



April Enote

Upcoming Events- See the **SELF ESTEEM SHOP** at all the trainings!

VAPT KIDS Chapter

Play Therapy With Traumatized Children: Integrating Directive and Non-Directive Approaches

Presented by Eliana Gil, PhD

Friday, May 4, 2012

8:00 am to 4:30 pm

Hotel Roanoke

110 Shenandoah Ave.

Roanoke, VA 24016

[Download Brochure](#)

Register at www.vcacounselors.org/cde.cfm?event=378673

Virginia Association for Play Therapy

16th Annual 'Come Play With Us' Workshop

Becoming a Brain-Wise Therapist: Using Play Therapy and Expressive Arts across the Lifespan

Presented by Bonnie Badenoch, PhD, LMFT

Monday, June 18 and Tuesday, June 19th, 2012

9:00 am to 4:30 pm

James Madison University Festival Conference Center

Harrisonburg, Virginia

For more information go to <http://vapt.cisat.jmu.edu/summerconference12/>

[Download Flyer](#)

Dr. Bonnie Badenoch is the author of *Becoming a Brain-Wise Therapist* and *The Brain Savvy Therapist Workbook*

Learn about Bonnie at <http://www.nurturingtheheart.org/>



World Autism Awareness Day

April 2 is now World Autism Awareness Day as declared by the United Nations General Assembly. This day will be set aside to recognize the children and adults living with autism and their ability to lead impactful lives. Additionally, the United Nations Postal Administration released a stamp collection on April 2 featuring the artwork of individuals with autism. To learn more, please visit:

<http://www.autismspeaks.org/blog/2012/04/05/united-nations-autism-awareness-stamps>.

Light it Up Blue!



For three years, the Autism Speak organization has enacted the global initiative of having landmarks around the world illuminated in a blue light to bring awareness to autism. Individuals can also participate in this movement in part by purchasing a blue LED light from Home Depot. For each light bought, Home Depot will donate \$5 to the Autism Speaks organization. Other ideas to promote autism include wearing blue for a casual Friday with donations of \$5 to go toward autism awareness or hosting party in your home with blue décor and food.

<http://www.lightitupblue.org/Markslist/tools-and-resources.do>

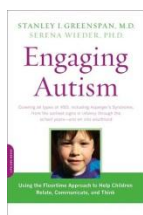
Autism Resources



Today we can access technology and resources from books, the internet, and even within the palm of our hands on an electronic tablet. The tools that can be used for children with autism range from applications to create visual schedules, social stories to those that show children emotions and situations in which they may arise. Here are a few links that will lead you to more resources to potentially use for children with autism.

- <http://www.autismspeaks.org/family-services/autism-apps>
- <http://www.autismpluggedin.com/2012/02/top-8-visual-schedule-and-social-story-apps-for-autistic-children.html>
- <http://www.mayer-johnson.com/autism/?gclid=CKGJldeCsq8CFUPf4Aodu1GcHA>

Floortime and Children with ASD



Engaging Autism includes information on neuroscience research into the effects of this approach, plus guidance for parents navigating the controversies surrounding the treatment of autism. Unlike approaches that focus on changing specific behavior, Greenspan's program promotes the building blocks of healthy emotional and behavioral development.

The Bully Project for Children with Special Needs

Top Ten Facts Parents, Educators and Students Need to Know

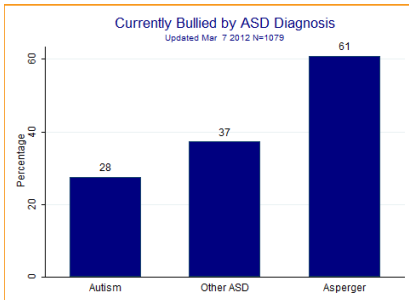
1. The Facts - Students with disabilities are much more likely to be bullied than their nondisabled peers.
2. Bullying affects a student's ability to learn.
3. The Definition - bullying based on a student's disability may be considered harassment.
4. The Federal Laws - disability harassment is a civil rights issue.
5. The State Laws - students with disabilities have legal rights when they are a target of bullying.
6. The adult response is important.
7. The Resources - students with disabilities have resources that are specifically designed for their situation.

8. The Power of Bystanders - more than 50% of bullying situations stop when a peer intervenes.
9. The importance of self-advocacy.
10. You are not alone.

This toolkit is a set of resources for people to confront bullying of children with special needs from all angles - from talking to your children to knowing your rights to teaching tolerance in schools. Start by reading the Top Ten Facts to know about bullying and children with special needs, and then learn about the unique challenges children with special needs face when encountering bullying

Click at <http://specialneeds.thebullyproject.com/toolkit> to read the complete Toolkit

Research Report on Bullying



Go to this site to see a comprehensive report on bullying and children with ASD.

http://www.iancommunity.org/cs/ian_research_reports/ian_research_report_bullying

Aggressive Behavior and Children with ASD



Aggressive behaviors in children with autism spectrum disorders (ASD) often cause a great deal of difficulty for families. Hitting, kicking, biting, throwing objects, and other behaviors common during a temper tantrum or meltdown can greatly increase parent stress.¹ To make things worse, a vicious cycle can begin so that behavior problems increase stress and increased stress (together with fraying nerves and poorer parental responses to the behavior) result in even worse behavior problems. Disruptive behaviors also may interfere with interventions meant to help a child, and with a child's ability to succeed at school.

http://www.iancommunity.org/cs/simons_simplex_community/aggression_and_asd

Webinar on Aggressive Behavior and Children with ASD

http://www.iancommunity.org/cs/simons_simplex_community/webinar_on_aggression_and_autism

Child Abuse Prevention Month

By the Numbers...

