



Step By Step Academy Footsteps Newsletter

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Food For Good Thought - article from The Columbus Dispatch



Congrats Marla Root!!!

Our very own Marla Root won the award Advocate of the Year this year.

The Governors Council on People with Disabilities will present Marla with the award on August 19th at 11:30 AM at the Statehouse Atrium in Columbus.

Dates to Remember:

August 13th - Summer Services End

August 16th - SBSA Services Closed (Staff do not report)

August 17th - SBSA Services Closed - Staff report for staff development day

Open House 5:00 PM - 8:00 PM Building G.

August 18th - Fall Session Services Begin

September 6th - SBSA Closed in observation of Labor Day

Pioneer in treatment of autism dies

(from Reno News www.mynews4.com)

"A respected and revered pioneer in the treatment of autism spectrum disorders has died. Dr. O. Ivar Lovaas passed away in California.

Dr. Lovaas developed the practice of Applied Behavior Analysis (ABA) which helps people with autism learn to function in day-to-day society. His work began in the 1960s and helped thousands of children with autism across the globe. ABA is evidence-based treatment that proves successful in about half of the patients treated, and can offer the chance for a more productive life.

In Reno, Deborah Schumacher's son, Cliff, was the first child to receive treatment from Dr. Lovaas. In the early 1990's, Schumacher said she knew "something was clearly not developmentally right" with her little boy, "but i didn't know what was wrong." She learned of Dr. Lovaas's methods and classes at UCLA, and moved to southern California with Cliff when he was three years old.

"He got 42 hours a week of one-on-one work in the beginning," she said. "That only took-- in his case-- about a year and a half and he went from being non-verbal to being able to handle first grade."

"You have Dr. Lovaas a cheerful bouyancy and a dead seriousness about what's at stake here, and that's the life of a child," said Patrick Ghezzi, Ph.D., who uses Dr. Lovaas's treatments to help children with autism in Reno.

"He didn't accept what a lot of other doctors and a lot of other researchers say," said Ralph Toddre of the Autism Coalition of Nevada. "[They say] there's nothing that can be done. But he wouldn't accept that.

"He was very, very compassionate for his patients, and incredibly passionate about his work."

Dr. Lovaas leaves a son, Eric, who continues his research and treatment. His clinics across the world also continue to help children with autism. Funeral services are pending."

Please Welcome our New Training Class!!!

They will be training until August 23!

Wish them luck, and make them feel welcome here at Step By Step Academy!

Don't forget to stop by our OPEN HOUSE.

You will have the chance to meet and talk with your child's program director as well as our clinic drector, Christine Austin.

When: Tuesday, August 17th 5:00- 8:00 PM

Where: Building G

***445 E. Dublin-Granville Road
Worthington, OH 43085***

(614) 436-7837

Summer Services Program

Summer Session is Sensational!

Katie Greene



This Summer Session at Step By Step has been full of fun and activities! We were able to kick things off with a visit from Angie's Therapy Dogs and a visit from our friends at COSI. Then we were off to the zoo, learning about exotic animals and being some of the first people to see the new polar bear exhibit. Everyone was really tired when we left the zoo, but we were able to save enough energy for the 4th of July Picnic that Friday. The teens in Stepping Forward did an amazing job shopping for all the food for the event, and they really showed off their skills when they prepared the pasta salad, French fries, lemonade and fruit salad! Stepping Forward also lent a helping hand by running the concessions stand for movie day and working behind the counter for the ice cream social.

Many of the outings this summer have exposed the children and adolescents to a variety of activities and professions. The Worthington Fire Department came to Step By Step for a visit in July and the children learned what it takes to be a firefighter. And it was only a week later the Worthington Police Department came to give a talk on bike safety and the importance of wearing a helmet.

Water play was by far the most favorite activity of the summer (for the children and staff)! Everyone had a great time racing on the 3-person Slip 'N Slide and squirting their friends with Super Soakers. The new inflatable slide was a big hit, guaranteeing to keep everyone cool on a hot afternoon! But with Fall just around the corner, Step By Step is wishing that everyone finishes their Summer with a splash!

Hoping to see everyone next summer for more fun activities and good times!

