



Haldimand-Norfolk  
**REACH**

*supporting children, families, communities*

**2019**  
**Fall Guide**

# Autism Services





H-N REACH is recognized as a local leader in community education, advocacy, inter-sector collaboration and Community Service Planning. This is H-N REACH's second offering of fee-for-service in Autism programming. The goal is to provide a range of evidence-based services and programs to individuals with Autism Spectrum Disorder and their caregivers in a family-centred and flexible manner.

Each service will be evaluated to ensure it is valued by families and future offerings will be modified to ensure the best services are offered at times that work best for families. Feedback will be welcomed. Most services will have a fee attached that must be paid up front but there will be a number of complimentary activities initially.

The World of Autism Services continues to change as families are invited to apply for their OAP family budgets and then purchase the services that best meet their needs. The services H-N REACH offer will be based on the principles of Applied Behaviour Analysis (ABA). The services will vary across intensity, whether they are delivered individually or in a group, and whether they are directed to the child or the parent.





<b>Complimentary Services</b>	
<p><b>Orientation for Autism Spectrum Disorder</b></p> <p>Call Joan Costigan 519-587-2441 Ext 271</p>	<p>Families will receive information about Autism Spectrum Disorder, available services and the Applied Behaviour Analysis approach to services. This will include what HN REACH can offer as well as other services in the community and is provided at no cost.</p>
<p><b>Family Night</b></p> <p>October 9, 2019 November 13, 2019 December 11, 2019</p> <p>6:00 – 7:30 pm</p> <p>Call Tami Ward to register: 519-587-2441 Ext 287</p>	<p>This is an opportunity for the whole family to take part. Family Night is run in partnership with Autism Ontario, The Powerhouse Project and H-N REACH. We plan to host Family Nights 8 times a year, where parents will have the opportunity to meet with other parents and share new ideas. Siblings can participate in activities facilitated by the Powerhouse Project and children with Autism can participate in free-play activities in the gym. Pizza is provided by Autism Ontario. Registration is required for each evening. This event is sponsored by the Hub’s Memorial Ride in memory of Jeremy Huber so there is no cost to families.</p>
<p><b>Application to Central Intake Registration Team (CIRT) and Initial Goal Planning</b></p>	<p>When families are invited to apply for the Childhood Budget by the MCCSS, a H-N REACH Family Service Coordinator will assist with filling out the application for the Ontario Autism Program funding if required. Follow up services for goal setting, once funding has been received can also be arranged at no charge. To request assistance call Joan Costigan at 519-587-2441 Ext 271.</p>







## MEMBERSHIP

CONSIDER THE MANY BENEFITS OF HAVING A GOLD OR SILVER MEMBERSHIP. FOR THE REST OF 2019 COST WILL BE \$150.00 FOR THE GOLD AND \$75.00 FOR THE SILVER. THE BENEFITS ARE LISTED BELOW. PRICES FOR 2020 WILL BE \$500.00 (GOLD) AND \$250.00 (SILVER) PER YEAR. PLEASE CALL SUE TONER AT 519-587-2441 EXT. 272 OR EMAIL SUE AT [STONER@HNREACH.ON.CA](mailto:STONER@HNREACH.ON.CA) TO ARRANGE A MEMBERSHIP.

Memberships	Gold	Silver
<b>Phone consultations</b>	Monthly – 4 in Fall 2019	Bi-monthly – 2 in Fall 2019
<b>School meetings</b>	Support to prepare for school meetings Clinician to attend 1 meeting a year	Support to prepare for school meetings
<b>Community resource brainstorming</b> <i>autisminfo@hnreach.on.ca</i>	Autism clinician to respond to email within 24 office hours	Autism clinician to respond to email within 48 office hours
<b>Parent workshops</b>	Access to any three workshops per year with one follow up 2 free workshops in Fall 2019	Access to 3 workshops per year 1 free workshop in Fall 2019
<b>Tip sheets</b>	Call to request one from our library	
<b>Make your own visuals!</b>  Third Monday of every month 11 am - 6 pm in Townsend	Do it yourself visual day includes printing, lamination, and assistance provided by an Autism Clinician  Call to book an appointment – Tami (ext. 287)	
<b>Parent support group</b>  If there is enough interest will divide into two smaller groups by location	Monthly - Facilitated by an Autism Clinician  Fourth Wednesday of every month 1 pm – 3 pm Townsend	



## Fee for Service Behavioural Intervention

### Comprehensive Early Learning Package For Children 2-5 Years Old

Children up to age 6 will receive one-to-one intervention for 12 hours per week. Programming is developed by an experienced Senior Therapist (ST) and supervised by a Board Certified Behavioural Analyst (BCBA). This service includes a curriculum assessment, programming, generalization, progress report and parent training.

