

Autism Spectrum Disorders

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Self Management An Evidence Based Practice

Managing our own behavior helps us to be successful in life. We know to walk in a store and speak quietly in a movie theater. We understand that different situations require different behaviors, and we are able to monitor our behaviors and adapt to the situations, or context. Understanding the “rules” for different situations poses challenges for individuals with social challenges. Self-management interventions help individuals with social challenges to understand the rules and expectations of given situations, and to regulate their behaviors accordingly. Skills can be targeted to help individuals be more successful and independent socially, behaviorally, and/or adaptively. Self-management interven-

tions are designed to help individuals increase desired behaviors and/or decrease problem behaviors. The interventions can be used effectively for young children through adults, across environments, and can be developed and used by a variety of instructors and practitioners. Some learners, such as very young learners or learners with severe co-occurring cognitive disabilities may not benefit from self-management strategies.

Learners are taught to differentiate between appropriate and inappropriate behaviors, monitor and record their own behaviors, and reinforce themselves for their successes.

Beginning this fall there is a statewide grant pro-

ject and regional opportunities involving the scaling up of the Evidence Based Practice of Self Management. **If you are interested in gaining skills and practice in implementing self management in your classroom please email me (Lynne Petersen). I would love to partner with you in this venture. Together we can choose a student, develop a self management plan, and collect data. In the spring (for the state grant project) you will have an opportunity to meet and compare the experience with other teachers across the state who have participated in this opportunity.**



Inside this issue:

State ASD Specialist	2
New Assessment Manu-	2
Region 10 Focus	2
Inside Story	3
Inside Story	4
Inside Story	5
Inside Story	6

- Implementing an Evidence Based Practice with fidelity will increase student success and independence.
- Self-management systems help individuals become more independent by teaching them to recognize and monitor their own behaviors, and increase their opportunities for a more fulfilling life.

New State ASD Specialist

Maci Spica is a licensed special education teacher in Autism Spectrum Disorders and a Board Certified Behavior Analyst. At present she is the Autism Spectrum Disorders specialist at the Minnesota Department of Education (MDE) and an adjunct professor in the special education department at the University of St Thomas. Before coming to MDE, she worked as a district behavior specialist for Osseo Area Schools. She has also worked as a chief behavior interventionist for the Texas Young Autism Project, a district Autism specialist for Houston Independent School District,

and a state Autism specialist for the Special Education Service Agency in Alaska. Maci has volunteered internationally to increase community and professional awareness of Autism and help develop centers and individualized programs for persons with Autism Spectrum Disorders and other brain based learning dif-

ferences. She began her career at Northeast Metro 916 as a classroom teacher at John Glenn Elementary. She is excited to be in her current position and looks forward to continuing work which supports best outcomes for students, families, and educators in Minnesota.

Maci is filling the position made vacant by Phil Seivers when he retired from MDE



Coming soon.....

A new online ASD Assessment Manual of Resources will soon be available for practitioners across Minnesota. Over 100 documents, including both formal and informal tools will be accessible. Included will be documents to help with: the assessment process, pre-referral,

screeners, developmental histories, interviews, observation tools, rating scales, FBA's, program planning, report templates, etc. This will be a fluid document that the

owners can continue to add new resources and tools as they become available.



The Prezi will be rolled out during the state Autism Community of Practice meeting in November and then should be available for people in the field, across the state. I will let you know as soon as the information is available.

Region 10 Focus for 2015-2016

Consultants in Region 10 will focus their collaborative efforts this year on offering materials to equip the teachers, but especially those with ASD Licenses, to continue to develop and improve their skills in evaluation, IEP development, and consultation. Some of the newly licensed ASD teachers have new or different job requirements because of the license and may need additional

support.

Another effort will be to offer materials to help IEP teams develop appropriate goals/objectives and accommodations/modifications that meet the individual and specific needs of the students with ASD.

A continuing goal is to provide ongoing consultation, collaboration and coach-

ing of teachers and para's, as well as supporting the use of Evidenced Based Practices (EBP's) with those who are working with students identified with ASD.



ASD License Update

Across the Goodhue County Education District we now have 16 teachers who have been approved for eligibility for the autism license. As of July 1, 2015 every student who meets educational criteria for ASD in the state of MN, MUST have a licensed person on their team. That means at IEP meetings, involved in the evaluation process, providing strategies to the general education teachers, etc.

If you are one of those people who received eligibility for the ASD license, the second step was to apply to MDE for that license. December 31st is the last date to send in that information. If you

do not do send in your application by 12/31/15, you will not be able to receive the license and will have to go back to school to receive the license. If you need any assistance with this final process please contact me. After all of your hard work please don't let this deadline escape you.



ASD Cohort



The Goodhue County Education District ASD Cohort will meet 4 times during the 2015-2016 school year. The dates

are:

October 20, 2015 - December 1, 2015 - February 23, 2016 - and 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 the classroom as well as some have extended driving times.

In October we will welcome new peo-

ple, talk about some of the State initiatives and other new information. We will also discuss topics of interest to you and what you need to be more successful in your classrooms.

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

Lynne Petersen

Upcoming Events



October 5 -7 ~ Social Thinking Conference, Minneapolis

October 5 and February 8—Solve Your Written Language Instructional Problems—Register on the Region10Projects website.

October 27-28 ~ STAR Autism Training, Bemidji

November 5-6 ~ State ASD Community of Practice meeting

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