Peer Leadership Program

Step By Step Academy's Summer Peer Program is a Success

- Cindy Ring, Research Associate

“So, what would you do if you saw someone at your school bullying someone with autism?” I asked Sydney, a participant in our Peer Leadership Program. “I’d tell them to knock it off!” She states matter-of-factly, giving me a look that made me believe she meant what she said. Sydney and 35 other children between the ages of 3 and 17 are volunteering much of their time this summer by hanging out with, playing with and making friends with the children and adolescents at Step By Step Academy. After many years of struggling to get 4 or 5 peers to participate at Step By Step, the program really took off this year attracting more than 36 kids. The program filled up very quickly and we had to turn away several kids due to lack of space!

The purpose of the Peer Leadership program is to facilitate interactions between children and teens with autism and their peers. Peers model appropriate social behavior, play skills, daily living skills and reinforce the child they are paired with to get them used to receiving social reinforcement from their peers in a school setting. Peers get a lot out of the program as well, learning tolerance, appreciation for diversity and making friendships that, in some cases, last for years. Step By Step Academy hopes that by offering a program like this, it will contribute to reducing bullying behaviors and increase advocacy among the children who participate. Jimmy, who has participated for a little over a year now, said it best as he was helping me train the next group of peers when he stated “I love peering here! Our job is very important!”

Marla's Corner

We have just learned that the U.S. Senate has passed the legislation with 61 votes to extend FMAP. Ohio's Senator Brown voted yes, while Senator Voinovich voted no, citing concern about public education issue in the legislation – not the FMAP extension.

Maintaining the enhanced FMAP for another six months translates to Ohio receiving over \$500 million in federal funds to support our Medicaid programs, including programs for individuals with mental illness and developmental disabilities!

Source: NAMI of Ohio

Marla's Thoughts: This was huge for our state! This will allow more funds in our Medicaid program. I made calls to many legislatures on behalf of all the families here at Step By Step. You may have seen messages on listservs on Monday encouraging you to call your legislators and if you did way to go!

Also...

New Hampshire and Massachusetts have become the 22nd and 23rd states to enact autism insurance reform legislation. Remember that now is the time to be contacting your senators and representatives in your area about supporting autism insurance coverage passage here in Ohio. If you see them out campaigning ask them to support this also just feel free to send them a note.

Lets Go Green!!!

Staff and Parents we will be placing GREEN bins in all of our buildings. These are bins that are being used for recycling old ink jet cartridges, cell phones, etc. Just drop off your old items in these special bins and they can be recycled!!! Lets see how many we can collect!

Food for Good Thought

Article taken from:

<http://www.dispatch.com/live/content/business/stories/2010/08/03/bakeryandmore.html>

Gluten-free Food for Good Thought now has store that is occupational training center for autistic people

Tuesday, August 3, 2010 02:51 AM

By Denise Trowbridge

FOR THE COLUMBUS DISPATCH

Audrey Todd and autistic son Liam Bogner, 6, prepare to fill a muffin tin with gluten-free apple-cinnamon muffin batter in the Food for Good Thought kitchen. Liam inspired Todd and her husband to open the bakery in Clintonville to help train autistic teens and adults for jobs.

Ed Matthews | Dispatch photo

Audrey Todd and autistic son Liam Bogner, 6, prepare to fill a muffin tin with gluten-free apple-cinnamon muffin batter in the Food for Good Thought kitchen. Liam inspired Todd and her husband to open the bakery in Clintonville to help train autistic teens and adults for jobs.

Todd pulls blueberry muffins from the oven in the Food for Good Thought kitchen, which opened Saturday.

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This bakery is on a mission.

Food for Good Thought, which sells gluten-free muffins, bread, cookies and pizza, opened a retail bakery at 4185 N. High St. in Clintonville on Saturday.

It is more than just a shop catering to folks with food allergies. It's also an occupational training center for teens and adults with autism. And some of the bakery's profits will be donated to the Connections Center in Houston, a clinic that provides programs and training for families of children with autism.

The bakery is owned by Audrey Todd, a clinical psychologist, and her husband, Scott Bogner, a nuclear physicist. "It has given us great personal meaning," Todd said.



Food for Good Thought sprang from their desire to help their son, now and later in life. Six-year-old Liam was diagnosed with autism several years ago.