Some sessions may be grouped with other children working on similar goals.

**Cost: \$850/week; \$9500/12 weeks**

### Focused Applied Behaviour Analysis (ABA)

Focused ABA therapy works to reduce challenging behaviour and/or develop new skills. Each service will include a comprehensive assessment, goal setting, intervention, parent coaching and a summary report. All intervention will be implemented by an Autism Clinician and overseen by a BCBA Clinical Supervisor.

**Cost: \$70/hr Packages can be developed based on the number of hours requested.**

### Behavioural Consultations

A consultation (previously called a clinic) can be arranged with a qualified Autism Clinician to discuss challenging situations and or behaviors. This service will include one consultation session and up to two follow up appointments. Materials, such as visual schedules and tip sheets, may be provided. This will be overseen by a BCBA.

**Cost: \$100**

### Behavioural Coaching

A feedback session can be arranged with a qualified Autism Clinician to discuss challenging situations including establishing routines, increasing independence and getting skills back on track. This service will include one consultation session and up to two follow up appointments. Materials, such as visual schedules and tip sheets, may be provided.

**Cost: \$75**



<p><b>6 - 9 Years Old</b></p> <p><b>Developing Play Dates</b></p> <p>Learn how to develop and structure a play date for maximum success This support includes one two- hour prep session and two 90-minute hands on sessions with another child. The development of visuals if needed, is included.</p> <p><b>Cost:</b> \$125 for 3 sessions</p>	<p><b>10 – 13 Years Old</b></p> <p><b>Individual Social Support</b></p> <p>This service offers one to one sessions to review social tips regarding conversational skills, using humour, inviting friends to get together, being a good sport, or handling teasing. Three goals are set at the request for this service, followed by one session on each topic. Each 90-minute session will contain activities like games, discussion and practice.</p> <p><b>Cost:</b> \$125 for 3 sessions</p>
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## Groups

<p><b>2 – 5 Years</b></p> <p><b>Foundations of Learning – Pre- School/School Readiness</b></p>	<p>Children will participate in a 12-week group program with a focus on increasing self-help skills, group and routines, social interaction, play and leisure, pre-academics, and more. A 2-hour group will be offered each week. Every other week the family will be provided with a 90-minute consultation with a qualified Autism Clinician to assist with skill generalization. All programming is overseen by a BCBA Clinical Supervisor.</p> <p><b>Cost:</b> \$2400 (includes both group and individual)  <b>Dates:</b> September 17 – December 3, 2019 Time: 9:30 am – 11:30 am  <b>Location:</b> Port Dover EarlyOn Centre at Lakewood Public School</p> <hr/> <p>If there are insufficient children to run a group, individual consultations will be offered.</p> <p><b>Cost:</b> \$125 per 90 minute session; must book at least 6 sessions  <b>Location:</b> booked at your home on a day and time that is convenient to you</p>
<p><b>6 – 9 Years</b></p> <p><b>Friends Group</b></p>	<p>Children are provided the opportunity to develop age-appropriate play and social skills in a safe, fun and inclusive environment with staff facilitation. Each block of sessions will focus on a specific theme. Program runs once a week for 10 weeks.</p> <p><b>Cost:</b> \$1200  <b>Dates:</b> September 17 – November 19, 2019 Tuesdays 4 pm – 6 pm  <b>Location:</b> Townsend</p>

