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UPCOMING EVENTS

Flying Point 10K Run and 2K Fun Walk

Sunday, September 20, 9 am

Flying Point Beach, Watermill, NY

www.flyingpointrun.com

The Horse Boy

Friday, September 25, 7 pm

The Staller Center, Stony Brook University

Premiere screening co-sponsored by the Cody Center as part of the Staller Center Fall Semester Film series. For film passes and single tickets, please phone (631) 632-ARTS, or visit *www.stallercenter.com*. The story of parents who will go to the end of the earth to find a way into their son's life. The Isaacson's take their autistic son to Mongolia to trek on horseback and seek the counsel of a variety of shamans. A highly acclaimed documentary directed by Michael Orion Scott, with Rupert Isaacson, Kristin Neff, and Rowan Isaacson.

Cody Center Family Fun Night

Saturday, October 10, 6 to 9 pm

Long Island Children's Museum

Through a generous donation from the Janice Michelle Foundation, the Cody Center is again able to offer 250 tickets to families to attend free-of-charge a private family fun evening at LICM in Garden City. Families must pre-register by phoning (631) 632-3706, or by sending an e-mail to *codycenter@notes.cc.sunysb.edu* by 10/1 with name and mailing address. Tickets will be distributed on a first-come, first-serve basis.

AHA Fall Conference, "Issues in Education for School Age Children"

October 26 and 27, Eastern Suffolk BOCES, Holbrook, NY

For information, visit *www.ahaNY.org* or phone (888) 918-9198



THE CODY CENTER
Stony Brook University

Putnam Hall
Stony Brook, NY 11794-8788

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Cody Walk Exceeds Expectations

The 4th Annual Cody Walk was a great success! The Cody Center welcomed more than 500 registered walkers to the Wang Center where children heard Janice Buckner perform and parents met with resource providers. Donors contributed more than \$28,000 to help provide community services and education for individuals living with Autism and other developmental disabilities.

Much of the success can be attributed to the efforts of the Walk's honorary family, the Fresolone's, whose Team Olivia raised half of this year's funds. The Center is truly grateful for their dedication and support.

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Ralph Fresolone cutting the ribbon to start the 2009 Cody Walk with Dr. John Pomeroy and the Fresolone family.

Tips for a Successful Start to the School Year

Summer has ended, Labor Day has passed, and school has just started. Now it's time to get revved up for the school season. For many families, not just those who have kids with special needs, the start of school is a transition to a much more stressful time of the year. The following ideas are offered to help decrease stress at home and to help ensure that the first month of school is a positive one:

Open lines of communication with the school. A brief note (2-3 paragraphs) to your child's teacher is a great way to start the year. Prioritize what you want the teacher(s) to know. You may want to list two or three of your child's strengths and one or two of your concerns. Be sure to let the teacher know how and when you can be reached (e.g., email address and cell phone). Your child's teacher may be receiving several of these letters, while also getting themselves and their classroom ready. Therefore, it may be very difficult for them to respond back to you during the first week of school.

Establish routines early on at home. For many, the morning routines that were solidly established during the school year

have become more relaxed during the summer. Some families use the last week of August and the first week of September to start to transition back to school (e.g., making bedtimes a little earlier over the course of a few days). Other families, because their family vacation occurred right before school, have not been able to readjust the routines. That's okay, don't panic. It may help to remind your child that her friends and classmates are also going to bed and getting up earlier now that school has started.

Involve your child in the planning process. When you can, try to involve your child in the process of setting up and determining the routines. Depending on your child's age and abilities, this can range from offering her a choice within the routine to allowing her to create a draft schedule on her own. For example, it may be very reasonable to ask your child whether she wants a snack as soon as she gets home from school or after doing some homework. It may also be appropriate to offer her a choice where she can do her homework. If your child has difficulty voicing her opinion, it may help to show her two visuals (e.g., a photograph of each

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Mission

The mission of the Matt and Debra Cody Center for Autism and Developmental Disabilities is to promote excellence in clinical treatment, research, community service, and education for those with Autism Spectrum and other Developmental Disorders.

A MESSAGE FROM THE DIRECTOR



John C. Pomeroy, MD,
Founding Director

On the University campus, September is the start of the academic year and there is always a feeling of excitement and anticipation with the potential for a fresh start. Although at work throughout the year at the Cody Center, we are gearing up for the restart of community and school based services that have been at the core of our work over the last few years and, as the start of school approaches, we are seeing an increase in clinic activity. In keeping with the need for change we are anticipating a number of areas where Center faculty have

the opportunity to influence the development of programs and of policy that benefit Long Island families affected by Autism Spectrum Disorders and other developmental disabilities.

