Welcome to

Children’s Specialized Hospital!
Managing Your Child’s Behavior

Sign Up for our Spring Session
This seven-week parent workshop was developed by the pediatric psychotherapists at Children’s Specialized Hospital to help parents of children ages 2-10 years learn how to manage their behavior.

The course will cover:
- Causes of misbehavior.
- Setting limits and dealing with tantrums.
- Managing sibling conflicts.
- Developing and implementing behavioral systems.
- Parent stress management, self-care, and support system.

Hamilton, NJ
March 2 to April 13, 2020
& April 27 to June 8, 2020
Mondays 6:30-8pm
Children’s Specialized
3575 Quakerbridge Road
Hamilton, NJ 08619

Toms River, NJ
March 10 to April 21, 2020
Tuesdays 5:30-7pm
Children’s Specialized
94 Stevens Road
Toms River, NJ 08755

Mountainside, NJ
April 29 to June 3, 2020
Wednesdays 7-8:30pm
Children’s Specialized
150 New Providence Road
Mountainside, NJ 07092

Cost is $99. This fee may be covered by the CSH Benefit Fund.
Please visit our website for details.
Registration and prepayment are required at least 24 hours prior to first session.
Online Registration is Open!

Join us in August for Camp Chatterbox - a one week overnight camp for children and young adults, ages 5-22, who use synthesized Augmentative and Alternative Communication (AAC) devices.

Contact campchatterbox@childrens-specialized.org or call (908) 301-5548 with questions.
Camp Become

Camp BECOME is a 3 week therapy intensive program run by the Community Recreation and Occupational Therapy Departments for children between 4 and 10 years old. Constraint Induced Movement Therapy can be used to improve the strength and function of an upper extremity impacted by hemiparesis. Campers will be using a removable cast to provide opportunities to only use their affected arm during group play and recreational activities.

**When:** Monday – Friday July 6-24, 2020  **Time:** 9:00-3:00pm

**Where:** Kean University, Liberty Hall 1000 Morris Ave. Union, NJ 07083 Registration opens February 3, 2020

Complete a CAMPER APPLICATION online at: [www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation) E-mail activityconnection@childrens-specialized.org OR call (908) 301-5548
Camp Chatterbox

Camp Chatterbox is a week-long overnight camp for augmented communicators between 5 and 22 years old and their families. This camp experience provides fun activities for everyone, creating life-long memories and friendships. All campers participate in a range of social, recreational, and linguistic activities led by certified Speech Pathologists and Recreation Therapists in a fun-filled summer camp environment.

When: August 16-22, 2020

Where: Rising Treetops at Oakhurst 111 Monmouth Rd Oakhurst, NJ 07755

Complete a CAMPER APPLICATION online at: www.childrens-specialized.org/recreation  E-mail CampChatterbox@childrens-specialized.org OR call (908) 301-5548
Lunch & Learn Webinar Series

This free webinar series discusses a variety of topics related to children and adults with intellectual and developmental disabilities. Grab your lunch and join us!

Webinar Series Topics: 12-1pm

- March 12: Overview of Medicaid for People with Intellectual and Developmental Disabilities
- April 14: Preparing For Next Steps While Still in School
  Each year, multitudes of students prepare to leave school in search of the perfect job, place to live, relationships, and lifestyle. For a person without a disability, this change from the secure world of school to the uncertainty of adulthood can be stressful and challenging. Join us as we discuss how to tackle a transition plan and what steps you can take to make sure that your child is ready to transition into adult life.
- May 5: An Overview of Pre-Employment Transition Services Offered By DVRS

  The New Jersey Division of Vocational Rehabilitation Services (DVRS) may be able to assist students ages 14-21 with disabilities who need services to prepare for, get, and keep a job. Its goal for students through its Pre-Employment Transition Services (Pre-ETS) is to create a smooth transition from school to work so that upon graduation, a student is prepared to begin work or post-secondary training that leads to employment.

To register, visit bit.ly/lunchandlearnfl2020
Kickboxing and Calisthenics with Jay

Announcing a New Dance Class being held on Thursdays at FRA in Red Bank beginning 10/17/19

KICKBOXING & CALISTHENICS WITH JAY

Join us for this active exercise class where we'll use a mix of calisthenics, kickboxing & karate moves as a path to fitness.

Thursdays - 5:45-6:45 pm

Parents & Families – This class is for YOU & Everyone!
Be prepared to move & get fit!
COST for this Class is: $120 for 8 sessions
Minimum of 8 participants needed

RSVP NOW to Alexa: 732-747-5310, ext. 116 - frontdesk@frainc.org
or Register online at www.frainc.org
What Is Register Ready?

