



Celebrating the people and programs

@MAY

News from May Institute, a national nonprofit provider of behavioral health, education, and rehabilitative services

## MAY INSTITUTE HOSTS GOVERNOR PATRICK

Students and staff at May Institute were honored recently to welcome Massachusetts Governor Deval Patrick to the May Center for Child Development in Randolph, Mass. The Governor came to learn more about the Institute's programs and services for children and adults with autism and other special needs. The May Center is one of May Institute's special education schools, and serves more than 150 children and adolescents with autism.

The entire school prepared for the Governor's visit, and students and teachers greeted him enthusiastically as he stopped by their classrooms. One eager 18-year-old student waited patiently to shake Governor Patrick's hand, proud to share that he had voted for the Governor in the last election. In the preschool classroom, the Governor pulled up a chair to



*Hanna Rue, Ph.D., BCBA, a Clinical Director at the May Center, and Governor Patrick share a light moment while touring the school.*

surprised him with a hand-made book of drawings to commemorate the day.

View a photo album of the Governor's visit at [www.mayinstitute.org](http://www.mayinstitute.org).

join in an art project with the students, and looked on as a teacher worked on communication skills with a young child.

Nearing the end of the Governor's visit, a group of students

### MAY INSTITUTE ENDORSES NATIONAL STANDARDS PROJECT FOR AUTISM TREATMENT

*Read about Project on page 11*

## Autism Services for Military Families Expand to N.C.

In September, May Institute expanded its ability to provide autism services to military families through its newest program in Jacksonville, N.C. The Southeast Regional Autism Center is currently serving military families in the Camp LeJeune/Cherry Point/Marine Corps Air Station New River catchment area. Camp LeJeune is the largest Marine Corps installation on the East Coast.

The Center is modeled after our Southeast Regional Autism Center in Columbus, Ga., which has been serving Army and civilian families at Fort Benning and in the surrounding communities since 2007. Both centers offer a comprehensive set of autism-related educational and behavioral services to children and their families, private agencies, and public school systems.

*continued on page 8*

## Letter from our **PRESIDENT**



Dear friends,

As we witness the aftermath of the devastation in Haiti, we are reminded of the importance of reaching out to and supporting those in need. We extend our deepest condolences to our friends, colleagues, and fellow staff members who were directly impacted by the earthquake. In the midst of the overwhelming need, it is moving to see the tremendous spirit of generosity that exists in the world and in our own communities close to home.

We are fortunate at May Institute to be the beneficiary of that spirit of generosity, supported as we are by a far-reaching network of friends, donors, foundations, and corporate sponsors. That community contributed more than one million dollars in 2009 in support of our work with children and adults with a wide range of special needs. In this unsettled economic environment, it is more important than ever

to honor all of you who have helped make our work possible.

As we turn our attention to the year ahead, we are focused on continuing to make a substantial impact on the lives of the individuals we serve. We will accomplish that goal by ensuring that our programs across the country are providing exceptional care, and by responding specifically to targeted areas of need.

The dire need for autism-related services in the military led us to open a second Southeast Regional Autism Center. This one is in North Carolina, in close proximity to the Camp LeJeune Marine Corps installation. It is modeled after our Center in Georgia, now beginning its third year of serving Army families at Fort Benning and the surrounding communities.

In Massachusetts, we are increasing our capacity to serve the growing population of adults with autism and related disabilities. Our newest Adult Day Habilitation program is already serving dozens of young men and women, offering daily opportunities for those individuals to develop critical skills and build important relationships.

As the number of children with autism spectrum disorders (ASD) increases, so does the need for comprehensive therapeutic and support services for those children and their families. In response to that need, we have joined forces with the National Autism Center and expanded its diagnostic clinic into a full-service ASD Clinic. We are now able to provide support for a wide range of issues which often arise after a diagnosis.

I invite you to explore this issue of *@May* and learn more about the many achievements of our programs and staff members across the country. Along with you, they are united in the common goal of significantly improving the lives of the children and adults in our care.

