



# Endless PossABILITIES

## BEHAVIOUR INTERVENTION & THERAPY SERVICES

Newsletter

*A specialized treatment centre offering children options for better learning and coping skills.*

### MISSION STATEMENT

*We are committed to excellence in program delivery and the success of each and every child we work with. Our passionate and dedicated staff strive to achieve every treatment objective using the most innovative and creative strategies possible.*

*We measure our success by your child's gains!*

EPA's

#### Points of Interest:

- Merry Christmas
- Christmas Closure
- SSP
- Autism News—World Autism Awareness Day
- Get Informed—Autism Treatment in Kids as Young as 18 Months
- Workshops—Discovery Studios
- Did You Know???
- Check your Knowledge

## Merry Christmas

Christmas is just around the corner and at EPA we are gearing up for a wonderful holiday!

The children are enjoying the first winter session at the new centre and all of the Christmas activities, carolling and

all the goodies that go along with the season. The children are particularly enjoying making Christmas theme animal hats which they will wear for their Christmas gathering here on the 23rd.

Once again we

will be hosting our annual Christmas party to celebrate this festive season. We wish everyone a Merry Christmas and Happy New Year!



***Please note the centre will be closed December 25th -January 4th inclusive. We will resume sessions in the new year starting January 5th, 2010.***

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## Autism Treatment in Kids as Young as 18 Months

A study of 48 children at the University of Washington (funded by the National Institute of Mental Health) found that behavior treatment in autistic children as young as 18 months can result in a milder diagnosis.



And although the study was small, the results were optimistic, and has encouraged the study to be conducted in other places.

Although early autism treatment has been controversial it is obtaining more positive attention. As well, diagnosing autism at the earliest age possible is also gaining more awareness.

The study focused on social interaction and communication with children ages 18 to 30

months, some received specialized treatment and others less comprehensive care. After two years there was an increase in IQ of an average of almost 18 points in the specialized group versus 7 points in the others. Children in the specialized group were re-diagnosed with a less severe form of autism after 2 years.

This study helps to bring awareness about the importance of early diagnosis and treatment.

The Associated Press, November 2009

## Workshops—Discovery Studios

Once the new location is opened, we will be offering workshops Monday to Thursday for an hour (3:45-4:45 p.m.). For the time being we will introduce four different workshops but these may change from time to time depending on interest and registration.

Once we begin, we will offer the following:

- Yoga
- Music Therapy
- Dance Movement
- Mish Mash (baking, painting, Arts & Crafts, etc.)

If you would like to know more about these workshops, be sure to contact us at (905) 715-7771 or [info@endlesspossibilities.ca](mailto:info@endlesspossibilities.ca).



***Please note our winter Social Skills Program is on hold for the winter session due to circumstances beyond our control.***

***Our spring session is well into the planning phase and will commence in March of 2010.***

## World Autism Day—April 2, 2010

World Autism Awareness Day, which occurs on April 2, was created on

December 18, 2007 by the United Nations General Assembly.



World Autism Awareness Day

The Autism Awareness Day, which is one of three official disease-specific United Nations Days, helps to increase people's knowledge of Autism. As well as bring to the forefront the need to understand the global dilemma and the importance of diagnosis and early intervention.

Toronto's CN Tower and MarRs centre will join in celebrating World Autism Awareness Day by lighting up the skyline in blue.



## Get Informed → Benefits of Intensive Behavioural Intervention (IBI)

A report presented at the ONTABA Conference discussed findings on a study conducted on the outcomes and benefits of IBI therapy. Intensive Behavioural Intervention (IBI) is a specialized type of therapy for children with autism.

The study data was collected from 332 files of children in the Ontario IBI program and the data was measured against the Childhood Autism Rating Scale, the Vineland Scales of Adaptive Behaviour and a cognitive or intellectual test. The ages of the children were 32% under 4 years of age, 34% between 4 and 5 years, 28% between 5 and 6 years and 6% over 6 years.

Results of the study proved that in autism symptom severity the children showed statistical and clinical reduction in the symptom severity. The "children had less repetitive behaviour, related better to people, had better verbal and nonverbal communications skills, and improved imitation abilities." On the cognitive level the children improved extensively, and in adaptive behaviour the children gained substantial developmental skills. Communication and socialization also increased significantly, as well as their rate of development, compared to before IBI. The outcomes resulted in 75% of the children showing measurable benefit or improvement during IBI and 25% did not show measureable improvement.

The study showed that "children who started IBI before the age of 4 did better than those who started after age 4 on all scores on the exit assessment. Children who received 2 years or longer duration of IBI did better than those who received a shorter duration (however, these children were also younger when they entered)."



**Check us out !**

[www.endlesspossibilities.ca](http://www.endlesspossibilities.ca)

*Endless* Poss**ABILITIES**

BEHAVIOUR INTERVENTION  
& THERAPY SERVICES

*Providing the building blocks to better learning!*

***Servicing Children  
in the Regions of:***

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GTA  
York Region  
Simcoe South  
Durham  
Peel**

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*... making footprints in the sand!*

Check your Knowledge—

See how many questions you can answer.

1. What is NET?
2. How do you manage non-compliance?
3. What are stims?
4. What is a token?
5. What is reinforcement?
6. What does QFF mean?
7. What does perseverating mean?
8. What is Aspergers?
9. What is most effective therapy for autism?
10. Do all parents need Parent Training?