The Center's Behavioral Services Program, operating in conjunction with our Master's level courses to prepare Board Certified Behavior Analysts (BCBA's), will be providing training and support to several Long Island school districts as they develop in-district classrooms and internal capacity for educating students with Autism Spectrum Disorders. In addition, this group will be working with a local service agency - Community Enterprises - on an Enhanced Supported Employment initiative funded by the Office of Mental Retardation and Developmental Disabilities (OMRDD), which will use behavioral methodologies to help adults in job placements develop appropriate workplace behaviors.

Social Skills programs at the Cody Center will be enhanced, offering programs throughout the year in several formats designed to meet the needs of individuals of all ages and varying functional levels. Groups will be initiated throughout the coming year to serve older adolescents and adults, while younger children will be served by social skills groups as well as dyads for those children needing more intensive social skill development. In the works are plans for group programs focused on exercise and nutrition, and on art and music.

Our ability to provide clinical services within traditional health care systems are strongly influenced by the outcome of actively debated public policy that is considering health insurance coverage for quality diagnostic and treatment services for individuals with Autism and related disabilities. While mental health parity has increased recognition of the need to treat Mental Health disorders in the same manner as physical disorders and afforded limited relief to families faced with medical bills for some specialized psychiatric and psychological services, there are other significant areas where coverage should be enhanced. At the Center we hope to make a contribution by educating lawmakers and insurance companies in the standard of care for diagnosis and treatment of Autism.

As always, we are extremely grateful for the community support for the Cody Center and its programs. The turnout on May 17th for the Cody Center Walk on the campus was exceptionally strong, with over 500 in attendance, despite the inevitable, for this year, rain on our Rain Date. I want to thank the Fresolone family for their role in attracting so many participants to the Walk. Several other events should be mentioned, including Sewanhaka High School's repeat 3 on 3 Basketball Tournament, netting \$2,000, and the second year of Lacrosse for Autism, sponsored by Lacrosse Unlimited, raising over \$6,000 from a feature match on the Stony Brook campus between Duke and Dartmouth. In addition, teacher and parent Liz Luchsinger oversaw a pin sale campaign involving 20 school districts that provided more than \$8,000 for genetic research at the Cody Center.

In April, I was honored to receive the 2009 Physician of Distinction Award by the Nassau Physicians Foundation at their annual gala. The event allowed me to introduce the Center and its work to many more health care professionals and the Center was among the beneficiaries of this elegant evening, receiving a donation of \$10,000. Thank you to Dr. Bilha Fish and the members of this valued organization.

Regarding our major event of the year, my special thanks go to Marisela and Cary Staller, and to Hala and Frank Kiridly for their work as co-chairs of the 2009 Cody Comedy Festival. Despite the struggling economy, the event collected

over \$98,000 to support our programs. My extreme gratitude also goes to Myra Naseem and Neal Schumer of Elegant Eating, who donated the food for the cocktail reception; to Angela Jakubowski, who donated wine; to Gina's Florals for the centerpieces; and to Taylor Rental. Thanks also to Kim Covell, Audra Dehan, Sabrina Glass, Judy Greenberg, Kathy Sheriff, and Colleen West for their hard work on the Committee. An outstanding addition to the program at the Staller Center was Brittany Maier, a young woman who is blind, and has both Autism and intellectual disability. Brittany gave an inspiring piano performance of familiar tunes and her own composition, reminding all of us that persons with developmental disabilities are talented and have much to give back to the community.

Despite a difficult year and some necessary changes due to the fiscal crisis, the Center continues to flourish and we look forward to seeing you at our events or at clinical or educational programs we will be offering over the coming year.



Photographer: Masato Onoda

Cody Volunteer Proves One Person Can Make a Difference

Liz Luchsinger educator, advocate and volunteer for the Cody Center proved once again that one person can truly make a difference. Through her Put on your Genes for Cody campaign, Liz was able to raise over \$8,000 in support of genetic research into Autism and related developmental disabilities. Along the way, Liz recruited schools from as far east as Eastport Elementary all the way west to Manhasset High School. "The support of scientific research is a valuable and necessary responsibility that should be considered a priority in our society. It solves mysteries, corrects misconceptions and frequently finds cures for diseases or disabilities that can effect so many. I am pleased to have the support of many educational communities on Long Island to raise funds for this research, and hope the annual event grows to include more districts and businesses each year." Pins were sold to both faculty and students with schools adding wrap around programs to promote sales. If you would like to participate in next year's pin campaign in April, 2010, please e-mail codycenter@notes.cc.sunysb.edu or phone (631) 632-3706.

