

# CAPIS COMMENT

February 2010

MENTAL HEALTH ASSOCIATION IN ORANGE COUNTY, INC.

73 County Highway 108, Middletown, New York 10940

(845) 342-2400

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[www.mhaorangenv.com](http://www.mhaorangenv.com)

Number 127

## AUTISM MOVE-A-THON SEEKS PLANNING COMMITTEE MEMBERS

The Autism Move-a-thon in Orange County and Parents Run AMOC are seeking volunteers to serve on the planning committee. The committee meets monthly from January through August, followed by weekly meetings and additional work sessions in September and the beginning of October. Meetings are held in the evening at MHA in Middletown. A schedule of meetings will be available in February.

If you have the desire to assist with planning for the annual move-a-thon, the bowl-a-thon, candle light ceremony or holiday breakfast, sales of autism related items in the community, and you would enjoy meeting monthly with a wonderful group of men and women, please call to volunteer your time. Call 342-2400 ext. 253 or 307.

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## AUTISM SPECTRUM FUND

The Autism Spectrum Fund of the Access to Money Reimbursement Program is still accepting applications. However, currently all applications will be filed on a waiting list. The AMOC planning committee will be creating new guidelines for the fund which will be available soon. Please be patient and understanding of any delay in processing your application. Changes in the fund guidelines will be posted on the Mental Health Association in Orange County web site as soon as they are completed and telephone calls will be made to those whose applications are on file in the waiting list. If you have any questions about the fund, please contact Hava at 342-2400 ext. 254.

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## SUPPORT GROUPS SPONSORED BY CAPIS

CAPIS will continue to facilitate several support groups for parents of individuals with developmental disabilities in 2010. All meetings take place at the MHA offices in Middletown. Please call ahead if you are planning to attend a meeting. Only those people who RSVP will be directly notified of any meeting cancellations. Check the MHA web site calendar for up-coming dates of all groups.

Autism/P.D.D.	First Tuesday of the month	7:30 pm
Asperger Information Alliance	Second Tuesday of the month	7:00 pm
Parents teens/adults with ASD	Third Tuesday of the month	7:00 pm
Tourette Syndrome Networking Group	Fourth Thursday of alternate months	7:00 pm
Residential Issues Discussion Group	Fourth Tuesday of the month	7:00 pm

CAPIS would be willing to initiate new groups if there is enough interest. Please contact Anne or Hava at 342-2400 ext. 253/254 with suggestions for new groups or for further details about existing groups.

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## CONSUMER/FAMILY SATISFACTION SURVEYS FROM MHA

If you have received direct services from CAPIS, Sibling Project, ASSIST or Access to Money Reimbursement Program, you will be receiving a survey in the mail for each program utilized by you and your family. The surveys all look alike and contain the same questions but are definitely marked for the program intended. Please help Mental Health Association by filling out each survey that you receive and mailing it back in the envelope provided. It will take only a few minutes of your time but will be a valuable tool for the programs and for the funding sources. Thank you in advance for your cooperation.

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## ASSIST PROGRAM TAKING APPLICATIONS

Acquiring Social Skills Through Intervention, Support and Training (ASSIST) is accepting applications for spring and summer groups. This program is designed for children ages five to ten who have a delay in social skills, particularly children diagnosed with autism spectrum disorders. Each group of four to six children will meet nine times with the facilitator after a one-on-one meeting in each child's home to assess social skills and determine group placement. A parent or other caregiver must stay and participate with each child and also provide an appropriate snack and drink.

One of the goals of the program is to assist families in learning how to create simple social opportunities for their children who have delays in social development. Another goal is to help the children become more comfortable in social situations with other children. Games, building with Lego or other creative toys, music and motion are all part of the program. Children are encouraged to bring in their favorite activities to share during the last few sessions.

Once a child has attended the nine sessions, he/she can then attend a monthly "reunion" group with children from all previous groups. For information please contact Anne at 342-2400 ext. 253.

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CAPIS has a lending library with books on topics from Down syndrome to Tourette syndrome, from ABA to sensory integration, from diets to vocational issues, from advocacy to transition planning. Call 342-2400 ext. 253 or 254.

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**The MHA family shares a system of values and behaviors that recognizes and respects the presence and contributions of all diverse groups.**

**DATES TO REMEMBER**

Autism/P.D.D. Group	7:30 pm	February 2
ASSIST Reunion Group	4:30 pm	February 2
Super Siblings	10:30 am	February 6
Asperger Information Alliance	7:00 pm	February 9
Parents of Teens/Adults with ASD	7:00 pm	February 16
Residential Issues Discussion Group	7:00 pm	February 23
Autism/P.D.D. Group	7:00 pm	March 2
ASSIST Reunion Groups		March 2
Asperger Information Alliance	7:00 pm	March 9
Super Siblings	10:30 am	March 13
Residential Issues Discussion Group	7:00 pm	March 23
Tourette Syndrome Networking Group	7:00 pm	March 25

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**Call for dates and times of monthly Autism Move-a-thon Planning Committee. 342-2400 ext. 253.**

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**TAKE NOTE**

\*\*\* The Asperger’s Difference” a film for and about young people with Asperger syndrome and panel discussion with filmmakers and featured young people with Asperger syndrome. February 6, 2010 at 11 am. Upstate Films, Rhinebeck. Free admission. For details call 336-2616 ext. 116.

\*\*\* Understanding Students with Autism Spectrum Disorders. February 9, 2010 from 4-7 pm at Ceanter for Spectrum Services, Kingston. \$55. Call Dr. Adriane Maier at 336-2616 ext. 121.

\*\*\* Spina Bifida Meet, Greet and Eat for families of individuals with spina bifida in Orange and Sullivan counties. Share information, learn about resources and join voices in advocacy. For details, call Katie at 313-1307.

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**EXCEPTIONAL PARENTS AND CULTURED PEARLS**

1. Although considered soft. They’re both extraordinarily compact and very difficult to crush.
2. They’re both formed in nature by accident.
3. They don’t require processing: they are “as they are”.
4. Outwardly they appear to be the same although each one is unique.
5. Each emerges from a tedious process.
6. Neither “asked” for the emergent role.
7. Both feel as though they are going “against the current” at times.
8. They can appear singularly or in strands.
9. They shine and radiate.
10. At the end of the day they both deserve a velvet-covered place for repose.

Both come in a variety of colors, shapes and sizes. But the greatest distinction is that once formed, the pearl and the oyster have very little to do with each other. The exceptional parent remains tethered and devoted to its point of origin. The pearl exists for adornment while the exceptional parent exists for encouragement.

Excerpt from editorial in Exceptional Parent Magazine, June 2001 by Rick Rader, M.D.

**CAPIS  
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