

A new K-8 school opening in 2012 with a kindergarten and 1<sup>st</sup> grade will have a specialized inclusion program for high functioning children on the autism spectrum.

**Our School** will offer a **rigorous academic program** combining intensive direct instruction in math and literacy skills with ample opportunities for independent work, creativity and problem solving. Our students will also study science and social studies starting in kindergarten, using engaging curricula that will build on their natural curiosity, give them a firm foundation in these subjects and reinforce independent learning and critical thinking skills.

We believe that the **arts** are an essential part of a great education. Our students will have the opportunity to act, sing, dance, play instruments and create their own works of art using a variety of materials.

We also believe that **social and emotional skills** are just as important as academic skills for success in school and in life. These skills will be taught, modeled and reinforced throughout the school day. As a result our school culture will be warm, respectful, challenging and joyful.

There will be **two teachers** in each of our classrooms. Our high teacher to student ratio and emphasis on small group instruction will allow us to give all our students the **individualized attention** and support that they need to maximize their academic potential.

We know that **parents** play an important role in their children's academic success. NCSH will create a partnership with parents through a parents association, workshops, family celebrations and outings and frequent communications between teachers and families.

**Our ASD Program** Eight seats in each grade will be set aside for children with high functioning autism spectrum disorders (ASD) or Asperger Syndrome. These students will participate in the same grade level academic curriculum as their classmates and will be fully included in all aspects of the program. Teachers who work with these students receive training in strategies and supports designed especially for children with ASD. Students in the program will also participate in special classes taught by a speech pathologist designed to help them with the social understanding and communication deficits and difficulties with self-regulation that often present challenges for them.

**How to Apply** NCSHarlem is a free public charter school open to all New York City children and giving preference to students living in Community School District 5 (Central Harlem).

Applications are available on our website at [www.NCSHarlem.org](http://www.NCSHarlem.org).

Applications are due April 1, 2012. If you are interested in our ASD Program please contact us as soon as possible and not later than March 1, 2012.