Warm regards,

A handwritten signature in black ink that reads "Walter P. Christian". The signature is written in a cursive style.

Walter P. Christian, Ph.D., ABPP  
President and CEO

## ASD CLINIC EXPANDS SERVICES

The Autism Spectrum Disorders (ASD) Clinic in Randolph, Mass., a program of May Institute and the National Autism Center, has recently expanded its offerings to include a broad range of therapeutic and support services.

Under the direction of **Lauren Solotar**, Ph.D., Chief Clinical Officer and Senior Vice President for May Institute, the Clinic provides diagnostic evaluations to children and adolescents with ASD, and parent training for their families. It also offers therapeutic and support services, including group and one-on-one counseling to help families adjust to an ASD diagnosis and manage stress.

The Clinic continues to provide diagnostic assessment services for individuals ages 18 months to 21 years to evaluate for ASD and other developmental disabilities. Children who come to the Clinic are assessed by child psychologists who use standardized measures, including the Autism Diagnostic Observation Schedule (ADOS), to evaluate developmental, cognitive, and behavioral functioning.



(l-r) Drs. Lauren Solotar and Laura Fisher discuss the ASD Clinic's new programs and services.

"Our clinicians specialize in helping families cope with an array of issues, such as stress, grief, depression, anxiety, guilt, marital distress, and sibling issues that often arise following a diagnosis," says Solotar. "We help families develop essential skills that will enable them to provide support and advocacy for their children. Our *Positive Steps for Kids* program helps children with ASD learn the social skills they need to make friends and have successful community experiences."

"Our comprehensive evaluation and assessments usually take six weeks to schedule and complete, which is much faster than most other diagnostic clinics," says **Laura Fisher**, Psy.D., Director of the ASD Clinic. "Following the testing, we provide families with a one-hour feedback appointment during which we review results, offer diagnostic opinions, and discuss treatment recommendations outlined in our detailed report." ●

- In its "Viewpoints From Across the State" section, *The Provider* magazine, the publication of the Massachusetts Council of Human Service Providers, published a commentary entitled, "Correctly Diagnosing Autism Early More Important Than Ever," authored by **Walter P. Christian**, Ph.D., ABPP, President and CEO of May Institute.
- May Institute was included in the *Boston Business Journal's* annual listing of the area's largest nonprofits.
- *Exceptional Parent* magazine featured an in-depth article authored by May Institute's **Melissa Chevalier**, M.S., BCBA, (Program Director for May Institute's Southeast Regional Autism Center in Columbus, Ga.) and **Patricia Ladew**, B.S., Senior Writer, in the Military Section of the December edition. The article, "Survival Guide for Families: Meeting the Special Needs of Children with Autism and Their Typically Developing Siblings," highlights the success of a military family served through our Center in Columbus, Ga.
- **Jean McDonald**, B.S., Director of Training at May Institute, was featured in the *Mass High Tech* article, "Corporate Training Gets Lesson From Online Education Tech." In the article, McDonald discussed how the Institute is integrating online and distance learning technology into its comprehensive employee training curriculum.
- The *West Springfield Republican* published the column, "Help Kids with Autism Enjoy, Cope with Holidays," authored by **Shannon Kay**, Ph.D., BCBA-D, Director of the May Center for Child Development school in West Springfield, Mass.

# educating COMMUNITIES

## NEW ENGLAND PBS FORUM DRAWS OVER 120 ATTENDEES

Educators from across the Northeast gathered in Massachusetts this past fall to learn about effective school-wide Positive Behavior Support (PBS) practices. Now in its fifth year, the forum, "PBS: Research to Practice," was presented by May Institute and the National Technical Assistance Center on Positive Behavioral Interventions and Supports.

Keynote speakers were Drs. Tim Lewis and Brandi Simonsen. Dr. Lewis is a Professor of Special Education at the University of Missouri, and directs its Center for School-wide Positive Behavior Support. Dr. Simonsen is Assistant Professor of Special Education in the Neag School of Education, and a research scientist with the Center for Behavioral Education and Research at the University of Connecticut.