Although there is no hard evidence linking gluten to autism, Todd said Liam's life has improved dramatically since they put him on a gluten- and casein-free diet. Gluten is a protein found in wheat, rye and barley. The National Institutes of Health estimates that 1 in 133 Americans is allergic to gluten. Casein is a milk protein found in dairy products.

Eliminating gluten and casein, she said, has helped him focus, addressed many of his digestive problems and improved some of his more-unusual autism-related behaviors.

Food for Good Thought sells baked goods based on the allergen-free recipes that Todd developed for her son. Prices range from about \$3 each for an apple-cinnamon or chocolate-chip muffin to about \$5 for a smoked-

salmon sandwich, and \$15 for a 12-inch pizza. The bakery also makes special-order gluten-free birthday and wedding cakes.

The bakery is a labor of love, but it has required a lot of actual labor. Todd and Bogner bought the building at 4185 N. High St. in February and spent the past several months outfitting it with a commercial kitchen, seating areas and an occupational training space.

The former home of Beechwold Natural Foods seats eight inside and 10 on the porch.

"I didn't want to do something in a strip mall somewhere, because there will be people with impairments working here," Todd said.

The bakery already has a niche in the commercial community.

The Raisin Rack and the Clintonville Community Market have been selling Food for Good Thought baked goods for about a year, and the bakery has just signed a contract to supply gluten-free pizzas to Kent State University.

Until recently, the bakery made all its goods at the Food Industries Center at Ohio State University. The center allows entrepreneurs to rent space in its commercial-quality kitchens.

But opening a stand-alone bakery has always been the goal.

"My son benefited so much from a gluten-free diet; I wanted to share that, and at the same time I wanted to create a vocational rehab center," Todd said. "We needed to do this because the employment prospects for people with autism are so grim."

The U.S. unemployment rate for autistic adults averages 90 percent, according to the nonprofit Autism Society. Todd said that is her main reason for opening the bakery.

She wants her son, and others with autism, to have the chance to lead a productive life and to be able to reap the benefits of employment.

"Work is so important," Todd said. "My brain is so different now than it was at 21, mostly because of my work and life experiences. Why not give people with autism the same opportunity for meaningful employment?"

The bakery employs two teens with autism, and Todd hopes it can grow enough to accommodate more.

Food for Good Thought is open every day from 11 a.m. to 3 p.m.

2010 Legislative Advocacy Day

Come and tell your legislators why living in the community is important to you!

September 14, 2010

Ohio Statehouse Atrium

Come to Hear Speakers:

Carolyn Knight, Executive Director
Ohio Developmental Disabilities Council

State Senator John Carey

State Representative Jay Goyal

Dean Fadel, Board President
Franklin County Board of Developmental Disabilities

10:30am Opening Ceremony

11:30am Legislative Visits

Tell your story and have your voice heard!

Please register for the event at <http://nisonger.osu.edu/legislativeregistration>
For more info contact Carmen Shelton at c_shelton@ameritech.net or 740/505-8337

Sponsored by:



Nisonger Center



STEP BY STEP ACADEMY FALL SERVICES OPEN HOUSE!

When: Tuesday, August 17th 5:00 PM - 8:00 PM

What: You are invited to attend Step By Step Academy's Fall Services Open House. This is a meet and greet with your child's Program Directors, Social Workers, as well as with our Clinic Director, Christine Austin. Stop by with questions, get information, or for some refreshments.

Where: Step By Step Academy Building G.
445 East Dublin-Granville Road, Worthington, OH 43085

For more information or if you have questions please call (614) 436-7837.



SHOUT OUTS!

We are going to miss our L team so much! You guys are fantastic BTs and it has been such a pleasure working with all of you!

~Erin, Laura, and Tiffany

Like Stephen Hawking, Michael Jordan, Tom Landry, The Beatles and Chuck Norris **Morgan Aue-Van-DenBerg** is an expert in her field; both awe inspiring and a force to be reckoned with. Morgan, (Program Director, MA, BCBA) joined Step by Step earlier this year and has been an excellent addition to our organization. As a leader, she has provided us with a wealth of knowledge and insight into the field of ABA. There is never a situation too big or small to ask for Morgan's guidance. Any predicament is made understandable and easily surmountable under Morgan and like all great leaders she makes everyone around her better. If you see Morgan she will be smiling unless she is helping staff redirect problem behavior in which case you are supposed to maintain a neutral facial expression. Due to her expertise, we have the utmost confidence in our job duties, our consumer's programming and the direction of our team. Put simply, she is an excellent leader, mentor, clinician, motivator and role model to us all. THANKS FOR ALL YOU DO MORGAN!!!

