



ARC Broward
Achievement and Rehabilitation Centers, Inc.

Enriching the Lives of People with
disABILITIES and other challenges
since 1956

www.arcbroward.com

Kids Korner Connection

A newsletter from the Children's Division of ARC

Reaching Our Program's Performance Goals

by Shawn Preston, Director of Children's Services

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In our ongoing efforts to be the very best, we continuously measure and evaluate our performance in many ways and many areas including effectiveness, access, efficiency, and satisfaction. We are so pleased to report that we have achieved or exceeded almost all of our goals in these areas and have established strategies in the areas needing improvement.

Effectiveness measures relate to how well each service or support area meets its own mission.

Following are the results of our effectiveness goals:

- ☺ 94% of ABLÉ children improved their language development skills and challenging behaviors
- ☺ 96% of preschoolers made progress on their developmental goals
- ☺ 95% of children in CBBS showed behavioral improvement
- ☺ 95% of PAT families report reduction in stress as a result of the program
- ☺ 99% of PAT parents showed improved parenting skills and attitudes
- ☺ 100% of Respite families report a reduction in stress as a result of the services
- ☺ 90% of individuals receiving Mental Health counseling reported improved psychological well-being

Efficiency Measures relate to the financial efficiency of each service or support area. ARC Broward, Inc. strives to use resources in a manner that is cost effective while maintaining the highest quality of service. By minimizing cost of service, ARC Broward, Inc. can potentially expand the same high quality care to increasing numbers of individuals over time. We are pleased to share that this was accomplished in the preschool, Community Based Behavior, Kamp Krayola, ABLÉ, PAT, and Respite Care.

Satisfaction Measures: ARC Broward, Inc. is committed to tailoring services and supports to meet the needs and desires of persons served. In an effort to do so, we gather information from individuals receiving services regarding satisfaction and recommendations for improvements. One hundred percent (100%) of families responding to surveys from ABLÉ, Community Based Behavior, Kamp Krayola, Respite, and PAT Programs reports overall high satisfaction with services and supports. Preschool, Mental Health and Rehabilitation Services all had satisfaction rates of 90% or higher.

Based upon all of these findings, we have established an improvement plan that includes:

- ☺ The PAT program will expand services this year to 60 additional families and increase age criteria to 10 years.
- ☺ Respite program will offer more variety of recreational activities during center based services
- ☺ All ABLÉ behavior plans will be developed and implemented within 2 months of enrollment date and updated annually
- ☺ The Preschool team will be utilizing an additional curriculum, Read It Again, which is a literature-based curriculum. With this addition to the preschool program, we will be able to more thoroughly address goals in all domains.

Congratulations to all of our team members and children for their hard work and phenomenal performance!!!

Articles

- ☺ Preschool Adopts New Curriculum pg 2
- ☺ Communication Innovation pg 2
- ☺ October Activities pg 3
- ☺ Feature Program Respite pg 4
- ☺ Most Innovative Local Project — PAT pg 4
- ☺ Proactive Parenting pg 4
- ☺ The Fun and Learning Never Ends pg 5
- ☺ Students of the Month pg 5
- ☺ Welcome Aboard pg 5

Upcoming Special Events

- ◀ October 28 - 10 am
Precious Ponies visit
Preschool
- ◀ October 30 — 10 am
Preschool Trick or Treat
Costume Parade
- ◀ October 30 — ABLÉ
Halloween Bash
- ◀ November 10 — 5 pm
ABLÉ PLC
- ◀ November 20 — 9am
School Picture Day at
Preschool

Most Innovative Local Project Award PAT



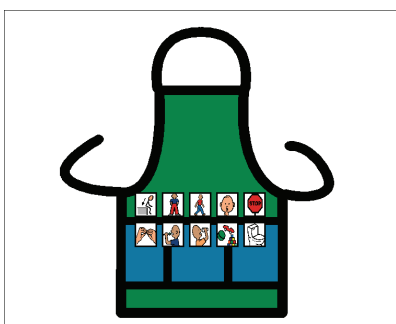
On Saturday, October 17, 2009, ARC Broward was recognized and honored for our Parents as Teachers (PAT) Program by a Proclamation of the Broward County Board of County Commissioners as the "Most Innovative Local Project" by a private organization. The Proclamation and award were presented at the Disabilities Expo by Commissioner Lois Wexler. ARC Broward is the first and only organization in the nation to have adapted this award winning best practice family strengthening program exclusively for children with special needs and their families. ARC consistently demonstrates excellence in the provision of these innovative

services as measured through results of our outcome performance, satisfaction surveys, monitoring findings, and recognition of PAT's demonstration of exemplary service by CARF, the international Commission on Accreditation of Rehabilitation Facilities. Congratulations to our PAT team for this highly prestigious honor!