**Information**

**646-701-7117**

**[jmilner@NCSHarlem.org](mailto:jmilner@NCSHarlem.org)**

# **YAI National Institute for People with Disabilities**

**Over 50 Years of Hope and Opportunity**

## LINK MEMO

**TO:** DD Council  
**FROM:** Cathy Bechler  
**DATE:** November 1, 2011  
**RE:** Vacancies

### **FAMILY SERVICES VACANCIES:**

- **Family Support Group for Caregivers of Children with Autism (all ages)** – Parent/caregiver support group for parents of children with Autism. People can go to some or all topics that are of interest. To register and get more information, please contact YAI LINK at 212-273-6182. A schedule of the groups can be found through YAI's website:  
<http://yai.org/services/autism>
- **YAI Autism Center** – is offering private pay programs in Yoga with Ballet or Dance, social skills groups and music therapy. Call 1-888-YAI-AUTISM for more information.
- **Manhattan Star Academy** – Accepting inquiries for the school, a unique learning opportunity for *elementary school* children. Call Rae Eisdorfer at 212-420-0510 for more information, application and tuition.
- **Toilet training** - 6-week program for parents living in *Manhattan* (through project intervene). Contact Natalia Echeverri at 212-273-6297. Also for *Queens* families (through Crisis intervention) – call Lewanda Wallace at 718-793-2182 x 221.
- **Family Reimbursement** – for *Manhattan, Queens* and *Brooklyn* families. Contact Shanique Soto at 212-273-6585
- **Manhattan Based Recreation programs (including Manhattan Evening Adjustment Program and the Alumni Club)** - Recreation programs for individuals with DD 18+, Tuesdays through Saturdays. Openings for individuals living anywhere in NYC. Activities include weeknight group activities and Saturday trips. All levels welcome. No transportation provided. Contact Pamela Accardo at 212-645-1616 x 618 or Edna Bey at 212-645-1616 x620.
- **Manhattan Overnight Respite** – Ages 5 and up. Must be ambulatory. Contact Vanessa White Germany at 212-255-2673.
- **Independent Living Program** – 6 month classroom course for Adults looking to develop their independent living skills. For Brooklyn, Queens and Manhattan residents. For application forms call Shanique Soto 212-273-6585.
- **Autism Social Skills Groups** – currently accepting applications for Social Skills group for children aged 9-18 years old on the Autism Spectrum residing with their family in *Manhattan*. For more information contact YAI LINK at 212-273-6182.
- **Leisure Trax** – vacations/trips for adults 18 or older, free or low cost for those living at home in the Bronx. Trips are open to groups from other Boroughs – contact Sarah Baier at 212-273-6658.
- **Brooklyn Extend-a-family** – Overnight respite provided in home of host family. Ready availability for young children who are non-ambulatory. Contact Cheryl Jones at 718-743-5311. Also looking for Brooklyn families who would like to host, families are fully trained and reimbursed by YAI, call Cheryl Jones for more information.
- **Brooklyn In-Home respite** – In-home respite provided in the home to provide respite to the caregiver. Contact Danielle Phanord Alexis 718-769-4369 x2848.
- **Brooklyn Saturday Drop Off** – Saturday Recreation program for 16+. Contact Cheryl Jones 718-743-5311.
- **Brooklyn Children & Adolescent Program (BCAP)** – Saturday recreation program 6+. Contact LINK for an app 212-273-6182.
- **Brooklyn Leisure Trax** – Recreation program for 16+. Contact Nefie White 718-793-8695 x 218.
- **Brooklyn Autism Social Skills groups** - Brooklyn Social Skills Group for children ages 5-12 years old with ASD. Group is designed to offer structured and supervised opportunities for socialization in an after school setting. Children must be verbal with no major behaviors and OPWDD eligible. Contact LINK for more information 212-273-6182.
- **Brooklyn Yoga Ballet** – 10-week Yoga/Ballet class for girls and boys with autism, between the ages 3-10. Contact LINK for more information 212-273-6182.
- **Project Grow** – 7-week parent training for parents of children with Developmental Disabilities. Program available to parents whose children live at home with them in Manhattan, the Bronx, or Staten Island. Day and Evening groups in English, Spanish and Cantonese available. Call 212-273-6259.
- **Project Grown-up** – 7-week parent training for parents of children with Developmental Disabilities. Program available to parents whose children live at home with them in Manhattan. Day and Evening groups in English, and Cantonese. Call 212-273-6259.
- **Queens Crisis Intervention program** – In home behavior management provided in English & Spanish. Parent training groups also offered, call Lewanda Wallace 718-793-2182 x221 or Jackie Nunez 718-793-2182 x231 (Spanish).
- **Queens Family Training Program** – 6 week parent training for parents of children with Developmental Disabilities in English and Spanish through the Queens Crisis Intervention program, contact Jackie Nuñez 718-793-2182 x 231
- **Queens Saturday Recreation Programs** – Recreation programs for age 16+. Contact Michael VanConant 212-645-1616 x 667

**Queens Thank Goodness it's the Weekend** – Evening social 2 Fridays a month, age 16+. Michael VanConant 212-645-1616 x 667  
**Parents with Special Needs** – Accepting referrals for parent training for parents with Developmental Disabilities who live with their children in Manhattan, Brooklyn or Queens. Contact Nafiza Somaipersaud 718-793-2182 x 203.

**Queens In-Home Respite** – In-home respite for children with DD aged 3 and up. Contact Stacy Tinglin 718-793-8695 x 210.

**Queens After School Program** – After School program for 6-21 year old children residing in Queens. Contact Stacy Tinglin 718-793-8695 x210.

**Queens & Brooklyn: FREE Psychologicals and Psychosocials** – evaluations for those who are not Medicaid eligible and applying for OPWDD services. Call LINK at 212-273-6182.

**REMIER HEALTHCARE** (call LINK to make referrals 212-273-6182):

**Manhattan:** There is ready availability of Internal Medicine, Pediatrics, Dentistry, Neurology (adults), Physiatry/Wheelchair clinic, **Endocrinology**, Audiology, Dermatology, Podiatry, PT, Speech, weight management program, and Program for People with Physical Disabilities.

**Bronx:** There is ready availability of Internal Medicine, Pediatrics, Dentistry, **Neurology (adult)**, Gynecology, Podiatry, Ophthalmology, Physiatry/Wheelchair Clinic, **Prosthetics & Orthotics**, Audiology, OT, PT.

**Queens:** There is ready availability of Internal Medicine, Pediatrics, Gynecology, Dental, Podiatry, Dermatology, and PT, speech, Physiatry/Wheelchair clinic, **Prosthetics & Orthotics, Urology, Audiology.** Dental desensitization program.

