community acceptance and increase feelings of success. Using cognitive behavioral approaches and her Adlerian training, Pitchford's goal is to help people better understand themselves and the people in their lives.



James Rechs, LICSW

Pronouns: he/him

Rechs, located in Rochester, Minn., provides individual therapy for individuals age 16 and older as well as psychoeducation for parents, families, and caregivers. His top priority is helping clients achieve goals that are

most important to them, and helping them develop and maintain lives and relationships that feel safe, meaningful, and satisfying. James enjoys helping clients discover their own strengths, gifts, and talents, rather than changing people just to meet others' expectations. He has a master's degree in social work from the University of Minnesota Twin Cities and an undergraduate degree from Grinnell College in Iowa. To connect with James at his Rochester location, please e-mail jrechs@ausm.org.



Bjorn Walter, MA, LMFT

Pronouns: he/him

Walter earned his bachelor's degree in psychology from Southwest Minnesota State University, and his master's degree in Adlerian psychotherapy and counseling with an emphasis in marriage and family therapy from

Adler Graduate School (AGS). Since graduating from AGS, Walter spent time working at a group home dedicated to adults with autism and schizophrenia near his hometown in Sweden. He uses Adlerian and cognitive behavioral techniques to help individuals and their families understand the true nature of autism. He recognizes the importance of familial relationships and friendships and strives to help his clients realize how they affect us and our lives. Walter promotes encouragement, openness, and honesty.





If you can't write math, TYPE MATH



Arithmetic through
Advanced Algebra
in a plug and play
keyboard!

Compatible with OS:

- Chrome
- Windows
- Mac
- Linux

Accessible Technology Solution for:

- Autism
- Cerebral Palsy
- Dysgraphia
- Dyspraxia
- Fine motor skills deficits
- Intellectual disabilities
- Memory issues
- Motor planning impairments
- Neurologic issues
- Visual impairment

ArithmeType.com
info@arithmetype.com



IBIS



Visit Our Website



Infant Brain Imaging Study

About Our Study

The goal of this NIH-funded brain imaging study is to identify autism symptoms earlier in life.

Who Is Eligible?

Families with an infant 6 months old or younger with an older full sibling diagnosed with autism. Expectant parents are encouraged to contact us.

About Your Visit

Your infant and a parent will:

- Travel to Minneapolis when infant is 6-, 12-, and 24-months old for developmental testing and MRI scan during natural sleep
- Receive up to \$475 compensation and reimbursement for travel expenses at each in-person visit
- Complete remote visits with questionnaires and phone interview at 9- and 18-months old with \$50 in compensation
- Complete LENA language recordings at 6-, 12-, and 18-months old

Contact Us

For additional information or to enroll, call Camile Borja at **612-624-4533** or email ibis@umn.edu. Visit the IBIS website for more information at ibis-network.org



FOR IRB USE ONLY
IRB ID #: 201901013
APPROVAL DATE: 03/15/21
RELEASED DATE: 03/15/21
EXPIRATION DATE: 01/24/22

Autism Society of Minnesota

2380 Wycliff St. #102

St. Paul, MN 55114

651.647.1083 • education@ausm.org

www.ausm.org

Non-Profit Org.

U.S. Postage

PAID

Twin Cities, MN

Permit No. 1062



AuSM is your partner.

The mission of the Autism Society of Minnesota (AuSM) is to enhance the lives of individuals and families affected by Autism Spectrum Disorder. AuSM serves Minnesotans, throughout their lives, with a fundamental commitment to advocacy, education, support, collaboration, and community building.

We're here for you through therapy, support groups, social and recreation programs, sensory-friendly events, membership, information and resources, training and educational classes, advocacy, summer camps, the AuSM shop, our annual conference, the Autistic Community Summit, and community events like the Jigsaw Puzzle Competition and workshops.

Learn more about AuSM's programs, services, and how you can get connected through our membership program.

www.ausm.org
Minnesota's First Autism Resource®

ausm

autism society of minnesota

www.ausm.org

Minnesota's First Autism Resource®