

DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

NEWSLETTER



The Autism Program

A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

What's Happening?

Boston Magazine just released their annual list of "Top Docs", featuring none other than **Dr. Marilyn Augustyn!**

Dr. Augustyn is one of our exceptional developmental behavioral pediatricians here at Boston Medical Center's Developmental & Behavioral Pediatrics, as well as the director of the division. Huge congratulations to our very own Top Doc - we are very lucky to have you Dr. Augustyn!



TOP DOC 2024

Black History Month

February is Black History Month! Check out this article by **The Art of Autism**, "**30 Black Autistic People You May Want To Learn About**".

THE KISHA PROJECT

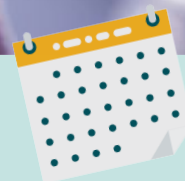
The Kisha Project is an incredible blog that connects Black mothers with mental health and parenting resources. Kisha, the founder, is an Afro-Latinx mom of a child with autism. Her blog is a great place for anyone looking for some advice, experience and honesty!

Read some of her awesome posts here:

Autism Books for Kids Featuring Black Autistic Characters

Black Mental Health Resources: Why We Need Spaces for Us!

Upcoming Events



Free Social opportunities

2/17 Live Action Role Play for 4th to 12th graders **3:30 - 5pm** @ Boston Ability Center in Natick, MA

Register for this event here!

2/14 New Friends Social Group for ages 11 to 14 **4pm** This virtual social group by Autism Alliance is for DDS eligible kids with ASD living in the MetroWest.

Register for this event here!

Educational webinars

2/6 Transitioning Together by MassFamilies 6:30 - 8pm Learn all about transition planning and services available and required for youth with disabilities ages 14 to 22.

Register for this event here!

2/8 [Spanish] Taller de Transición by MassFamilies 7 - 8:30pm Este taller aborda la planificación de la transición y los servicios necesarios para jóvenes con discapacidades de 14-22 años y se centra en los servicios de educación especial necesarios para preparar a los jóvenes para el empleo, la vida independiente y la educación superior.

¡Regístrese para este evento aquí!

Upcoming Events continued



2/7 Building Resiliency: Sibling Support

7pm In this webinar, licensed social worker Emily Rubin will provide practical strategies that parents, caregivers and providers can utilize to help increase sibling resiliency.

Register for this event here!

2/28 Building Resiliency: Discussion Group

7pm A casual discussion group that is a follow up to the Sibling Support group above.

Register for this event here!

2/12 IEP Meeting Preparation workshop

7:30 - 9:30pm In this virtual workshop, learn how you can best prepare for your child's next IEP meeting and enhance your relationship with their school.

Register for this event here!

Support Groups

2/1 Virtual Arabic Group

6:30pm Hosted by Northeast Arc
Held via Zoom. RSVP to Gloria Ricardi Castillo at **(978) 924-5834** or **gcastillo@ne-arc.org**.

2/1 Virtual Cambodian Group

6 - 8pm Hosted by Northeast Arc
Held via Zoom. Please call Gloria Ricardi Castillo at **(978) 924-5834** or email **gcastillo@ne-arc.org** for meeting details!

2/7 Just for Dads Support Group

7 - 8:30pm Autism Alliance | Natick, MA
Register for this event here!

Therapeutic & Adaptive Programs

2/25 - 6/16 Inclusive Music Program for ages 14-22

Every Tuesdays from 4 to 6pm @ Needham, MA
This is a free program for those interested in music!

Register for this program here!

2/2 & 2/16 Inclusive Drums Alive for ages 16 & up

1:45 - 2:45pm @ Lexington Community Center
Drums Alive combines exercise with rhythm and movement in a fun and upbeat setting! Join Yachun in this free and unique experience!

Register for this program here!

2/27 - 4/9 Adaptive Basketball

By Franciscan Children's @ Brookline

To register, contact:

paward@franciscanchildrens.org

2/28 - 3/27 Adaptive Soccer

By TOPSoccer @ Amesbury, MA
Free program. Each athlete is paired with a Buddy, a trained volunteer who will work with their player 1:1.

Register for this program here!

Safety Tip of the Month!

February 7th is Internet Safety Day - it's important to be aware of your child's internet usage and teach them how to be safe on the internet. If you are looking to learn more about popular apps, services and platforms, these **guides from ConnectSafely** might be a great resource for you! Various topics are covered from Discord, TikTok, Twitch to online extortion scams and media literacy.

