

# Winter 2021 Newsletter



UW AUTISM CENTER  
CENTER ON HUMAN DEVELOPMENT & DISABILITY  
UNIVERSITY of WASHINGTON



## Illuminating Autism

You made our 5th annual Illuminating Autism Benefit and Auction a smashing success! We had more than 450 people register! We exceeded our \$250,000 goal to benefit individuals and families living with autism spectrum disorder. This tremendous milestone will **help fund intervention for low-resourced families**, allow the training team **to reach professionals from around the state**, and send campers and staff back to APEX for **another fantastic summer camp**.

Thank you!



## Upcoming UWAC Trainings!

### Autism and ADHD

March 10 & 17, 2021

Inattention, hyperactivity, and impulsive behaviors are the primary symptoms of Attention Deficit Hyperactivity Disorder (ADHD) which is one of the most common co-occurring

diagnoses for Autistic individuals. In this training, participants will gain a solid foundational understanding of both Autism and ADHD as well as how these conditions impact executive functioning, social interactions, and motivation. Behavioral strategies to support these areas of difference will also be discussed and practiced.

Join us for this two-part webinar to better understand ADHD and Autism, help dispel common myths about these conditions, and offer appropriate techniques to improve functioning.



### Addressing Sleep Problems for Children with ASD

March 13, 2021 (Saturday)

Does your child resist going to bed, not get enough sleep, or wake frequently at night? Sleep disorders are reported in up to 80% of children with Autism Spectrum Disorder (ASD), and can effect mood, attention, learning, and behavior. This webinar will focus on understanding barriers to sound sleep and simple and evidence-based behavioral strategies to address barriers, including strategies to establish sleep habits and routines, minimize night and early morning awakenings, and address resistance or behavioral problems at bedtime.

[Learn more about UWAC Trainings!](#)

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## New UWAC Autism Story!



# AUTISM STORIES

recording conversations to connect us all



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Have you been touched by autism? See our stories, share your story. Visit [uwautism.org](http://uwautism.org), under 'Community', 'UWAC Autism Stories', or contact Dr. Kelly Johnson at [uwautism@uw.edu](mailto:uwautism@uw.edu).

The University of Washington Autism Center: [Autism Stories Project](#) is an idea inspired by [StoryCorps](#), based on the belief that everyone has an important story to share, and that these stories connect and strengthen us. We invite 2 people to have a conversation about how their lives have been touched by autism, and we audio-record these conversations so that others may hear.

Do you have an Autism Story to share? If you would like to learn more about this project, please contact Dr. Kelly Johnson at [uwautism@uw.edu](mailto:uwautism@uw.edu).

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UWAC Staff Spotlight

**Kelleen Dunley M.S. CCC-SLP**, is a licensed and ASHA certified speech-language pathologist at the University of Washington Autism Center. She received her M.S. in Speech Language Pathology at the University of Washington in 2015. Kelleen has focused her career on supporting individuals with autism from toddlers through adulthood. Prior to joining UWAC, Kelleen completed her internship at Seattle Children's Autism Center before serving as the Speech Language Pathologist at an Autism Center in Snohomish, WA. Kelleen is passionate about supporting communication through collaborative services with individuals, families, and other professionals. Kelleen is Hanen certified and enjoys conducting play-based and individually focused therapy from toddlers to adulthood



## Community Opportunities

The Creative Dance Center has several upcoming adaptive and inclusive dance classes for children! More information on how you can participate at the link below.

[Creative Dance Center](#)

Parent participants needed for an autism study! Join the Mindfully Aware Parenting (MAP) study to enroll in a free virtual mindfulness parent training course. Details linked below!

[MAP Study](#)

### Baby Sleep Day

Monday, March 1st, is the fifth annual Baby Sleep Day. A group of pediatric sleep experts from around the world (Pediatric Sleep Council members) will be answering questions on Facebook throughout the day, starting in Australia!

[babysleep.com](http://babysleep.com)

[facebook.com/pedsleep](https://facebook.com/pedsleep)



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