**Groups will only run with a minimum of 3 children or youth.**

**Groups cancelled due to insufficient registration will be fully refunded.**



<p><b>10 – 13 years old</b> <b>Friends Group</b></p>	<p>Children are provided the opportunity to develop age-appropriate play and social skills in a safe, fun and inclusive environment with staff facilitation. Each block of sessions will focus on a specific theme. Program runs once a week for 10 weeks.</p> <p><b>Cost:</b> \$1200</p> <p><b>Dates:</b> September 19 – November 21, 2019 (Includes Halloween Party) Thursdays 4 pm – 6 pm</p> <p><b>Location:</b> Townsend</p>
<p><b>14 – 17 years old</b> <b>Teen Social Night</b></p>	<p>This Thursday evening social will be offered for youth in high school in both Haldimand and Norfolk every other week over the fall. Through games and planned activities individuals will be able to practice social skills on-site in anticipation of future off-site activities like going out for ice cream or bowling. Youth will have to sign up for all sessions.</p> <p><b>Cost:</b> \$500 for 6 sessions</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>• September 12 &amp; 26, 2019</li> <li>• October 10 &amp; 24, 2019</li> <li>• November 14 &amp; 28, 2019</li> </ul> <p><b>Haldimand Location:</b> To be determined</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>• September 19, 2019</li> <li>• October 3 &amp; 17, 2019</li> <li>• November 7 &amp; 21, 2019</li> <li>• December 5, 2019</li> </ul> <p><b>Norfolk Location:</b> John Street Office, Simcoe, ON</p>





## Respite Services

### Family Christmas Shopping Respite Days for kids age 5 – 14: November 30, December 7

While you get your Christmas Shopping and decorating done your child will be in a safe environment with other children supervised by Autism Clinicians. Games, activities, snacks and lunch will be provided.

Location to be announced

**Cost: \$190 (Lunch included)**

Full day: 9 am – 3 pm

**Cost: \$90 (No lunch)**

Half day: 9 am – 12 pm or 12 pm – 3 pm

### Respite Worker Training: \$50/hour

Respite workers and Community Coaches may benefit from learning about Autism Spectrum Disorder and Applied Behaviour Analysis (ABA). Proactive behaviour strategies can set children and youth up for success. Using transitional warnings, first then, redirection and following the child’s lead may prevent meltdowns and make time away from families more enjoyable.

### Respite Consultation: \$50/hour

When problem behaviours arise an Autism Clinician can help problem solve strategies to get activities back on track. Visuals and Social narratives can help explain to a child what is going to happen next. As well an Autism Clinician can offer suggestions of appropriate activities or games that may be appropriate.







**Workshop Cost: \$50.00/ session**

**Minimum Registration: 4 participants**

Workshop	Dates	Groups	Location
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**September 2019**

<p><b>Improving Sleep</b></p> <p>Presenters: Haley Kamping &amp; Allie Aspden</p>	<p>Tuesday September 10, 2019</p>	<p>10 am –12 pm</p>	<p>H-N REACH - Townsend Autism Meeting Room</p> <p>* Online Webinar offered through ZOOM</p>
<p><b>Managing Behaviour</b></p> <p>Presenters: Biljana Jelusic &amp; Katie Kelly</p>	<p>Thursday September 19, 2019</p>	<p>6 pm – 8 pm</p>	<p>H-N REACH - Townsend Upper Boardroom</p> <p>* Online Webinar offered through ZOOM</p>
<p><b>Managing Behaviour</b></p> <p>Presenters: Biljana Jelusic &amp; Katie Kelly</p>	<p>Thursday September 26, 2019</p>	<p>9 am– 11:30 am</p>	<p>H-N REACH - Townsend Autism Meeting Room</p> <p>* Online Webinar offered through ZOOM</p>

**October 2019**

<p><b>Learning &amp; Being Social Through Play – 2 parts</b></p> <p>Presenters: Debby Fox &amp; Lindsey Walker</p>	<p>Part 1: Presentation for Parents Only</p> <p>Thursday October 03, 2019</p>	<p>10 am –12 pm</p>	<p>EarlyOn - Simcoe Upper Boardroom</p>
	<p>Part 2: Play Group</p> <p>Thursday October 10, 2019</p>	<p>5 pm – 6 pm</p>	<p>EarlyOn - Simcoe Lower play area</p>