The forum was designed to provide tools and strategies to schools and districts searching for ways to improve academic achievement and enhance the level of behavioral supports available to their students. 🍎

## OAR PRESIDENT LECTURES AT MAY



This fall, May Institute was honored to host Peter F. Gerhardt, Ed.D., President and Chair of the Scientific Council for the Organization for Autism Research, who presented the workshop, "Bridges to Adulthood: Programming for Quality of Life."

The event drew almost 100 visiting professionals and May Institute staff who filled our Distance Learning Center to capacity.

Dr. Gerhardt discussed the challenges of helping individuals on the autism spectrum move from youth to adulthood. He offered practical suggestions for helping young adults learn how to interact with others in a dignified and appropriate manner at home and in the community. Dr. Gerhardt also stressed the impact that choice, control, and competence have on an individual's quality of life. 🍎

## NORTHEAST @MAY

### FAMILY NIGHT AT THE BROCKTON ROX "All He Has To Say" Says It All

Twenty-three-year-old **Lea Bishop** grew up knowing she wanted to work with children with autism. What she didn't know was that this journey would lead her to write "All He Has to Say," a poem/song inspired by her experiences as a teacher at the May Center for Child Development school in Randolph, Mass.

Lea began to pursue ways to use the poem to benefit children with autism, build public awareness, and offer support to parents. Professionals in the Boston music community banded together to set Lea's poem to music. The recording, "All He Has to Say" features award-winning singer/songwriter **aika** (Aika Hirahara) on vocals, music by producer/songwriter **Nicolas Farmakalidis**, and lyrics written by Boston songwriter **Will Carr**.

The song made its live debut at Family Night at the Brockton Rox baseball stadium with a special



(l-r) *Nicolas Farmakalidis, President and CEO of Neila Productions; aika; Lea Bishop; and Boston songwriter Will Carr at the debut performance of "All He Has to Say."*

performance by **aika**. The song is now available for purchase through [www.allhehastosay.com](http://www.allhehastosay.com), iTunes, and [www.cdbaby.com](http://www.cdbaby.com). A portion of the proceeds from sales of the song are being donated to the May Center for Child Development school in Randolph. 🍎

## CARF Praises May's Educational Programs

May Institute's four special education schools for children and adolescents with autism spectrum disorders, its school for students with brain injury, and more than a dozen affiliated community housing service locations have received three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF).

CARF officials had high praise for May Institute employees, noting, "The staff members who provide direct services to children are dedicated, compassionate, skilled, and passionate about their jobs. They often provide services that go above and beyond their official job responsibilities." 🍎

## New Randolph Adult Day Hab Program Thriving

Our new Adult Day Habilitation program in Randolph, Mass., has grown over the past few months and is now serving 42 young men and women. It is one of six Day Habs that serve adults of all ages with developmental disabilities.

The 6,000-square-foot facility, located just down the street from the May Center for Child Development in Randolph, is part of an expansion of services that



*Scott, a program participant, is assisted by Angela Gokey.*



*Staff and program participants collaborate on an art project.*

includes the Center's new "upper campus" (featured in the Spring 2009 issue of @May). Whereas the upper campus was designed to meet the needs of students ages 16-22, the Day Hab program serves individuals ages 22 and older, providing vital adult services to individuals who have "aged out" of publicly funded special education services.

The program is open five days a week. It has six classrooms, exercise and craft rooms, a full kitchen and cafeteria, a laundry room, and treatment rooms. Participants receive speech, occupational, and physical therapy every week. They go on frequent community outings, such as visits to the local library and

weekly bowling events. Some volunteer for the local Meals on Wheels program. All these adults learn valuable skills and build meaningful relationships during their active and enjoyable days together.

"The focus of the Day Hab model is to help adults develop skills that will give them the opportunity to achieve their greatest level of independence," says **Angela Gokey**, B.A., Director of Day Services for our Mashpee and Randolph sites. "This program is ideal for the 'Turning 22' population. Now we can transition students who have graduated from our May Centers to the Day Hab and provide continuity of service and care." 🍎



## 5 notable grants & gifts

*We are truly grateful to the corporations, foundations, and agencies that support our vital services through their grants and donations. Recent supporters include:*

1.

