

OUR PROGRAMS AND SERVICES CONT.

Referral for Respite and Community Hab Services: Some children and adults with autism can benefit from services through OPWDD, including respite, community habilitation and participation in after school or school break activities specially geared to children with autism and special needs. If you want to see if you qualify for these services, we can connect you with OPWDD's "Front Door" to start the enrollment process. To begin, call Kim Schutz, Lexington's single point of entry coordinator, at (518) 736-4156.

Social Skills/Executive Functioning Classes: Children, teens and young adults with ASD often have challenges in social communications and may struggle with interpreting social cues. We offer classes based on Social Thinking and PEERS® and taught by skilled clinical instructors several times a year. Children on the spectrum also often struggle with "executive functioning," which includes organizational skills, getting homework or projects done on time, handling papers and meeting deadlines. We offer classes in "Seeing My Time" taught by clinicians certified by time management educator Marydee Sklar.



CDPHP Autism Resource Center at Transitions

a resource for children and adults with autism spectrum disorder and their families



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www.lexingtoncenter.org

Sponsored by:



500 Patroon Creek Boulevard
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TRANSITIONS
the evolution of you

2736 State Highway 30
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ABOUT AUTISM

“Autism spectrum disorder (ASD)” refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, and speech and nonverbal communications, as well as by unique strengths and differences. There is not one autism but many types, caused by a combination of genetic and environmental influences. The Centers for Disease Control and Prevention estimates autism’s prevalence as 1 in 68 children in the United States. This includes 1 in 42 boys and 1 in 189 girls.

ABOUT THE AUTISM RESOURCE CENTER

The Autism Resource Center is sponsored by CDPHP, facilitated by Lexington and located at Transitions. It provides families with a lending library of book and references on autism; computer kiosks for autism research; and current literature and periodicals related to autism supports. Families are welcome to browse and borrow resources from this area or make an appointment for specific assistance from Lexington’s Autism Resource Coordinator.

ABOUT TRANSITIONS

Transitions is a post-secondary program for young adults with autism and learning differences. The program helps students build academic, job and life skills while increasing independence to help them succeed in college and careers. Through partnerships with local colleges, internships with community businesses and supported living opportunities, Transitions helps young people make the transition from adolescence to adulthood.

MEET OUR AUTISM RESOURCE COORDINATOR



Nancy DeSando, BSRN, is Lexington’s Health Systems Analyst. She has 35 years of experience in supporting people with complex medical, cognitive and learning disabilities. Nancy oversees community-based supports for people with autism, such as respite and habilitative services, stress reduction programs, and executive

functioning and social skills groups. She provides nursing consultation and serves on the advisory board and admissions committee for Transitions. To contact Nancy, please call (518) 775-5479 or email desandn@thearclexington.org.

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Autism Diagnosis and Evaluation: Lexington’s Article 16 Clinic’s experienced psychologists, speech language pathologists and applied behavior science specialists evaluate children for autism using Autism Diagnostic Observation Schedule, Autism Diagnostic Interview-Revised and Adaptive Behavior Assessment System. The clinic also helps with developmental disability determination as part of applying for services through the Office for People With Developmental Disabilities (OPWDD). The clinic is located at 465 N. Perry Street, Johnstown. To contact the clinic, please call (518) 736-3833.

Expert Consultation: Lexington’s Autism Resource Center contracts with Dr. Gina Cosgrove, a NYS licensed psychologist who specializes in developmental and diagnostic assessments of children and adolescents, with a focus on autism spectrum disorders. She is available for consultation with families.

“Families Connect!” Family Support Group: This support group is open to parents, siblings, grandparents and other family members of children and adults with autism or other learning differences. The group offers a place to network, lend support, receive guidance from an experienced Master’s level social worker and gain valuable information about disability. “Families Connect!” meets on the fourth Wednesday of each month at Transitions. A light meal is provided, as is childcare upon request. Call Lexington Family Services at (518) 774-2014 for more information and to register.

Parent Workshops and Training: We provide and least two specialized workshops and trainings a year for parents and professionals on topics related to autism supports. Experts such as Gina Cosgrove, Psy.D.; Dana Reinecke, Ph.D., BCBA-D and LBA; Steve Szalowski, LCSW; Marydee Sklar and many others have shared their expertise at workshops with state-of-the-art strategies and evidence-based interventions.

ProActive Caring Stress Reduction Program: Lexington has partnered with the Vanderbilt University Kennedy Center since 2013 to offer Positive Adult Development Stress Reduction programs, and as of 2019 they also partner with the ProActive Caring Project to offer ProActive Caring Stress Reduction classes. Classes are taught by teams of social workers, counselors or other professionals and trained parents who have children with disabilities. Classes are offered in three-week sessions several times a year.