



WINTER 2022

PERSPECTIVES



University of Alabama Autism Spectrum Disorders Clinic



PEERS® AND SUPPORT GROUPS

The Program for Education and Enrichment of Relational Skills, or PEERS®, is now being offered in virtual format through The University of Alabama Autism Clinic. Meetings are currently in motion, but intakes are ongoing for the upcoming round of groups. Through this evidence-based program, teens and adolescents in middle and high school learn social skills and how to make and keep friends in everyday situations such as school or social get-togethers. **K U n g ' h c ' a U b U Y U b l j Y m U b X g f Y g g ' U F Y U g c ' k c j Y b j b h c ' h Y D O O F G : W f f j W ' i a "** The clinic is additionally planning to continue parent support groups for parents of children with autism in the summer/fall and intakes are ongoing for these groups as well. Both groups are funded through the Children's Trust Fund of Alabama. For more information or to schedule an intake, please contact the clinic at (205) 348-3130 or email ddkofman@ua.edu.

OVERVIEW:

- PEERS® and Support Groups
- Activities for Kids
- Announcements

The University of Alabama Autism Spectrum Disorders Clinic (UA-ASD Clinic) provides support to individuals and families affected by Autism Spectrum Disorder and associated mental health concerns through comprehensive evaluation and therapy services, research opportunities, and consultation services.

To learn more about the clinic, call our office at (205) 348-3130, or email us at autismclinic@ua.edu.

Safe and Fun Activity Ideas

The COVID-19 pandemic has taught us all to be more creative in the way we work, socialize, and even play. You and your child have adapted to living your lives virtually and separated from access to activities which may have offered your child some much-needed playtime. Here are just a few activities which can be done at home on those cold, rainy days or during those times when you need to stay home.

Create Task Boxes! These are easy to create and can be fun for your child! The "tasks" should be short, structured, and easy to understand with support from visual and verbal instructions.

Go on a nature scavenger hunt! Spending some time in nature is both a relaxing and educating experience for adults and children alike! Create a list of items commonly found in an outdoor area and challenge your child to find them!

Go on a Virtual Excursion! While several public attractions have begun



hosting in-person guests, several aquariums, museums, and zoos are continuing to offer virtual access to their exhibits and sights.

Open an imaginary Car wash! This activity offers sensory stimulation and playtime! Simply let your child get toy cars and trucks dirty, and help them wash them with soap and water! We recommend not using expensive toys for this!

Welcome to our New Staff!

The Autism Clinic would like to welcome new team members who will be offering ABA services. New Board-Certified Behavior Analysts include director Ryan Robinson and Gigi Perry. Registered Behavior Technicians include Deidre Richards, Baylor Russel, and Ashlee Smith. This team of behavioral professionals will now provide clinic-based and school-based services. For more information, contact the clinic at (205) 348-3130 or email autismclinic@ua.edu.

Autism Conference 2022

The Alabama Autism Conference is being held February 25, 2022. For more information or to register, visit <https://training.ua.edu/autism/>