The Ludcke Foundation awarded a \$40,000 third-year grant to the ASD Clinic to support diagnostic and assessment services and parent education programs.

2.

The Quest Diagnostics Foundation awarded a \$5,000 grant in support of the early detection and diagnostic services offered by the ASD Clinic.

3.

The Sidney R. Baer, Jr. Foundation donated a \$4,000 training grant to Cove Clubhouse, which serves individuals with mental illness.

4.

2009 Rodman Ride for Kids corporate sponsors, including:  
 \$30,000 – Stephen H. Peck & Associates/UBS  
 \$5,700 – Merrill Lynch, sponsor of Team Merrill Lynch  
 \$5,000 – Todson, Inc., sponsor of Team Todson, plus \$1,369 in in-kind donations  
 \$2,500 – Krokidas & Bluestein  
 \$2,000 – Paul Pawlowski (for Crowley Drive Trust and 596 Summer Street, LLC)  
 \$1,000 was contributed by the following:  
 Cummings Properties  
 Telamon Insurance & Financial Network  
 Hudson Elderidge Insurance Agency  
 Jackson Lewis, LLP  
 Signature Printing

5.

The Frank Stanley Beveridge Foundation donated \$5,000 in support of May Institute's Rodman Ride for Kids efforts.

## HOLE IN ONE!

May Institute's Adult Services Division extends a warm thank you to those who supported its annual Summer Scramble Golf tournament in 2009. The event was held on a perfect summer day at Newton Commonwealth Country Club in Newton, Mass. Close to 100 golfers from across New England brought their best game, sharing in the competition, camaraderie, and satisfaction of supporting a good cause.



*Teammates look on as one golfer prepares to sink his putt.*

Generous sponsors included Capitol Grille in Burlington; Kallandavis, LLC; Fund for Autistic Children; and Crestview Function and Banquet Hall. Lucky winners of the raffle and silent auction took home gifts donated by restaurants, individuals, and professional sports franchises in the Greater Boston Area. These included signed World Series memorabilia from Red Sox great Curt Schilling.

*For information about the 2010 May Institute Summer Swing, please contact Shawn Parker at 781-286-0200 or [sparker@mayinstitute.org](mailto:sparker@mayinstitute.org).*

## Rodman Ride Brings in More Than \$173,000 Raising Critical Funds for May's Children's Services

Thanks to the combined efforts of employees, Board of Trustee members, business partners, corporate sponsors, foundations, and friends, May Institute's children's programs in the Northeast received more than \$173,000 from the Rodman Ride for Kids umbrella matching gift charity.



*Staff from the May Center school in Woburn volunteered at the event and also cheered on rider Jessica Hamill, a teacher at the school.*

On a beautiful Saturday in September, riders from 15 May teams rode a total of 1,975 miles in the 19th annual Rodman Ride. This was the Institute's third year of participation in this extraordinary fundraising event for youth-focused agencies throughout the Commonwealth.

Among this year's distinguished group of riders were May Institute staff, Board of Trustees members, business partners, parents, and friends. A special thanks to board members **Jory Berkwits** and **Robert Yelton** for

joining us as enthusiastic riders, and to fellow board members **Neal Todrys**, **Steve Young**, and **Catherine Crone Coburn** for supporting our team as "virtual" riders.

Staff from various May children's programs also formed teams to raise money for the children they serve.

With strong support from corporate sponsors including Stephen H. Peck & Associates/UBS, Merrill Lynch, and Todson, Inc., we exceeded our \$150,000 goal. That success earned us another \$22,665 from the Ride for

Kids organization—a 15 percent match for every dollar we raised.