**Brooklyn:** There is ready availability of Internal Medicine, Pediatrics, Dentistry, **Dermatology**, Neurology (**adult**), Psychiatry (**adult**), Gynecology, Podiatry, Urology, Ophthalmology, Gastroenterology, Audiology, **Endocrinology**, Physiatry, OT, PT, speech. Dental desensitization program.

**ENTER FOR SPECIALTY THERAPY** (call LINK to make referrals 212-273-6182):

**Manhattan:** *There is ready availability for Psychological Evaluations in ENGLISH.*

**Queens:** There is ready availability for English *Psychological* and Psychosocial Evaluations (**English & Spanish**) (Evening and Saturday hours available).

**Brooklyn:** There is ready availability for Psychological Evaluations, and there is ready availability of Psychotherapy, particularly in mornings.

**Bronx:** *There is ready availability for Psychological Evaluations in ENGLISH.*

Families living in Manhattan, Queens and Brooklyn who need evaluations to access OPWDD services but who do not have insurance can call YAI LINK at 212-273-6182.

**DAY HABILITATION:**

**Manhattan:** Accepting referrals for the Manhattan Day Hab programs. Contact Domingo Hernandez at 212-645-1616

**EMPLOYMENT:**

**Manhattan Employment:** Openings for Manhattan Work Readiness (Manhattan residents only), SWAT (all boroughs) Programs. Contact Andrea Melvin at 212-273-6100 x 2448.

**Bronx Employment:** Accepting applications for Bronx Work Readiness. Contact Ruth Jeffers at 718-792-6221 x 205.

**Queens SWAT** – Supported work and training for Queens residents. Contact Chris Bechler 718-389-1300 x227

**Brooklyn Supported Work and Training:** Accepting applications Brooklyn Supported Employment program for adults with Developmental Disabilities. Call 718-368-9311.

There are openings city wide for individuals with Developmental Disabilities who are employed and who need follow along support services.

**RESIDENTIAL:**

YAI has the following potential residential openings, call Tom Ott at 212-273-6462 or LINK 212-273-6182 before sending a packet

**Brooklyn ICF** – 1 male opportunity, age range of 21-55, ambulatory, requiring assistance with ADL areas and qualifying for ICF level of care, no assaultive or dangerous behavior, able to evacuate 2 flights of stairs; shared bedroom

**Brooklyn 24 hour Supervised IRA - Male, age range of 30-60, mild to high moderate range of intellectual ability, able to use stairs independently for fire evacuation, no assaultive or dangerous behaviors, willing to share a bedroom.**

# AHRC New York City's Family Education Series



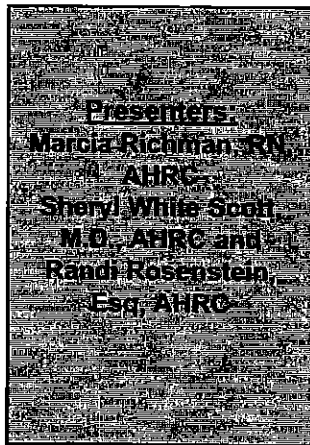
## End of Life Care for Individuals with Developmental Disabilities, including Autism Spectrum Disorder: A Conversation about Difficult Choices

83 Maiden Lane  
New York, NY 10038  
Phone: 212-780-2500  
Fax: 212-780-2353  
www.ahrcnyc.org

**Free Workshop**  
**Thursday, November 10, 2011**  
**6pm-8pm**  
AHRC's Main Office, Penthouse  
83 Maiden Lane, New York, NY 10038  
Phone: 212/895-3446 or 212/780-2713  
Fax: 212/780-2353

Lorrie Henderson, Ph. D., *Executive Director*  
Melvin Gertner, MD, *President*

How can I treat my loved one respectfully, or assist him/her in making choices about the kind of care he/she wants at the end of his/her life?



As individuals with developmental disabilities live longer, family members are increasingly finding themselves in the position of making end of life care decisions. Making end of life decisions for individuals who may lack the mental capacity to make these decisions for themselves, or assisting individuals in making these decisions, raises serious legal and ethical considerations. Who should make these choices – who can decide? What is Informed Consent for medical treatment? What are Health Care Proxies and Advanced Directives? What are DNR's... Living Wills? What is the Health Care Decisions Act for Persons with Mental Retardation? Come hear three professionals with years of experience in this area speak about these difficult choices – choices that must be given careful thought by all of us prior to the end of life.

Light refreshments will be served.