Pin Campaign Participants

AHRC of Bohemia
Cantiague Elementary School
Comsewogue School District
Commack High School
Eastport Elementary School
Eastern Suffolk BOCES
Hauppauge School District
Jericho School District
Manhasset High School
Miller Place School District
Mt. Sinai High School
Oyster Bay East Norwich High School
Nassakeag School
Rocky Point High School
Rocky Point Middle School
Setauket Elementary School
Three Village School Administration Offices
Ward Melville High School
Western Suffolk BOCES
Willow Road Elementary

**In addition, we would like to thank
Principal Ed Caswell, Mt. Sinai High
School, and Visionary Marketing
for lending their support to this
special program.**

Tips for a Successful Start to the School Year

Continued from page 1

choice). Hint: for those of you who want to try having your child create a schedule on her own; make sure that you have your child list her "fun activities", as well as listing responsibilities. Reassure your child that the schedule does not have to be perfect. This can be a great learning process, helping her to develop a better appreciation for time constraints and dealing with the 'priorities of life'.

Incorporate 'fun' and pleasurable activities into the home routine. Summer has been a wonderful time, in part because of the decreased academic demands and the greater amount of time that we had to do fun things with our kids. Make sure to schedule in a fun activity with your child at least once or twice during the school week. Make time to play her favorite card or board game. Listen to music together on the I Pod. Playing catch, watching part of a television show, or playing pokemon are all great ways to have fun and reduce stress. Remember, the activity doesn't have to last hours to be fun.



Remember, your child may initially need additional support. Students who were independently completing their homework in the spring may need some help re-establishing their independent work habits. It may help to remind them that you are available for questions if they get stuck. Sometimes it also helps to be occupied with your work nearby. Praise them for their efforts at independence.

Schedule 'fun' time for yourself. You are an integral part of your child's success and progress. Remember to "take care of yourself", so that you can care for your child. Find some time, two or three days a week, to do something for yourself. Even if you can't get away from the house, read a magazine or a book (but not about autism) for ten minutes, watch part of a TV show after the kids are in bed, check Facebook, or exercise for ten minutes.

David Makowski, Ph.D is a Clinical Psychologist and Director, School Consultation Services, at the Cody Center.

Cody Comedy Festival 2009

The Annual Cody Comedy Festival held on Wednesday, May 13, provided another terrific night of comedy with returning comics Melvin George and Tina Giorgi, and Kevin Meany. Leading off the show at the Staller Center was Brittany Maier, a young woman whose blindness and autism has not prevented her from becoming an accomplished pianist and composer. Brittany's performance reminded the audience why support for the programs of the Cody Center is so critical. The evening started with a Funny Bone cocktail reception at the Wang Center. Elegant Eating graciously donated the reception buffet. Gina's Florist Shoppe, Angela Jakubowski, and Taylor Rentals also donated floral arrangements, wine and equipment, so that ticket proceeds for both reception and show were largely able to benefit the Center. Judy Greenburg and her dedicated Raffle Committee were responsible for a lively auction of gifts and merchandise donated by area businesses and supporters. Again, the outpouring of the community in this difficult economy is heartening. The Festival's net revenue exceeded \$98,000, which will be used to support community services and research. Co-chairs for the event were Hala and Frank Kiridly, and Marisela and Cary Staller.



Tina Giorgi, Kevin Meany, Brittany Maier, Tammy Maier, and Melvin George

Lacrosse for Autism Game Raises over \$6,000

This year's Lacrosse for Autism raised \$6,360 for the Cody Center through a doubleheader featuring matches between Duke and Dartmouth and Stony Brook and UMBC. Created by Brendan and Jennifer Fleming, the festival-style event is one of several in the region supported by the Long Island lacrosse community.

The Cody Center greatly appreciates the support and dedication of the Fleming family, Lacrosse Unlimited and Stony Brook Athletics for their assistance in promoting awareness of Autism and developmental disabilities, and for the financial support of the event. The funds raised through Lacrosse for Autism will assist the Cody Center in expanding our parent support and sibling support group programs.

The third annual Lacrosse for Autism is set for the Spring of 2010; please watch www.codycenter.org for information.

Cody Walk Exceeds Expectations

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Super Sibs with SBU Mascot Wolfie

New this year was the implementation of an interactive Walk website for registration, team building, and donations. The website allowed walkers to connect with friends and family around the country, and to educate them about the programs and services offered at the Cody Center.