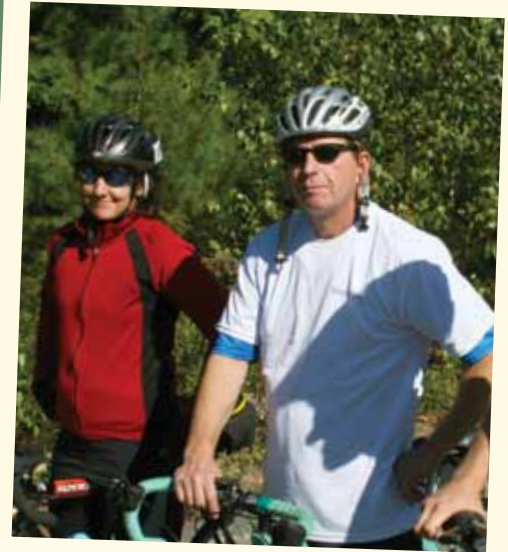
One hundred percent of the funds will support program priorities such as:

- Classroom materials, books, furniture, iPods, a Wii, and other electronics
- Student outings and enrichment activities
- Equipment for a pym program serving children with behavioral health challenges

*For a list of 2009 Rodman Ride for Kids corporate sponsors, please see page 5. See photos of the Ride on opposite page.*



*(l-r) Ethan Berkwits gets pinned by Maisie Mulcahy as Jory Berkwits, May Institute's Chairman of the Board of Trustees, looks on. All were members of Team Merrill Lynch.*



*May Institute supporter Paul Pawlowski and wife Janet pose for a photo before their 25-mile trek.*



*Members of Team Truman including (l-r) Randolph May Center parent Stephen Mahoney, along with Andrée Corroon and Linus Cooke are ready and set to ride.*



*May Institute's Chief of Business Development Heidi Howard gives May Ambassador and rider Christa Keil two thumbs up!*



*Randolph May Center parent Jim Wright peddles for the cause.*



*(l-r) May Institute Board members Neal Todrys and Robert Yelton, with riders and employees Ralph Sperry, Bethany Condo, Michelle Graham, and Susan Wilczynski, along with May friend Jeff Oresik.*

## Georgia Center Training Next Generation of Therapists

The Southeast Regional Autism Center (SERAC) in Columbus, Ga., participated in the recent Alabama Association for Behavior Analysis conference in Birmingham, Ala. The influential conference drew hundreds of professionals and students from the region. Among the highlights for the SERAC staff was the opportunity to meet graduate students from Auburn University who would be interviewing for a 2010-2011 fellowship with May Institute.



*(l-r) Jade Lewis, M.Ed., BCBA, Clinical Director at SERAC; Linda LeBlanc, Ph.D., BCBA-D, Co-director of the ABA program at Auburn University; and Melissa Chevalier, M.S., BCBA, Program Director at SERAC stand next to the May Institute booth while at the conference.*

The ongoing affiliation between Auburn University and SERAC has been very rewarding. Each fall, the Center interviews graduate students from Auburn's Applied Behavior Analysis (ABA) program for a fellowship position as a therapist in our Columbus Center. This one-year practicum allows for immediate job placement with May Institute when the student earns a master's degree in ABA. ☺

## Services Expand to North Carolina... CONTINUED FROM PAGE 1

"As one of the nation's largest employers of BCBA's and BCaBA's in the country, we are committed to making our services accessible to military families who have children with autism spectrum disorders," says **Heidi Howard**, M.P.A., Chief of Business Development at May Institute.

a licensed psychological associate, is the Clinical Director of the new Center. She relocated to Jacksonville from Columbus, Ga., where she had previously served as Clinical Director at the Center there.

Just a few weeks after Cooper's ABA therapy began, his mother, Tanya, noticed a



*Anne Stull works on an activity with Cooper during one of his home-based sessions.*

### One Family's Story

"It's amazing that we're getting applied behavior analysis services right in this area," said Tanya Anderson, whose husband is in the School of Infantry at Camp Geiger near Jacksonville, N.C. Their 6-year-old son Cooper was diagnosed with an autism spectrum disorder (ASD) in 2008. The family was approved by the military to receive services in January of 2009, but had been on a waiting list until the Southeast Regional Autism Center began providing services.