Help emergency responders plan for and support your family members who have disabilities or access and functional needs in the event of a disaster.

If you or a family member has a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult to safely shelter in place or evacuate in a disaster, please register.

Register today—be ready for tomorrow!

Register at:
www.registerready.nj.gov
or call 211 within NJ or 877-652-1148 toll free

- Free
- Voluntary
- Secure and confidential
- Protective of your privacy

Update your information at least annually. In a life threatening situation, don’t wait for help — call 911
TryCAN coordinates inclusive recreation and social development programs for children with special needs. Programs help teach sports and life skills, while focusing on building individual skills, teamwork and fun! Programs are taught by experienced coaches and instructors from the community. Skill-building sports programs are held a few weeks before start of each season to enable child (those interested) to tryout for a particular sport. Using our “Children Helping Children” approach, during class your child works with trained volunteer Peer Mentors who serve as assistant coaches, buddies and your child’s biggest cheerleaders. Peer Mentors are high school and middle school students from our communities. Programs have included baseball, basketball, lacrosse, soccer, football, tennis, martial arts, golf, learn-to-bike-ride, social skills, reading, art and music. Programs are open to children from all communities. Programs charge only a nominal fee, thanks to fundraising activities of TryCAN. TryCAN allows parent and professional volunteers to get involved.
Please spread the word about this amazing program! We are looking to expand our team. Boys and girls of all abilities are welcome to come out even if it's your first time on skates! We are excited to be able to provide an opportunity for kids of all ages to experience the thrill of ice skating or ice hockey. Our season will end in March for this year but we will be back on the ice in the fall. Please contact Jackie at 609-915-0458 or jackiezohn@gmail.com to learn more about the program and how you can be a part of the fun for next year.

www.mercerspecialhockey.com

The Mercer Bulldogs Special Hockey Program is a great way to meet new friends and have fun on the ice! The team consists of both boys and girls with a common goal to play hockey. Special needs children of all ability levels are welcome to participate. During each week’s practice, the rink is divided into three areas to accommodate for beginner, intermediate and advanced skill levels. All registered players can participate in weekly practices, home and away games as well as several special events throughout the season.
TryCAN Reading Program

- 4:30-5:15 Reading Club for Pre-K and K - $110
- 5:15-6:00 Reading Club for Grades 1-3 – $110
- 6:00-6:45 Book Club for Grades 4-7 - $110
- Spring Session: Monday, April 20 through June 15 (no class on 5/25)

Instructor: Heather Keith

Reading Club: Each class will capitalize on strengths, instill self-confidence and foster a Can-Do attitude to help children read more confidently. Classes will begin with a group activity using books, games, music and other activities to improve decoding, fluency in oral reading, oral response to questions and overall comprehension. Classes will end with small group break outs working with mentors on reading and specific skills.

Book Club: Each class will capitalize on strengths, instill self-confidence and foster a Can-Do attitude to help children read more confidently. We want to help students learn reading in an embarrassment and failure free setting. We want to help students learn reading in an embarrassment and failure free setting. Classes will be based around group reading activities of books. Social skills will be developed through discussion of the readings each week.

http://summitcommunityprograms.com/421/Reading-Programs
Webinar: Sibling Rivals: Conflict Resolution for Children with I/DD and their Siblings

Thursday, April 9, 2020  6:00 pm-7:00 pm

For this webinar, Kara Kushnir will discuss the uniqueness of the relationship between typical siblings and their brother/sister(s) with I/DD, including how siblings may perceive their sibling, how conflicts between siblings may be the same and different among them compared to typical sibling relationships, and ways families can respond in an effective manner. Specific responses to various situations will be discussed, including how parents can assess the size of the conflict and, thus, the most effective way to respond. Best practices, practical solutions and safety for siblings will be discussed.

Contact Info:  Cheryl Crick  ccrick@arcnj.org  732-246-2526
Developmental Considerations for OCD in Kids, Teens, and Adults
March 18, 2020
Presented by Jacquelyn Gola, Psy.D.

Although OCD is diagnosed using one set of criteria, it manifests differently across the lifespan. This presentation will explore OCD across different age groups. Webinar attendees will learn how OCD presents in children, adolescents, and adults and how Exposure and Response Prevention therapy (ERP) could be adapted for each age group.

Dr. Gola provides psychological treatment of children, adolescents, and adults with a wide range of psychological disorders using evidence-based cognitive behavioral therapy (CBT), including Exposure and Response Prevention (ERP/ExRP), Comprehensive Model for Behavioral Treatment (ComB), Prolonged Exposure (PE), Acceptance and Commitment Therapy (ACT), and Parent Management Training (PMT) at The Center for Emotional Health of Greater Philadelphia.
Parenting the Anxious Child
April 29, 2020
Presented by Marla Deibler, Psy.D.