Thank you to all who helped to make this event such a success! Planning has already begun for next year's Walk on Sunday, April 25, 2010. If you would like to join the Walk Committee or become a team captain, please phone (631) 632-8983.

Shop for the Cause

The Cody Center will be selling Macy's "Shop For The Cause" coupons for \$5 each. The coupons are good at any Macy's for a 20% discount on October 17, 2009. All proceeds from the coupons benefit the Cody Center. Coupons will be available at both Port Jefferson Station and Putnam Hall.



In Grateful Appreciation - 2009 Comedy Festival Sponsors

Headliner Contributor

Drs. James and Marilyn Simons

Very Special Thanks to:

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Knee-Slapper Contributors

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Special Recognition to:

Angela Jakubowski

Gina's Enchanted Flower Shoppe

Taylor Rental, Port Jefferson

Support Groups

CODY CENTER SIBLING SUPPORT GROUP

This fall we will offer a weekly sibling support group, for brothers and sisters of children with autism, and autism spectrum disorders. The group follows the SibShop model, which incorporates games, art projects and discussion in an upbeat and supportive atmosphere. The group is led by a social worker, Marlies Brandt, and volunteer helpers.

Age range of siblings: 7 to 11 years

Time: Saturdays, 11:00 AM to 12:30 PM

Location: Cody Center, 5 Medical Drive, Port Jefferson Station

Start Date: September 26, 2009

Fee: None

Application process: Please contact Ellen Woodward at (631) 632-3127, or shirley.woodward@stonybrook.edu.

PARENT INFORMATION AND SUPPORT GROUP

The Cody Center offers short term groups for parents of children recently diagnosed with Autism, Asperger's syndrome, or PDD-NOS. The groups focus on helping parents develop a better understanding of autism, and giving an overview of services, systems, and helpful resources in the community.

Time: Tuesdays, 7:00 PM to 8:30 PM

Location: Putnam Hall, Room 177, Stony Brook University

Start Date: September 22

Fee: None

Application process: Please contact Ellen Woodward at (631) 632-3127, or shirley.woodward@stonybrook.edu.

GRANDPARENT GROUP

This group is for grandparents of children with autism spectrum disorders. It often features guest speakers on aspects of autism, and offers time for general discussion of concerns, and mutual support. There is no charge for group attendance.

Fall 2009 Dates:

September 16 10 to 11:30 am

October 21 10 to 11:30 am

November 18 10 to 11:30 am

December 16 10 to 11:30 am

Location: Cody Center, 5 Medical Drive, Port Jefferson Station, NY 11776

Contact: Ellen Woodward (631) 632-3127 or email, shirley.woodward@stonybrook.edu.

School Vacation Recreation Programs

This year the Cody Center will be offering its School Vacation Recreation program for three days over the December 2009 break, as well as over the February 2010 winter and March 2010 spring breaks. The programs are held at Early Discoveries in Port Jefferson. Recreation is open to children between the ages of five and nine who have a diagnosis of Autism spectrum disorder and who meet the requirements for OMRDD services. It offers three hours per day of structured play in a classroom and gym setting with behaviorally trained staff. An application is required. Please contact Ellen Woodward at (631) 632-3127, or shirley.woodward@stonybrook.edu, for more information, or to obtain an application.

Fall 2009 Cody Center Workshop Series

Wednesday, October 7, 7:00 PM to 9:00 PM

Wang Center Room 201

Cody Parent Panel and Network

Moderator: Cheryl Couch

This panel of parents will share their journeys in supporting a child with an autism spectrum disorder. Including key lessons learned, and resources that have been valuable to them. There will be mothers representing various age groups: preschool through high school/young adults. The session will be highly interactive, encouraging dialogue between participants and panelists as time permits. There will be time at the end of the meeting for parents to network.

Thursday, October 22, 7:00 PM to 9:00 PM

Wang Center Room 201

Relationship Developmental Intervention (RDI)

Presenter: Donna Morrison, M.S., OTR

Relationship Developmental Intervention (RDI) is a training program that helps families learn how to help their children with autism to acquire the necessary skills to engage in reciprocal meaningful relationships. RDI offers clear goals and frameworks to help families facilitate emotional connectedness, greater flexibility, and dynamic processing, using natural routines with carefully applied challenges, variations and elaborations.

Wednesday, November 4, 7:00 PM to 9:00 PM

Wang Center Room 201

The Perfect IEP

Presenter: Lorrie Cohen, MS, LMHC, NCC

This workshop focuses on important information for both parents and professionals about how to design and implement an appropriate and individual IEP. As a parent it is never too late to become an active participant in designing your child's education plan to ensure that their needs are being met. As a professional it is important to understand that the family's vision is an integral part of developing a plan that will help the child become an independent and functioning member of society. The collaboration between parents and professionals is a key ingredient to the success of any IEP. As both a professional and a parent of a child on the spectrum I hope to enlighten and motivate you to make a difference in the life of your child or a student you work with.