Since then, Cooper has been receiving applied behavior analysis (ABA) therapy from **Anne Stull**, M.A., LPA, BCBA. Anne,

change for the better. "It's amazing," she said. "It's a program for me, too. Cooper and I work with Anne three days a week. I sit and observe so I can reinforce what she's teaching."

"There has been a tremendous amount of interest in our services expressed by families and friends of children with ASD as well as by the professional community in the Camp Lejeune/Cherry Point area," said Stull. "I'm looking forward to working with more families like the Andersons."

*For more information about our North Carolina program, visit [www.mayinstitute.org](http://www.mayinstitute.org).* ☺

## California Staff Weighs in on UC Davis Study

Two of our senior clinical staff in California recently teamed up to respond to the *San Jose Mercury News* article, "Autism Cluster Found in Santa Clara County Linked to Parent Education, not Neighborhood Toxins."

The study, conducted by the University of California-Davis, identified regions in California with high numbers of autism cases, and linked those clusters to areas where parents are older, more educated, and white. They suggest that this demographic is more likely to fight for

a diagnosis and seek the services that accompany it.

In their Letter to the Editor, **Eleanor Castillo Sumi**, Ph.D. (Clinical Director of our Pediatric Specialty Center in San Jose) and **Ethan Long**, Ph.D., BCBA-D (Vice President of West Coast Services) stress that communities must make diagnostic and treatment services more readily available. "The results of the study," they conclude, "remind us of the challenges we face in providing autism services equally to all families. We must work diligently to close the gap." ☹

## TBS Festival Celebrates School Community



ABOVE: *Isaiah, a TBS student, spent the afternoon painting with instructor Cristina Shelbrick, B.A.*

Students, families, and staff had a wonderful time at The Bay School's (TBS) Harvest Festival, which celebrated the end of fall. TBS, one of May Institute's special education schools for children and adolescents with autism spectrum disorders and related disabilities, is located in Santa Cruz, Calif.

Students and families participated in pumpkin-carving, face-painting, and cookie-decorating. A dance party capped off the afternoon. ☹



RIGHT: *(l-r) Senior instructor Andy Vo, B.A., and Greg, a student, flex their superhero muscles.*

### TRUSTEES' FUND AWARD WINNERS

Six May Institute employees were recently honored with the 2009 Trustees' Fund Awards. Established in 1993 and funded by May Institute Board of Trustee members, these awards recognize individuals who exemplify the Institute's ideals of service and professionalism. Each award recipient received a plaque and a gift of \$500.



**Lisa Cook**, Office Administrator at the May Counseling Center in Walpole, Mass.



**Joyce Hinds**, Program Specialist for Adult Services in Springfield, Mass.



**Laura Newman, B.A., BCaBA**, middle school classroom Teacher at The Bay School in Santa Cruz, Calif.



**Brittany Schwegman**, Direct Care Behavior Assistant for the Florida Division in Orange Park, Fla.



**Michael Sobezenski**, Program Coordinator at the Boxford residence in Boxford, Mass.



**Anne Stull, M.A., LPA, BCBA**, Clinical Director for the Southeast Regional Autism Center in Jacksonville, N.C.

"I am very proud of each of this year's Trustees' Fund Award winners," said **Walter P. Christian**, Ph.D., ABPP, President and CEO of May Institute. "Their daily dedication to their work and to May Institute's mission enriches the lives of the individuals we serve." ☹



## Ford Hall Forum Discussion Hits Home for Autism Community

This fall, nearly 150 members of the community participated in an event sponsored by the Ford Hall Forum and the National Autism Center (NAC) that focused on critical questions surrounding autism — one of today’s greatest healthcare challenges. The event, entitled, “Autism: Beyond Cause and Cure,” was held at Suffolk University in Boston.

Moderator Jim Brett, President and CEO of the New England Council, led the lively discussion. “We as a community have a responsibility to create opportunities for individuals on the autism spectrum,” Brett says, “and to break down barriers that inhibit their full participation.”