Marla W. Deibler, PsyD is a Licensed Clinical Psychologist and the Founder and Executive Director of The Center for Emotional Health of Greater Philadelphia.

Dr. Deibler holds a doctorate in clinical psychology (Psy.D.) with a concentration in health/neuropsychology and a post-doctoral master of science in clinical psychopharmacology (MSCP). Dr. Deibler gained her formative clinical and research experiences at the National Institute of Mental Health (NIMH) at the National Institutes of Health (NIH), Children's National Medical Center, and the Kennedy Krieger Institute at Johns Hopkins University Medical Center. She gained specialized behavior therapy experience in the treatment of obsessive compulsive and related disorders at the Behavior Therapy Center of Greater Washington. Dr. Deibler served as a clinician at the National Center for Phobias, Anxiety, and Depression as well as on the clinical faculty at Temple University Children's Medical Center and Temple University Schools of Medicine, Dentistry, and Allied Health.

Ask the Advocate
May 13, 2020
Presented by Staci Greenwald, Esq

Ever wanted to ask an education advocate a question? Here is your opportunity. In an open forum Ms. Staci Greenwald will be fielding individual questions from the audience. In this hour long session we will try to cover as many questions as we are able.

Staci J. Greenwald is a partner in Sussan, Greenwald & Wesler, Esquires, in Cranbury, New Jersey, where she handles special education matters and offers advocacy in cases involving the Division of Developmental Disabilities (DDD), guardianship, and estate planning for families of special needs students.
Save the Date: Conference on Medical & Dental Care

The Arc of New Jersey’s
31st Annual Conference on Medical and Dental Care For Persons with Intellectual and Developmental Disabilities
The Westin Princeton at Forrestal Village
Princeton, NJ
Friday, May 29, 2020

Conference brochures will be available in March 2020!
Exhibitor and Contributor opportunities available!
This conference provides an excellent opportunity to publicize your health-related products or services for persons with intellectual and developmental disabilities.

For further information, please contact Jennifer Lynch at:
conference@arcnj.org / 732.784.6397
Theatre in Plainfield

In collaboration with Theatre in Motion, an organization which provides a wide array of arts programming for children & adults with all types of special needs, this class will include theatre improvisation, storytelling, music, movement, and some visual art. The series will creatively address and include diverse learning styles and models of communication. When applicable, a student's attendant, who may be a parent, caregiver, nurse, personal aide, or sign interpreter, is welcome to stay for the class. The course will end with a fun sharing for family and friends. Typical siblings are welcome.
Chase's Friends Zone: A Sensory Friendly Dining Area

Chase is the grandson of Tony Rivoli, owner of Riv's Toms River Hub. He was diagnosed with autism just before his 4th birthday. Chase's Friends Zone is the first restaurant experience in the United States that is specially designed to address the environmental and sensory needs of autistic children and their families.

CALL AND ASK FOR MONICA OR ARIANA TO MAKE YOUR RESERVATIONS FOR PARTIES 10+.

1850 HOOPER AVE
TOMS RIVER NJ 08753
(732)-255-6183
RIVSTRHUB.COM
Join the Mayors Office Of Youth & College Affairs
Activity Connection

Spring 2020
The Activity Connection programs at Children’s Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The programs provide opportunities to make new friends, develop new skills, participate in physical activities, and enjoy new experiences.
All programs are led by Children’s Specialized Hospital’s therapists, certified program instructors, coaches, and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment.

www.childrens-specialized.org/recreation (908) 301-5548
Kidz Korner is an afterschool program designed to provide children with Autism & other developmental disabilities with recreational, socialization and leisure opportunities in line with their daily routines and areas of interest.

If you are interested in any of the Ocean County locations or interested in starting an after school program in your school district please call Michael Davidson at 609-392-4500 or visit www.familyresourcenetwork.org
Help us improve autism research for the entire community by participating in the Autism EXPECT Study!

The Autism EXPECT Study is an online survey coordinated by the Autism Science Foundation in partnership with the University of Pennsylvania. We want to hear from adults and families with autism about what influences them to participate in clinical research.

You will be asked questions about why you have or haven’t participated in research and about what might make your next research experience better. This survey takes 30 minutes to complete. Participation is completely voluntary. ✔️ All participants will be entered for the chance to WIN an iPad!

We will use our findings to inform scientists about steps they can take to improve the research experience for members of the autism community. Please take the survey at: bit.ly/EXPECTsurvey

Questions? Contact AutismExpectStudy@gmail.com
Thanks for choosing Children’s Specialized Hospital!

Thank You!