

## WNYRCASD sponsors FREE Mini-Workshop

On Wednesday, February 10, from 12 – 12:30 p.m., the Western New York Regional Center for Autism will sponsor a free mini workshop: "Staying Connected in a Disconnected World." The workshop will be led by Amy Jablonski, Psy.D., BCBA-D, Vice President of The Summit Center's Behavioral Health and Education Divisions.



"The pandemic has resulted in a loss of social interaction for many individuals and has caused a spike in mental health issues," Dr. Jablonski said. "Staying connected to children and teens with autism during this period is crucial." This webinar will provide information on the prevalence of mental health issues in students with autism, discuss areas to monitor in your child/student, and provide tips for dealing with the disruptions that the pandemic has caused in our lives. Dr. Jablonski is a licensed clinical psychologist and licensed behavioral analyst. She has held many clinical and administrative positions during her 20-year tenure at Summit and specializes in the diagnosis and treatment of young children with autism and developmental disabilities.

The mini workshop is open to parents and educators. Participants will receive a Certificate of Attendance.

Link to Register – <https://nysrcasd.org/events/828/registrations/new>

## FREE Parent Training!

The Summit Center's S.T.A.R. Training, funded by the Office for People with Developmental Disabilities (OPWDD), offers parents and caregivers the opportunity to learn new strategies to support you through various stages of your child's life. All sessions will be conducted virtually by members of The Summit Center's professional staff with significant background, training, and experience working with individuals with developmental disabilities. For those who participate, virtual respite opportunities may be available at a later date.

### Transition to Adulthood (five sessions)

This transition series will cover many components that are part of the process for students who will graduate with a Skills and Achievement Commencement Credential.

Sat. Feb. 6 (10-10:45 a.m.) Let's Talk Transition  
Sat. Feb. 13 (10-10:45 a.m.) Options for Adulthood  
Sat. Feb. 27 (10 - 10:45 a.m.) Skills for Transition to Adulthood  
Thurs. Mar. 4 (4:30 - 5:15 p.m.) Transition in the Final Years of School  
Fri. Mar. 5 (4:30 - 5:15 p.m.) Guardianship – Potential Supports

### Behavior Basics (one session offered on two dates)

This training will focus on basic proactive strategies to help caregivers reduce challenging behaviors that their children may exhibit. Topics will include reinforcement of positive behaviors, simple communication strategies, and other behavioral tips and techniques.

Sat. March 13 (10 - 11:30 a.m.) Behavior Basics  
Sat. June 12 (10 - 11:30 a.m.) Behavior Basics

### Adaptive Skills (one session) Saturday, March 20 10-11:30 a.m.

Many children, regardless of a developmental disability, can struggle with aspects of Toileting, Sleeping and Feeding. This training will identify the challenges that caregivers typically face as well as teach simple strategies that focus on using reinforcement to encourage skill building in these areas.

### Managing Challenging Behaviors (one session) Sat. April 17 10 – 11:30 a.m.

This training will focus on teaching caregivers where challenging behaviors typically come from, what challenging behaviors mean, as well as some simple strategies that focus on using reinforcement to decrease challenging behaviors and build skills.

### Sleep Solutions (one session) Saturday, May 8 10-11:30 a.m.

Many individuals and families struggle with inconsistent sleep patterns and habits. This training will identify common sleep problems, discuss environmental factors that affect sleep, and offer basic behavioral treatment strategies for sleep problems.

To learn more about each session and how to register, please visit <https://www.thesummitcenter.org/what-we-do/community-division/s-t-a-r-support-training-and-respite/>



## Did you miss this presentation?

On Wednesday, December 9, The Summit Center hosted an online presentation by local attorney Bruce A. Goldstein, who discussed **guardianship, wills, and special needs trusts.**

In case you missed it, you can watch a recording here:  
<https://attendee.gotowebinar.com/recording/1378595578230431503>



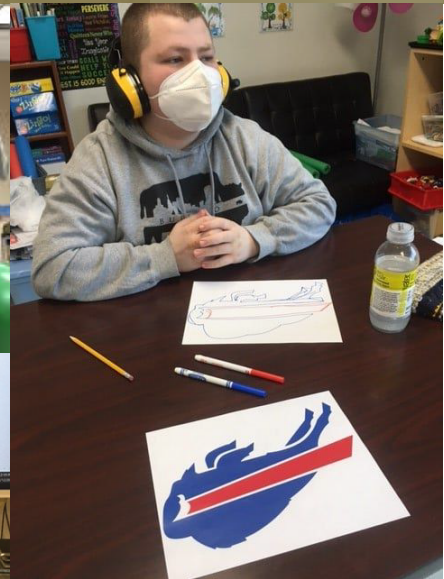
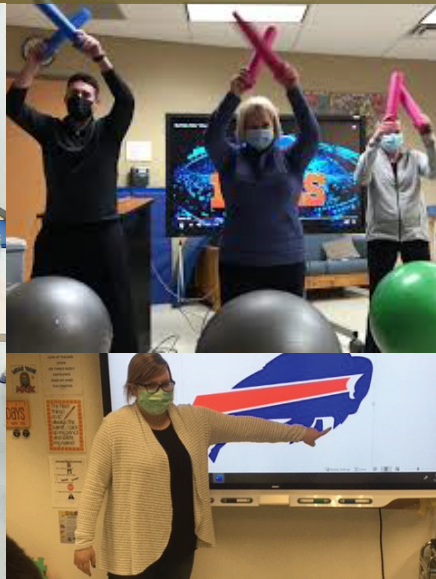
Stay Connected With Us!

