

PARENT NEWSLETTER

March 2018

MISSION STATEMENT:

To make a real difference in the quality of life for children and adults with autism and their families, wherever they may live.

CONTACT US:

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1810 Craig Road, Suite 109
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Our clinic, Roots on Craig, provides designated spaces for various age ranges and activities.

ROOTS ON CRAIG: 2018

Dear Parents and Guardians,

Welcome to spring! As each school district has its own Spring Break schedule, this year *Roots on Craig* is hosting **Spring Buds Alternate Hours** instead of a set schedule for Spring Buds camp. We want to make the most of extra time available in your schedule, and still have a few daytime slots left. Please speak with your RBT to discuss options and let me know if you have any questions.

Sincerely,

Monica M. Lohnes, MS, CCC-SLP, Clinic Director

Spring Break clinic hours are available!

Q. What other services are available through Judevine®?

A. Across the state, Judevine® provides a variety of services, including: respite, individualized supported living (ISL), speech language therapy, assessments, day habilitation, community employment, social skills groups, parent training, consultation, and ABA therapy.

When we request ABA therapy authorization from your insurance, we will often also request “Parent training” authorization. This authorization would allow the Board-Certified Behavior Analyst (BCBA) to spend extra time with you outside of therapy sessions to review techniques and strategies, problem solve specific questions about your daily routine, or work through additional concerns and questions.

In addition, we want to be able to help you with all areas of your child’s day. With a signed Authorization Disclosure form, we can contact your child’s doctor, school, and/or other therapists to work more closely as a team and discuss progress or concerns. Juliana and Monica are also available to help you with questions or concerns regarding school programming or upcoming meetings.

We hope you can take advantage of these services!

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MONTHLY TIP AND TECHNIQUE: CONTINGENCIES

Contingencies are statements used to help somebody be successful with a task and expectations. They have two parts, typically structured as a “first _____, then _____” statement. The phrase, “As soon as you, _____” can also be helpful to use.

**The first part sets up the direction instruction of what is expected.
The second part outlines what can happen afterwards.**

These are most often verbally stated. You can also write them out, using sentences, phrases, pictures, or a combination. You can verbally repeat the contingency or point towards the written contingency as additional prompts. **IMPORTANT:** Please keep them phrased positively, directly stated, in time order, and only promise what you are willing to deliver!

Examples:

- 1) First finish your green beans, then you can have a scoop of ice cream.
- 2) First make your bed, then we can play the game.
- 3) As soon as you put on your shoes, then we can play outside.

Please let Juliana or your RBT know if you have questions or need help using this technique.

UPCOMING & COMMUNITY EVENTS:

- This upcoming spring break, Roots on Craig will be hosting “**Spring Buds Alternate Hours**” in place of a group session. We have space available during the day in our Roots Clinic and may have options that fit with your schedule for additional or alternative scheduling.
- St. Louis County Library will be hosting an **Autism Community Expo** at the Indian Trails branch. This will take place on Saturday, April 7th, from 11:00 am to 2:00 pm. Please come explore the resources and enjoy the library. Monica Lohnes will be there representing Judevine® Center for Autism.
- **Bloom Café** has opened! Bloom Café is open 7am-4pm, Monday through Saturday, and is a part of Paraquad, on Oakland Avenue. Bloom Café has opened to provide training, paid internships, and job placements for people with disabilities. www.thebloom.cafe
- **Achievements Unlimited** is hosting a Mouse Race! Join them at the Jewish Community Center on Saturday, April 21st, 2018. Contact Danielle Hollis at dhollis@austl.org or 314-733-0056, for more information.
- **Healthy Family Festival 2018**- Saturday, May 12th, 11 am – 2 pm. This free, family event is planned by a group of organizations including Project LAUNCH, Children’s Permanency Partnership, Washing University, and more. Held at Deaconess Center for Child Well-Being, 1000 N Vandeventer Ave, the event will include lunch, prizes, face painting, and other activities and resources. 314-534-6015 for more information.