**2019 FALL GUIDE**

<b>Sexuality and Relationships</b>  Presenters: Natalie Rooney & Sue Toner	Thursday October 24, 2019	6 pm – 8 pm	H-N REACH - Townsend Upper Boardroom  * Online Webinar offered through ZOOM
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**November 2019**

<b>Toileting</b>  Presenters: Lindsey Walker & Erin Bousfield	Tuesday November 12, 2019	10 am –12 pm	H-N REACH - Townsend Autism Meeting Room  * Online Webinar offered through ZOOM
<b>Exploring New Foods</b>  Presenters: Biljana Jelusic & Rachel Woods	Thursday November 21, 2019	10 am –12 pm	H-N REACH - Townsend Autism Meeting Room  * Online Webinar offered through ZOOM

**December 2019**

<b>Job/Volunteer Readiness</b>  Presenters: Debby Fox & Natalie Rooney	Tuesday December 3, 2019	6 pm – 8:00 pm	H-N REACH - Townsend Upper Boardroom  * Online Webinar offered through ZOOM
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**To register please contact:**

**Tami Ward 519-587-2441 ext. 287**

**Email: [tward@hnreach.on.ca](mailto:tward@hnreach.on.ca)**



## ZOOM

ZOOM is a video conferencing tool that can be downloaded so you can log into our parent training sessions from your own home on your own computer. If you are interested in joining a session by zoom please discuss this preference when you register. The link will be sent to you before the presentation.

**Cost:** \$50.00/session      **Minimum Registration:** 4 participants

## Workshop Descriptions

### Sexuality and Relationships

Relevant Ages: Teenagers

This workshop will focus on providing caregiver education to assist with teaching the changes that come with puberty and increased interest in sexuality and relationships. We will be discussing such topics as sexual relationships, sexual orientation, dating, boundaries, and consent.

### Job/Volunteer Readiness

Relevant Ages: Teenagers

The Job/ Volunteer Readiness will target job readiness skills, employer expectations, identifying personal strengths and weakness, job expectations, & formulating answers to job interview questions. The workshop is designed for both youth and parent/caregiver to attend.

### Managing Behaviour

Relevant Ages: All

What do we need to know in order to address common behaviours in children, teens and young adults with ASD? This workshop is designed to help you look at factors that influence your child's behaviour and provides you with effective strategies to help manage misbehaviour.

### Learning & Being Social Through Play

Relevant Ages: Preschool and early school age

Learn how to engage children with autism in play-based activities. Learn the distinguishing factors related to play development of both typical children and those with autism. Strategies to teach play, suggestions of toys to use, structuring play and teaching skills such as turn-taking and sharing, initiating greetings and co-operative play will be covered.

*\*\*This workshop separated into 2 parts:* the first will be a parent/caregiver portion presentation in the upper boardroom at the EarlyOn in Simcoe and the second portion will include child & caregiver on the main floor of the EarlyOn in Simcoe.

**Exploring New Foods**

Relevant Ages: All

This workshop is designed for parents, caregivers and clinicians to cover a variety of positive behavioural approaches to introducing new foods or expanding food repertoires of children who are picky eaters. Strategies are covered in a practical step-by-step manner to address a range of eating issues.

**Improving Sleep**

Relevant Ages: All

This workshop reviews strategies that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered in a step-by-step, practical manner to address a variety of sleep-related issues.

**Toileting**

Relevant Ages: Preschool and early school age

This workshop is designed to help participants recognize readiness skills and patterns of current toileting behaviours in their children. Participants will also acquire knowledge of toilet training strategies based on principles of Applied Behaviour Analysis (ABA). Attendance at this workshop will include a follow-up appointment to personalize strategies taught in workshop.

**CONTACT US**

Phone: 519-587-2441 or 1-800-265-8087

Joan Costigan Ext: 271

Tami Ward: Ext. 287

Email: [autisminfo@hnreach.on.ca](mailto:autisminfo@hnreach.on.ca)

Mail: 101 Nanticoke Creek Parkway, Townsend, Ontario, N0A 1S0

Our main office hours are: Monday to Friday - 8:30 am to 4:30 pm

Please note that Special Services at Home (SSAH) or Autism Respite dollars can be used for services described on pages 6 – 10