Please speak to your DBP provider for more information & support if you are concerned about your child's internet safety. Appointments can be made at (617) 414-4841.

Applied Behavior Analysis

What is Applied Behavior Analysis?

Applied Behavior Analysis, or **ABA**, is considered to be the gold standard intervention for teaching children with Autism Spectrum Disorder. Through its data driven methodology, ABA has been shown to **encourage positive behavior change, skill development,** and **greater independence** for a wide variety of learners. Each child's ABA therapy program should be designed around their unique strengths, weaknesses, and learning profile.

Who provides ABA?

ABA is provided by trained professionals through a child's **individualized education plan (IEP)** or through your **family's medical insurance**.

ABA is most often provided in the **home**, but can also be offered at an **ABA center** or somewhere in the **community**.

Where do I start?

To learn all about how to set up ABA for your child, what you will need and what to expect, please read our **ABA Referral Guide*** by **scanning the QR codes found on Page 2!**

**(Available in 6 languages)*

Additional Resources

For insurance related questions:

- Contact the **Autism Insurance Resource Center** at (774) 455-4056 or AIRC@umassmed.edu

For ABA application assistance:

- Find your local **Autism Support Center here** and contact them for support

ABA Referral Guide



English



Spanish



Haitian Creole



Mandarin



Japanese



Brazilian Portuguese



Autism Insurance Resource Center



Find your Autism Support Center

Additional Resources

Applied Behavior Analysis

Everyday ABA: Practical Strategies for you and your child

ABA can also be used by you every day, right at home.

In partnership with New England ABA, the Autism Program at BMC developed a free 6-part parent training series focusing on **helping parents and caregivers learn about behavior, how to change behavior**, and **ways to promote skills** in their children. Please scan the QR codes below to watch each session!



Session 1: What is ABA anyway?



Session 2: Promoting Lasting Behavior Change



Session 3: Teaching Communication



Session 4: Creating a Reinforcement System



Session 5: Building Home Based Routines



Session 6: Community Based Strategies

This video series is available in many different languages! Please see below for instructions on how to access Closed Captioning (CC) in your language.

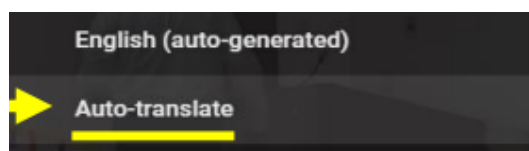
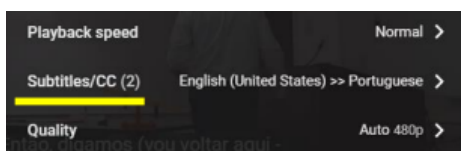
How to turn on Closed Captioning (CC) in your language:

1. Press CC in the lower right hand corner of the video.



To change the language of Closed Captioning (CC):

1. Select the settings symbol.
2. Press Subtitles/CC → Auto-translate → [Your Language]



Resources



The Autism Program is continuing to support families in many ways both inside and outside of Boston Medical Center. Check out our website to learn more about the services, supports and programs we offer including our Autism Friendly Hospital Initiative, Teens Engaged as Mentors (TEAM) program, and our training offerings. We also have a huge resource library where you can access free information on a variety of topics such as safety, behavioral support, transition to adulthood, insurance and more!

<https://www.bmc.org/pediatrics-autism-program>

Do you have an idea for a future newsletter? Email us at.

autismprogram@bmc.org

with suggestions.

Clinic

Our clinicians are available for developmental evaluations, assessments and follow up. To connect with the clinical team, please call 617-414-4841 and follow the prompts for Developmental Pediatrics.

Our Clinicians

Marilyn Augustyn, MD

Arathi Reddy, DO

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Audrey Christiansen, MD

Sarah Canale, MD

Britany Weissman, MD

Mary Ellen Killion, NP

Arielle Spellun, MD

Bridget Poznanski, PhD

Rachel Vuolo, MD

ABOUT THIS NEWSLETTER

This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information! **To unsubscribe, please reply by email with the word "stop!"**



[BMC.org/autism](https://www.bmc.org/autism)
Autismprogram@bmc.org



The Autism Program at Boston Medical Center



@BMCAutismProgram