Follow us on social media!

150 Stahl Road | Getzville, NY 14068  
[www.thesummitcenter.org](http://www.thesummitcenter.org)  
716.629.3400  
[info@thesummitcenter.org](mailto:info@thesummitcenter.org)



# Cheering on Our Favorite Team!



**Pictured left:** Students and staff in room 735 at Summit Academy showed up to school rocking their Bills gear!

**Pictured top/center:** Our A.P.E. Department put together an instructional video for our students so that they can cheer along to the famous "Shout Song." Watch the video here: <https://youtu.be/hFWB9MZW8-g>

**Pictured bottom/center and right:** Students in Ms. Erin's class practiced drawing and coloring the Bills logo and dancing to the "Shout" song during their A.P.E. time!



## Raising Our Hands!

A big shoutout to the individuals in our **respite programs** for their adaptability as we continue to provide virtual services. In a recent session, one of their goals was learning the appropriate time to speak and practicing raising their hands for a turn to speak. Way to go, everyone!

## COVID-19 Vaccinations

Summit staff members have been among the first to receive **COVID-19 vaccinations**. We will continue to encourage our staff members to get vaccinated as a way of combating COVID-19.

## Thank you, Flutie Foundation!

We are thrilled to announce that **Summit has received a grant from the Doug Flutie, Jr. Foundation for Autism!** These funds will be used to purchase technology and fitness equipment for our respite program which will help children build critical social and leisure skills.

THANK YOU!





# Our Annual Conference has Gone Virtual!

**Wednesday, March 24 @ 1 p.m. - 3 p.m.**

*Learning in Groups – Curriculum Considerations for Children with Autism* Presented by *Bridget Taylor, Psy.D., BCBA-D of Alpine Learning*



Early intensive intervention programs for children with autism start with instruction presented in a one-to-one format, with an adult and a child. If learning is progressive however, we must help children with autism eventually acquire new information within group contexts. The first hour of this presentation will review research-based strategies to increase responding within group instructional contexts as well as procedures to increase observational learning of children with autism within these contexts. Video-taped examples will be used to illustrate instructional strategies.

During the second hour of this course, participants will discover why learning in a group may be challenging for children with autism, identify the components of observational learning and recognize research-based procedures that could be implemented within a group to increase rate of responding. The last 15 minutes will be used for Q & A.

Register at <https://nysrcasd.org/events/810/registrations/new>

## Have You Thought About Your Legacy?

We don't know what the future is going to look like, but we know we want to be there to continue making lives better. By joining The Summit Center Vista Society, you can help ensure that life-changing opportunities are available for children and adults with autism.

To make a legacy gift, you do not need a massive estate. You simply need the intent to make a lasting difference by identifying The Summit Center in your will or estate plan. Your gift can take the form of:

- a bequest of a fixed dollar amount
- a percentage of your estate
- real estate
- a life insurance policy
- a retirement plan
- stock



Helping individuals with autism maximize their full potential can be a part of your legacy. For more information, and to find an enrollment form, visit [www.thesummitcenter.org/plannedgiving](http://www.thesummitcenter.org/plannedgiving).

## Save the Date for 2021 Autism Walk Virtual Challenge

The Summit Center's Autism Walk has never been just about a route, the activities, or the goodies in the food tent. The Walk is a celebration of our love for someone with autism. A reimagined Walk will not change the sense of community we all have when we work together to make lives better. This year, walk 2 miles. Run a 10k. Or maybe aspire to something more.

The 2021 Autism Walk Virtual Challenge allows YOU to pick your challenge. Choose from our list of options, or come up with an activity of your own that symbolizes your commitment to helping people reach their full potential.

Join us on **May 15 and 16** for a fun-filled weekend to raise funds for The Summit Center. Even though we can't gather together in large groups just yet, you can participate in your own home, in your neighborhood, or at your favorite park.

Stay tuned for more registration information at [www.SummitWalk.org](http://www.SummitWalk.org)