TEAR  
HERE

Registration form (please print clearly) End of Life Care - November 10, 2011

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

Organization if applicable: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

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

Age of your loved one with a developmental disability: \_\_\_\_\_

If your loved one attends school, please tell us the name of the school: \_\_\_\_\_

Tell us how you learned about this workshop: \_\_\_\_\_

I am an AHRC Member

I am not an AHRC Member

Space is limited. If you would like to attend, please return this form to Jennifer Amendola or Donna Gifford at AHRC 83 Maiden Lane New York, NY 10038. You may also reach Jennifer at 212/895-3446, or Donna at 212/780-2713, email [jennifer.amendola@ahrcnyc.org](mailto:jennifer.amendola@ahrcnyc.org) or [donna.gifford@ahrcnyc.org](mailto:donna.gifford@ahrcnyc.org) or fax this form to 212/780-2353.

# AHRC IS HERE TO HELP

## November 2011

**Topic:** Tried and True Toilet Training Methods for Individuals with Developmental Disabilities of All Ages and Levels of Ability

**Date:** Wednesday, November 30, 2011

**Time:** 6pm-8pm

## January 2012

**Topic:** Promoting Positive Health: Diabetes, Obesity & Nutrition in People with Developmental Disabilities, including Autism Spectrum Disorder

**Date:** Wednesday, January 11, 2012

**Time:** 6pm-8pm

## **Upcoming Topics in 2012**

- *Alternatives to Traditional Day & Residential Opportunities: Individualized Services & Supports*
- *Sexuality and People with Developmental Disabilities and Autism Spectrum Disorder*
- *When You Find Out that Your Child's Development is Delayed...for Parents of Children Birth to 5*
- *Taking Your Loved One with a Developmental Disability to the Doctor: Getting the Most Out of Your Medical Visit*
- *Psychiatric Disorders in People with Developmental Disabilities and Autism Spectrum Disorder and the Use of Medication*

Please note - Upcoming Topics in 2012 are subject to change - dates will follow in a separate communication.

## **TRANSPORTATION**

### AHRC's Main Office

83 Maiden Lane New York, NY 10038

By Train: **J, Z, 4 or 5** to Fulton Street

**2 or 3** to Wall Street

**A or C** to Broadway Nassau

**R** to Cortlandt Street

By Bus: **M1** or **M6** to Cortlandt Street

**M9** or **M15** to Maiden Lane

By Ferry: **Whitehall Terminal** (South Ferry)

AHRC offers a full range of services and supports to individuals with developmental disabilities and their family members. To learn about our services, please contact:

**AHRC's Referral & Information Center at**

212-780-4491 or 212-780-4493

Or Email:

[referrals@ahrcnyc.org](mailto:referrals@ahrcnyc.org)



### The Developmental Disabilities Clinic (DDC) Mental Health Service

The DDC Mental Health Service provides comprehensive services to developmentally disabled persons and their families. These services include:

- Individual therapy
- Group therapy
- Family therapy
- Parent Effectiveness Training (P.E.T.), to deal with children's difficult behaviors
- Behavior Modification
- Cognitive Behavioral Therapy
- Social skills training

Therapists treat a range of clinical conditions, including:

- anxiety disorders
- anger problems
- mood disorders
- school and learning problems
- behavioral problems
- other conditions that may be a focus of clinical attention.

We also do groups and workshops designed for special needs, such as:

- Be Safe Workshop - To address abuse
- Healthy Living Workshop
- Self-regulation Group

In addition to comprehensive psychotherapy services, the DDC Mental Health Service provides psychological assessments using state-of-the-art instruments for English- and Spanish-speaking, and bilingual clients.

Our service is quite unique in that we offer assistance to people who are frequently too challenging for other settings, or who are unable to access services from other facilities. Many of our clients have dual diagnoses (psychiatric disorders, in addition to mental retardation). Dual diagnosed patients are at a severe disadvantage when having to navigate health care systems unfamiliar with their special needs. The DDC staff, made up of psychologists and social workers with well over a century's combined experience, is in a unique position to understand the therapeutic needs of the individual and to take appropriate steps to ensure that those needs are met.

For appointment, please call Arylis at 212-360-3777 or Raquel at 212-360-4565. We look forward to serving you.

La Clinica de Salud Mental de la Clinica de Incapacidades de Desarrollo (DDC)

La Clinica de Salud Mental de la Clinica de Incapacidades de Desarrollo (DDC) en Terence Cardinal Cooke Health Care Center, ofrece servicios completos para las personas incapacitadas (developmentally disabled) y sus familias.