Thursday, November 19, 7:00 PM to 9:00 PM

Wang Center Lecture Hall 1

**Bringing the Birds and Bees Down to Earth:
Sexuality Education for Individuals with Autism and
Related Disorders**

Presenter: Lisa Mitchell, LCSW

This talk is offered to professionals and parents of children of all ages with autism or related developmental disabilities, however, particular attention will be paid to issues which adolescents and young adults commonly face. Participants will learn about: social and sexual interest; improving understanding of

personal boundaries and relationships; body changes and reactions to puberty; key concepts to focus on; and suggested activities to use when providing sexuality education for persons with developmental disabilities.

- Preparation for puberty and body changes
- Relationships and social skills
- Personal boundaries and abuse prevention
- Ways to address inappropriate behaviors
- Teaching and communication tips
- Activities to use when providing sexuality education

Wednesday, December 2, 7:00 PM to 9:00 PM

Wang Center Room 201

**Neuropsychological Testing for Children with Autism
Spectrum Disorders; Understanding Cognitive, Social and
Learning Problems**

Presenter: Philip Eisenberg, Ph.D.

Neuropsychological testing can help us understand some of the widely varying skills of children with autism spectrum disorders. By identifying specific strengths and weaknesses, more effective strategies can be developed for learning both academic and social information. This workshop will give parents an understanding of some of the differences that may make social interaction and school work difficult for their child, and help them decide when additional testing would be helpful.

Thursday, December 17, 7:00 PM to 9:00 PM

Wang Center Lecture Hall 1

**Helping Parents Understand Their Children's Behavior:
Recognizing and Applying Principles of Behavior**

Presenter: Nicholas Weatherly, Ph.D., BCBA

Children with autism may exhibit behaviors that are challenging and difficult to change. Daily routines such as mealtime, bedtime, homework and getting ready for school, as well as self help issues such as toileting and dressing, can become daily struggles. This workshop will discuss the ways that understanding and applying the principles of behavior analysis can help with these everyday situations at home.

Registration: Please call (631) 632-3706, or email Shirley.woodward@stonybrook.edu.

Workshop Fee: We suggest a donation of \$10 per family to help cover the costs of presenting the workshops. Professionals seeking documentation of attendance are asked to pay \$25.

Location: All workshops are held at the Wang Center on the Stony Brook campus unless otherwise noted.

Directions: I-19 to exit 62N. Approximately 10 miles on Nicolls Rd to Stony Brook University Main Entrance (second entrance on left). Wang Center is straight ahead on right, directly opposite parking garage. You may park in the garage for a fee, or in nearby surface lots at no charge.



Contact Information for the Cody Center

New Patient Appointments: (631) 632-3070, Option 3
Follow-up Appointments: (631) 632-3070, Option 2

Visit the Cody Center website, www.codycenter.org for information and application forms for the Social Skills Program, Sexuality and Reproductive Healthcare Program, and Behavioral Services Program (in Clinical Services section).

Administrative Offices

Room 177, Putnam Hall
Stony Brook University
Stony Brook, NY 11794-8788
(631) 632-8983
(631) 632-3120 (fax)

Port Jefferson Station Clinic

5 Medical Drive
Jefferson Medical Park
Port Jefferson Station, NY 11776
(631) 632-3070
(631) 632-3785

Mind Matters Dinner Reception Honors Dr. Pomeroy

The Mental Health Association of Suffolk County will hold its annual dinner reception on Thursday, October 8, at the Meadow Club in Port Jefferson. John Pomeroy, MD, Founding Director of the Cody Center will be honored as the Health Care Professional of the Year. Dr. Pomeroy's keynote address will discuss, "Bridging the Gap Between Mental Illness and Developmental Disabilities. For ticket and sponsorship information, please call MHA at (631) 226-3900.

Transition to Adulthood What Parents Need to Know

A workshop for parents of children ages 15 to early 20's with developmental disabilities will be held on November 1, 2009, from 11 am to 3 pm in the auditorium of the Student Activities Center, Stony Brook University. Topics to be covered include guardianship, SSI/SSDI, supplemental needs trusts, Medicaid, and OMRDD. Suggested donation: \$20. For a registration form, visit www.codycenter.org and click on the events button on the Home Page, or phone (631) 632-3706.