To view a video of the evening’s presentation, visit [www.nationalautismcenter.org](http://www.nationalautismcenter.org).



Rear (l-r): Moderator James T. Brett, President and CEO of the New England Council and current chair of the Governor’s Commission on Developmental Disabilities; Dominick Ianno, President of the Ford Hall Forum at Suffolk University and Director of Public Affairs – Northeast Region for Pfizer, Inc.; and Alex Minier, Executive Director of the Ford Hall Forum at Suffolk University. Front row (l-r) Brenda Smith Myles, Ph.D., consultant with the Ziggurat Group and the National Professional Development Center on Autism Spectrum Disorders, and Chief Program Officer for the Autism Society of America; Rebecca Woodcock, M.Ed., the parent of a child with autism and special needs teacher; and Susan M. Wilczynski, Ph.D., BCBA, Executive Director of NAC.

## EDUCATORS RESPOND ENTHUSIASTICALLY TO AUTISM MANUAL

The National Autism Center (NAC) recently wrote and published a comprehensive manual entitled, *Evidence-Based Practice and Autism in the Schools*. NAC has already distributed thousands of copies of the manual to special educators in school districts across the country. The 181-page manual incorporates important findings from the National Standards Report and includes the *Findings and Conclusions* report in its appendix.

Thousands of visitors to NAC’s website from around the country and beyond have downloaded free copies of the manual, which is also available for purchase.

“We have been overwhelmed with the response to this effort,” said **Susan M. Wilczynski**, Ph.D., BCBA, Executive Director of the National Autism Center. “We created this manual for educators as a means of promoting evidence-based practice for ASD in schools because we know that research-supported interventions are most likely to produce positive outcomes.”

## Grants Make Manual Possible

The development and publication of the manual, *Evidence-Based Practice and Autism in the Schools*, were made possible through the following gifts to NAC:

- The Niel M. Wreidt 2003 Revocable Trust donated \$120,000 for the development of this manual, and two that are forthcoming.
- A \$39,150 grant from the American Legion Child Welfare Foundation allowed NAC to distribute 3,000 free manuals to special educators from across the country.

## National Standards Disseminated Worldwide

In the past few months, families, educators, and services providers from all 50 states and more than 40 countries interested in learning more about effective treatments for individuals with autism spectrum disorders (ASD) have turned to the National Autism Center for guidance.

Following the conclusion of the Center's multi-year National Standards Project (NSP) and the subsequent publication of its findings, more than 22,300 copies of the 53-page *Findings and Conclusions* report and the full 160-page National Standards Report have been downloaded from the Center's website.

The reports cover a broad range of treatments and identify the level of scientific evidence available for each. They include 775 research studies—the largest number of studies ever reviewed—and provide specific information about the age groups, treatment targets, and diagnostic populations to which these treatments have been applied.

The reports describe 11 “established” treatments that produce beneficial outcomes and are known to be effective for individuals (under 22) on the autism spectrum. They also identify 22 “emerging” treatments that have some evidence of effectiveness, but still require more research, and five “unestablished” treatments that have little or no evidence of effectiveness.

In addition, the reports identify limitations of the existing autism treatment research and encourage the scientific community to more aggressively pursue targeted treatment research.

These publications also offer guidance on how to integrate professional judgment, family values, and preferences into treatment selection in order to build capacity and implement interventions accurately.

*To learn more about the NSP and support for the initiative, and to access the reports and manuals, visit [www.nationalautismcenter.org](http://www.nationalautismcenter.org).*

*“This report cuts through the confusing and often conflicting information about the myriad treatments available for ASD.”*

Susan M. Wilczynski, Ph.D., BCBA  
Executive Director, NAC

## NAC IN THE NEWS

- A press release announcing the completion of the National Standards Project and the release of important findings (see related article) garnered more than 220 media pick-ups, including coverage on numerous national websites.
- The National Autism Center was featured in a television segment on Fox News/5 in Washington, D.C., entitled, “Military Families Battle Against Autism,” as well as on WBZ Radio Boston and Boston.com.
- In its December issue, *Exceptional Parent* magazine published the article, “Setting the Standard for Autism Treatments: National Autism Center Releases Groundbreaking Report.” The article discusses the release of the National Standards and features a mother's struggle to identify effective autism treatment for her son.
- A State House News (Boston, Mass.) article, “Backers of Autism Treatment Call Insurance Coverage a ‘Human Right,’” featured **Susan M. Wilczynski, Ph.D., BCBA**, Executive Director of the National Autism Center, who commented on the effectiveness of applied behavior analysis.