Estos servicios incluyen psicoterapia individual y de grupo, terapia de familia y modificacion de conducta; adiestramiento para padres enfocando el manejo de ninos con problemas de conducta (P.E.T.) y terapia cognocitiva (cognitive behavioral therapy).

Ofrecemos tratamiento para:

- Desordenes de ansiedad
- Desordenes de estado de animo
- Problemas de aprendizaje
- Problemas de conducta

Ofrecemos talleres y grupos enfocando:

- Seguridad Personal - Para evitar las diferentes clases de abuso (fisico, emocional, sexual)
- Salud / Existencia saludable
- Control de si mismo

La Clinica de Salud Mental ofrece evaluaciones psicologicas en ingles y espanol.

Nuestro servicio es unico, en que asistimos a personas con dificultades multiples y diagnosticos duales como desordenes psiquiatricos y retardacion mental. Le damos asistencia a personas estan en desventaja al ir a clinicas y hospitales que no estan familiarizados con sus necesidades especiales.

La Clinica de Salud Mental de DDC, con psicologos y trabajadores sociales de muchos anos de experiencia, trabaja y entiende las necesidades terapeuticas de estas personas y se aseguran que la atencion y servicios recibidos sean completos y efectivos.

Por favor, llame al Raquel (212-360-4565) o Arylis (212-360-3777). Esperamos poder servile a usted.



## FALL 2011 SCHEDULE

- WEDNESDAY OCTOBER 5TH 10:00 AM – 12:30 PM  
**Encouraging Your Family Member to Speak Up for Themselves: A Lesson in Self Advocacy**  
Tom Ott, LCSW, YAI Network with a YAI Self Advocate
- TUESDAY OCTOBER 11TH 10:00 AM – 12:30 PM  
**Guardianship and Future Care Planning for Individuals with Autism Spectrum Disorders**  
Paola Martinez-Boone, BS, New York Lawyers for the Public Interest
- MONDAY OCTOBER 17TH 10:00 AM – 12:30 PM  
**How Anxiety Affects the Lives of Individuals with Autism and Treatments that Help**  
Charles Cartwright, MD, Director, YAI Autism Center
- TUESDAY NOVEMBER 1ST 10:00 AM – 12:30 PM  
**Coping Doesn't Have to be Complicated: Simple Strategies for Managing Everyday Stress**  
Sonja Williams-Richardson, Assistant Coordinator of Education and Training, YAI Network
- MONDAY NOVEMBER 7TH 10:00 AM – 12:30 PM  
**Upcoming Changes in Funding and Program Design for People with Developmental Disabilities – What You Need to Know**  
Marco Damiani, MA, Senior Director, YAI Clinical and Family Services
- MONDAY NOVEMBER 14TH 10:00 AM – 12:30 PM  
**How to Use Social Stories™ to Improve Social Understanding: A Hands-On Workshop**  
Jill Krata, PhD, YAI Autism Center & Premier HealthCare Autism Research and Training Institute
- MONDAY NOVEMBER 21ST 10:00 AM – 12:30 PM  
**Hands-On Sensory Tools and Techniques for Everyday, Part 2: Laboratory Day (Everyone Welcome)**  
Jennifer Chang, MS, OTR/L, C/NDT, Occupational Therapy Supervisor, YAI Center for Specialty Therapy
- MONDAY DECEMBER 12TH 10:00 AM – 12:30 PM  
**Stand, Stretch, Breathe: A Yoga Class for Parents with Take Home Tips for Your Child**  
Laura Mitchell, LMSW, LMT, YAI [LINK](#), Certified Kripalu Yoga Instructor and Danielle Eckert, MS, OTR/L, YAI Premier HealthCare
- MONDAY DECEMBER 19TH 10:00 AM – 12:30 PM  
**Promoting Social Connections for Adults with High Functioning Autism**  
Jennifer Menges, LCSW, YAI Network & Sarah Baier, MSW, YAI Camping and Travel

LOCATION:  
460 W 34TH STREET  
11TH FLOOR  
NEW YORK, NY  
10001

PRE-REGISTRATION IS  
REQUIRED BY CALLING YAI  
[LINK](#) AT:  
**212-273-6182**  
For parents and caregivers only -  
no children please

[WWW.YAI.ORG/AUTISMSUPPORT](http://WWW.YAI.ORG/AUTISMSUPPORT)  
Supported in part from New York State  
Office of People with Developmental  
Disabilities and the New York City  
Council's Autism Initiative