

# Autism Spectrum Disorders

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**New York, N.Y. (March 31, 2016) –**

Today, the Centers for Disease Control and Prevention (CDC) announced that the incidence rate of autism among eight year olds in the United States **remains 1 out of 68 children**. This updated report occurs every two years, with the previous report being released from the CDC in April 2014

The updated incidence rate shows for the first time that the rate of autism is not increasing. The CDC has advised this updated report should not be considered a stabilization of the incidence rate of autism. While the rate is unchanged, there are still over 3 million people who have an autism diagnosis and we must continue to address their needs on a daily ba-

sis.

The report shows that, overall, less than half the children identified with autism (43 percent) had received comprehensive developmental evaluations by age 3. This proved true despite the fact that the vast majority (87 percent) had developmental concerns noted in their medical or educational records before age 3. Currently, autism can be reliably diagnosed by age 2, with earlier diagnosis affording greater opportunities for intervention that supports healthy development and improves function and quality of life.

The new report also found that black and Hispanic children continue to receive developmental evaluations later than white children and continue to be diagnosed with autism at lower rates.

**Additional Information on the Incidence Rate**

1. Autism is a Spectrum Disorder which means that no two people have the same characteristics related to autism. The Spectrum includes individuals of all ages based on their level of support needed or level of performing activities of daily living.
2. Medicaid, a federal and state government funded effort, is the primary financial support to individuals living with autism and also provides government funded insurance. The average monthly payment for an individual is approximately \$720 which often does not allow the individual to live above the poverty level.
3. Unemployment or underemployment among adults with autism is approximately 70% of all adults with autism.  
From: Autism Society & Autism Speaks publications

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- The incidence rate of autism among eight year olds in the United States remains 1 out of 68 children.
- Early diagnosis affords greater opportunities for intervention that supports healthy development and improves function and quality of life.



2016 ASD Summer Institute  
 Inside Out: Understanding Emotions and Regulating Behavior

The wait is over. Registration is now open for Hamline University's 2016 ASD Summer Institute.

Join us for two days of in-depth exploration into working with students of all disabilities to understanding and engaging in their world in a more adaptive and independent way. Engage with leading experts as well as small groups to network with other professionals and share successes and challenges.

Featured Presentations

Kari Dunn Buron, autism educator and author  
 Ain't Just Misbehavin': The Emerging Debate for Educators About the Neuroscience of Challenging Behavior

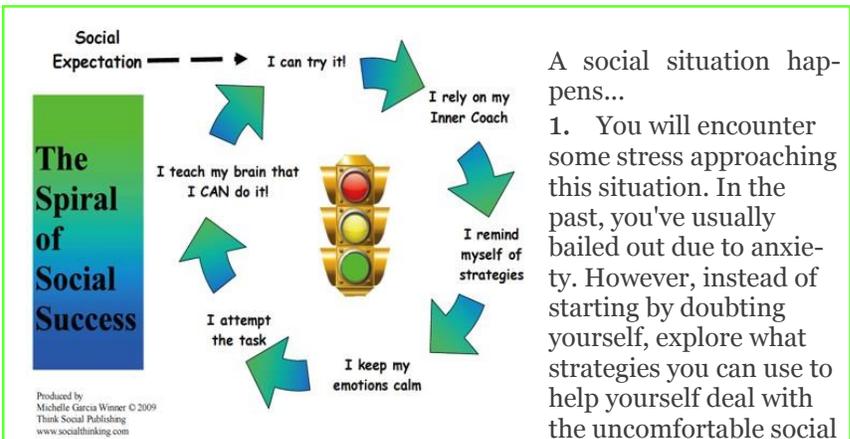
Leah Kuypers, occupational therapist and author  
 No Hard Feelings? Helping Students Make Sense of Their Emotions

Jill Kuzma, speech language pathologist and blogger  
 Try to See It My Way: Supporting Social Understanding in School-Age Learners

The Details

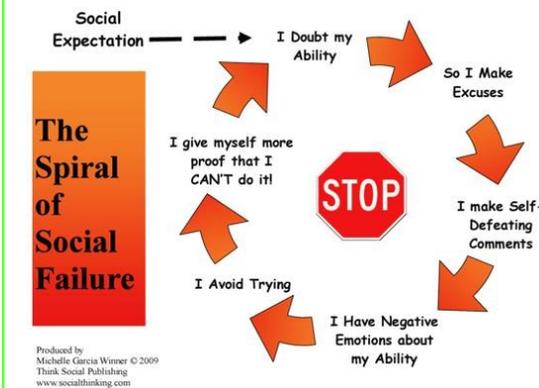
When: June 20-21, 2016; 8:30 a.m.-3:30 p.m.  
 Where: Hamline University, Saint Paul, MN  
 Cost: \$250 Conference rate, \$325 Conference + one graduate credit  
 Lodging: Discounted lodging available nearby. More information is available on our website.