## NAC Lends A Voice on Beacon Hill to Support Autism Insurance Bill

To date, 15 states have passed legislation that requires private health insurers to cover evidence-based treatment of autism spectrum disorders (ASD). Massachusetts is among 20 additional states pursuing similar legislation.

Susan M. Wilczynski, Ph.D., BCBA,

Executive Director of the National Autism Center (NAC), recently joined the autism community on Beacon Hill in Boston to provide testimony on the importance of passing such a bill. An Act Relative to Insurance Coverage for Autism—H 3809 (ARICA) is currently under review by the state legislature.

A letter to NAC from Advocates for Autism of Massachusetts praised Dr. Wilczynski's testimony as “well received” and one that “made a powerful impact on the legislators.” At press time, a final decision on the bill had not been made. For updates on this critical legislation, visit [www.nationalautismcenter.org](http://www.nationalautismcenter.org).

ADDRESS SERVICE REQUESTED

## UPCOMING @MAY

### WORKSHOPS & FORUMS

#### "Pathways" Parent Education Series

This free educational series begins in March 2010 and is designed for parents of children diagnosed with an autism spectrum disorder (ASD). The 8-part series will provide critical information about ASD diagnosis, treatment options, and services. Pathways is offered by the Autism Spectrum Disorders Clinic, a program of May Institute and the National Autism Center.

Meetings will be held from 6:30 to 8 p.m. at South Norfolk County Arc, located at 789 Clapboardtree Street in Westwood, Mass. To register, please contact Jennifer Papagno at 877-313-3833, ext. 375 or register online at [www.mayinstitute.org](http://www.mayinstitute.org).

#### "What Research Tells Us About Autism Treatment"

On Tuesday, March 23, 2010, Dr. Susan Wilczynski, Executive Director of the National Autism Center, will give a talk about the major findings of the National Standards Project. This multi-year project produced the National Standards Report, the most comprehensive analysis of treatments for children and adolescents with ASD ever published.

This free presentation will take place from 6:30 to 8 p.m. at the May Center for Child Development school located at 511 Main Street in West Springfield, Mass. To register, please call 413-785-5462 or register online at [www.mayinstitute.org](http://www.mayinstitute.org).

### FOR YOUR INFORMATION

#### Visit Our New Website!

May Institute is proud to announce the successful launch of its sophisticated, new website.

The redesign includes intuitive navigation that makes it easy to find the information you need. Comprehensive sections feature information about our programs and services, our staff, development initiatives, research, job recruitment, and opportunities for professional training. Additionally, the site is now more dynamic with regularly updated stories, photos, and news about the organization.

We encourage you to visit [www.mayinstitute.org](http://www.mayinstitute.org) today, and sign up for our e-mail list!

### ABOUT MAY INSTITUTE

*Founded in 1955, May Institute has its roots in a family's vision of enabling children with disabilities to lead the fullest lives possible.*

*Today, May Institute provides educational, rehabilitative, and behavioral healthcare services to individuals with autism spectrum disorders and other developmental disabilities, brain injury, mental illness, and behavioral health needs. The Institute also provides training and consultation services to professionals, organizations, and public school systems.*

*Our programs touch the lives of more than 25,000 individuals and their families each year at more than 200 service locations in the Northeast, Southeast, and on the West Coast.*

*Together with the National Autism Center<sup>SM</sup>, whose initial development has been sponsored by May Institute, we are committed to identifying and applying universal standards for the treatment of autism and to providing care and hope to families throughout the country.*