With gratitude,
"Wheela and Speela"

Tara-Team Wisdom is going to miss you! You have been such a great asset to our team and we all know how great you will do in building R. Good Luck!!!

~Team Wisdom

John, Courtney N. and Kristy- You all are doing such an AWESOME job. You all are such great BT's and I really appreciate your patience and positive attitudes.

~Kristen W.

Admissions Department -

Kudos for all the hard work you did preparing for CARF! Sam, Kate, and Kristen you are awesome!

~Melissa

Susan Pratt – so glad you are a part of HR. Your Rock!

Donna Larson – Thanks for all you do to help every department. Your work is outstanding.

Janel Caudill – 41 Training Binders and you made it through with flying colors!

Donnie Thomas – Thanks for helping set up for New Hires!

Lindsey Feltz and Meghan Zeune – HR can always rely on you!

~Kim Murphy

Kate, Felicia, Jessica and to all of those that step in to help -

You guys are a rock solid team. Couldn't ask for a better set of BT's to work through some of the toughest sessions. You guys are amazing and do a great job implementing the behavior plan. We are lucky to have such a great team!

Kirsten F,

You are the best co-CA ever and I am going to miss you x 1 million!!!! Good luck with your acting career- break a leg ;)

Christa,

No one works harder than you! You are a fantastic BT with an amazing work ethic and passion for your kiddos. I am so lucky to have had you on my team! Good luck with your new team!

Team Awesome!

No team is "awesomer" than you guys! You all have the "awesomest" attitudes and work with the "awesomest" kids. Good luck to those of you moving on to new teams- stay "awesome"!

~ Tiffany Henry

Thank you to **Ryan and Tiffany H.** for helping the Research Department and demonstrating programming on videotape! Future movie stars!!!

-Research Department

Thank you to Amy, Tiffany H., Kristen W., Melissa, Felicia, Yrik, Caitlin, Jackie, and Aileen for participating in the walking program EVERY DAY! You all Rock!

~Megan D.

Marie and Kristen - Thank you for working so hard on the ODJFS Audit, you are great!

~Melissa

Daisy and Stacey- You two are truly amazing floaters and great role models. Team Wisdom appreciates all of your hard work and support you provide to our team every single day. Thanks for all that you do!!!
~ Kristen W.

Melissa- WELCOME to the best team ever. We are all so happy to have you on our team and we know you are going to do great!
~Team Wisdom

Thank you *Kristen W. and Kirstin* for all of your hard work and dedication to SBSA for the past several years! Good luck with all of your future adventures! We will all really miss you!

I have kudos to Janel and Donnie for doing a fantastic job with the artwork in the lobbies!
~Rhonda

Your story could be here!!!

BT's, CA's, PD's, and Admins, you can submit articles, stories, or announcements to our Newsletter! Send us an inspiring, cute, or funny story from your day and we will put it in our next newsletter for fellow staff and parents to enjoy!

Submit articles and stories to jcaudill@stepbystepacademy.org, or to your CA or building Admin.

Thank you, and I hope to have some great stories to publish in our next issue!

Christine's Kudos!

Kudo's to...

- *Katie Green for a SUCCESSFUL SUMMER SERVICE program ~ this could not have happened without her!*
- *Mo for another awesome round of training our new BT's!*
- *Michele LaMarche for sending Morgan, Erin, and Myself to ABAI in Texas to maintain our services and allow us to see the best in our field speak on advancement.*
- *Cindy for a successful Peer/Buddy Leadership this summer!*

Please Welcome...

Miranda Schehr ~ our new Clinical Transitions Director

and

Jacque Pencek ~ a new addition to our Social Work Department

The background features two large, overlapping curved shapes. The top shape is a vibrant red, and the bottom shape is a bright yellow. They overlap in the center, creating a layered effect.

445 E. Dublin-Granville Road • Worthington • OH • 43085

www.stepbystepacademy.org