Between July 2010 and June 2011, 49,619 children were reported as possible victims of neglect or abuse in Virginia. Of those, 33,963 reports were completed by social services departments, with 6,116 reports found to be conclusive of abuse



and/or neglect. Within the 2011 fiscal year, 30 Virginia children died from abuse or neglect with the majority, 26, being under the age of 5. 55.96% of the maltreatment is caused by lacking provisions (food, clothing, shelter), endangering the physical health of the child. Approximately \$258 million is the daily cost for abuse and neglect in the United States each day. In Virginia, every 12 days, a child dies because of abuse or neglect, every 2 hours a child receives services from a domestic violence program, and every 86 minutes a child is neglected or abused (Virginia Coalition for Child Abuse Prevention, 2012).

Resources for Prevention through Parents

Is My Child Ok? By Henry A Paul, MD- Addresses issues such as lying, phobias, stuttering, and a variety of other of concerns that may arise as children develop and gives parents tips on responding to them.

The Parent's Little Book of Lists: Do's and Don'ts of Effective Parenting-Includes relational skills vital to parenting for every developmental stage in a child's life while also addressing self-care for parents.

Family Safety Plan- Parents can educate their children and other adult members of their family about the signs of abuse and how to create a safe environment for their children. More information on what to include in this plan can be found at: http://www.stopitnow.org/family_safety_plan.

Age-Appropriate Sexual Behaviors- As human beings, from early on in development we may begin to wonder about our bodies and sex. Parents and professionals may not be aware of the appropriate levels of curiosity for each level. The Stop It Now Organization provides a look at what behaviors may be developmentally appropriate for children at various ages.

http://www.stopitnow.org/age_appropriate_sexual_behavior

Evidence-Based Models of Prevention

Programs such as Head Start, Healthy Families, Parent as Teacher, Nurse Family Partnership, etc. assist families through education and preventative care from pre-natal through adolescence. The U.S. Department of Health and Human Services & Health Resources and Services Administration released a series of benchmarks that should be met to help prevent the maltreatment of children. More specifically, the department established the Affordable Care Act Maternal, Infant, and Early Childhood Home Visiting Program (MIECHV), targeting at-risk families through programs based in home visits. For the complete document and benchmarks, visit:

<http://www.clasp.org/admin/site/documents/files/MIECHV-EB-Models-Crosswalk-to-Benchmarks-6-1-11-1.pdf>.

VAPT Officers and Chapters Chairs = VAPT Board of Directors

The VAPT BOD consists of the VAPT officers and Chapter Chairs. The VAPT BOD is meeting monthly to continue to develop our organization. The group consists of:

Winchester
Roanoke
Lynchburg
Central Virginia
Rockbridge
Northern Virginia

Carmela Crawford
Stephanie Pratola
Norma White
Amy Kale Fraites
Katie Masey

dccrawford1@verizon.net
pratola@pratola.com
norma.white@couplesandkids.com
play@mail.planetcomm.net
kmasey@racsb.org

Tidewater	Joyce Meagher	kdknzlr@comcast.net
Richmond	Cathy Spooner	cathispooner@hotmail.com
Danville	Sheri Mitschelen	shmitsch@cox.net
Abingdon	Kathrin Hartmann	HartmaK@EVMS.EDU
	Jan Williamson	jlwilliamson@mindspring.com
	Cindy Lovell	clovell@dpcs.org
	Sydney Peltier	speltier@highlandscsb.org

VAPT Officers

President	Anne Stewart	stewaral@jmu.edu
Vice President	Cathy Spooner	cathispooner@hotmail.com
Secretary	Suzanne Gregg	sgetzgregg@verizon.net
Treasurer	Cindy Lovell	clovell@dpcs.org
Secretary-Elect	Ronda Weber	rwdas@gmail.com

Look at our membership map for the chapter chair in your area for local trainings and connections at our website <http://vapt.cisat.jmu.edu/>

Heartfelt thanks to **BJ Smith** for her service and leadership in the Richmond area and welcome to **Jan Williamson** for becoming our next Richmond Chapter Chair! Special thanks to **Penny Critzer** for her service as the VAPT Vice President and a warm welcome to **Cathy Spooner** for assuming that role.

Visit us on VAPT FB! Go to:

<http://www.facebook.com/pages/Virginia-Association-for-Play-Therapy/234395618441>

And Visit our website at <http://vapt.cisat.jmu.edu/>

VAPT Membership total is **212!**

Thanks to you all!

Playfully and full of spring,

Anne and Marlana

Thanks to Marlana for help composing this enote!