# "Spirals" by Michelle Garcia Winner



A social situation happens...

1. You will encounter some stress approaching this situation. In the past, you've usually bailed out due to anxiety. However, instead of starting by doubting yourself, explore what strategies you can use to help yourself deal with the uncomfortable social situation.
2. Use your inner coach to remind yourself how much better you will feel once you use your strategies. Remind yourself that you know and are capable of using these strategies.
3. You feel better about yourself when you see yourself demonstrating your abilities or social competencies.
4. This encourages you to implement the use of the strategies. Resulting in the fact you are training your brain that "you can do it" better than you have done it before!



The opposite approach usually results in "The Spiral of Social Failure".

Here's how this looks:

- You encounter the same stressful situation.
- You think of excuses for why you won't engage in this situation today.
- Your self-defeater voice assures you that you can't do it and that you have never been able to do it.
- You have negative emotions about your lack of being able to do this social behavior.
- You want to avoid putting yourself in the situation.
- You teach your brain one more time that you cannot do it! Your memory now is once again about your inability.

# ASD Cohort



The Goodhue County Education District ASD Cohort will meet 1 more time during the 2015-2016 school year. The final date is May 3, 2016.

We will gather at River Bluff Education Center. Our meeting time will be from 12 - 3, though the starting time is flexible as teachers have differing times that they can leave their classrooms as well as some have extended driving times. Feel free to bring your lunch.

One of the discussion topics for May will be a reflection of the year. How did things go? What would you like to do differently? What different types of support do you need? What would help you to be a better educator?

Until then, please let me know if there is any way that I can support you.

Lynne Petersen

## Upcoming Events



April 24, 25, 26, 2016 ~ Charting the C's

April 27 – 30, 2016 ~ Autism Society of MN annual conference

June 20– 22 ~ Summer Institute (formerly Symposium) at Hamline

Aug.1 2016 ~ Zones of Regulation ~ Appleton. WI \$50.00

### ~Reminder~

If you have students on your caseload with a primary disability of autism, and 7 years of age or older, a teacher with the MN ASD or ABS license must be on the team ~ which includes being involved in the evaluation/reevaluation process, attending IEP meetings, and collaborating with general education teachers.



### Autism Awareness Day with the Minnesota Twins 2016



Major League Baseball, the Minnesota Twins, and AuSM have teamed up to offer discounted tickets to the June 5 Twins game against the Tampa Bay Rays. Join us to cheer on the Twins with your family and friends and enjoy all that Target Field has to offer. Participate in a special pre-game parade to raise autism awareness!

**Sunday, June 5 at 1:10 p.m.**

**Grandstand Seats: \$16** (\$3 for each ticket purchased through the flyer below will be donated to AuSM; tickets must be purchased by May 20.)

## PUZZLE PIECE PROJECT AND AUTISM AWARENESS MONTH TOOL KIT

The **Puzzle Piece Project Tool Kit** is a fun and interactive educational tool kit for grade levels K-12 designed to increase students' understanding of autism during Autism Awareness Month. Developed by a special education teacher for teachers, the tool kit includes age-appropriate lesson plans, extended activities, materials and relevant internet resources. Google "Puzzle Piece Project and Autism Awareness Month Tool Kit".

The Puzzle Piece Project Tool Kit includes the following materials:

Grade Level Lesson Plan, Internet Resource Guide and Book List, Materials Index, Puzzle Piece Template, Discussion Guide for specific high school reading suggestions, Request Form for follow up lessons/activities from your Special Education Team (see Materials Index), and FAQs samples of questions asked by kids.

*Autism Speaks would like to thank Janelle Franco, MA, for developing this curriculum and providing it to Autism Speaks in time for Autism Awareness Month.*