Communication Innovation...

By Ricci Kligman, MS Speech-Language Pathologist

Hello parents!! My name is Ricci Kligman and I am one of the speech-language pathologists here at ARC. I have been employed by ARC for two years and enjoy working with the children and staff tremendously. We are always creating new techniques to help our children learn and communicate. This year, we are proud to introduce our 'picture communication aprons.' You have probably noticed our staff wearing navy aprons when you dropped off or picked up your children. No, we do not have chocolate cookies in a hidden oven (although it would be nice!!); instead we are assisting your child in increasing his understanding and expression of language. As mentioned, we are using picture communication symbols (PCS) which are drawn representations of real objects. This communication system enables children with mild to severe communication delays to communicate with parents, caregivers, and educators. Several studies show that children with cognitive disabilities learn PCS with ease. The goal of the system includes creating a means of communication which the child can relate to. In time, the exchange



of pictures combined with the act of expression, increases the likelihood of speech development. The topics of pictures that are provided on each apron correlate to the activities of the school day: greetings/salutations, eating (breakfast, lunch, and snack), circle time songs, center time activities, arts and crafts, colors and shapes, playground time, wants, needs, and directions. By providing the picture symbols to the children, we are attempting to increase language and vocabulary skills, provide opportunities for everyday communication, and assist in minimizing behavioral problems by providing a consistent way to communicate feelings, thoughts, wants, or needs. If you have any questions or comments regarding the apron or your child's' therapy and/ or goals, please stop by the therapy department or call 954-746-9400 x 1211 to set up an appointment. It is always a pleasure to meet the parents and to have the opportunity to work with your children.

October Activities — Cup of Worms (Yummy! An Edible Project)

By Ricci Kligman and Rehab Team

We are rapidly approaching October/Fall/ and Halloween, and as a department are developing and collecting activities to do in school, as well as at home. You will be able to provide therapy techniques that we use in school (without them even knowing!). Please feel free to share these ideas with other parents, babysitters, and other caregivers in the child's life. One-on-one time increases the bond between you and your child, develops social skills, turn-taking skills, and specific abilities pertaining to the school setting. Adult supervision is necessary for safety. Please do not leave your child alone with any of the materials suggested below.



Supplies: Chocolate pudding, Gummy worms, Cocoa powder (or hot chocolate mix), Chocolate sprinkles (also called chocolate Jimmies) - optional, Clear plastic cups.

Steps:

1. Make chocolate pudding and cool it in the refrigerator for a few hours.
2. Put individual portions into clear plastic cups.
3. Let the top of the pudding remain rough looking
4. Sprinkle some cocoa powder on the top of each cup. Also add some chocolate sprinkles if desired.
5. Place a few gummy worms in each cup.
6. Put them in the refrigerator until snack/dessert time.

Eat and enjoy!

Speech/Language Techniques:

1. **Sing or tell them the wiggle worm song:** Everybody wiggle Do the Wiggly Worm Everybody wiggle Wacko Wiggly Worm Mama likes the Wiggly Worm Dances all the time Papa likes the Wiggly Worm Always on his mind Suzy likes the Wiggly Worm She also likes to behave One thing that she doesn't admit Is the Wiggly Worm's her fave.
2. Bombard them with language. Focus on the following words: worm, dirt, messy, wiggle/shake. Talk about the difference between messy and clean.

Occupational Therapy Techniques:

1. Get some dirt from the back yard and put it into a tray. You can hide toys/objects in it and create a sensory rich experience for your child.
2. For further sensory experience, use left over pudding to finger paint on wax paper.



Physical Therapy Techniques:

1. Wiggle around like worms. Show your child how to wiggle or assist your child in making their body wiggle. Use your pillows or couch cushions to create a tunnel or tent that the child has to crawl through or wiggle through like a worm. By having your child crawl, you will assist in increasing core muscles, motor planning, and coordination.



Feature Program: Respite Care

ARC Broward provides Respite Care services for children with Developmental Disabilities who have Autism or mild to moderate behavioral difficulties similar to those of children with Autism. Services are designed to provide brief, temporary care and supervision to children so that their parents or caregivers can take a much-needed break with the confidence that their children are safe and receiving the best care by trained professionals. Services are provided in both the family home and at the ARC Broward main campus. To be enrolled in this program, the child must be a client of Agency for Persons with Disabilities (APD) on the wait list for Med-Waiver or have a diagnosed developmental disability; live in Broward County; and be between the ages of 2 and 18 (or 21 if still enrolled in school).

Children are provided with opportunities for structured recreation and leisure activities, social interactions, and needed assistance with self-care activities. Respite Care Associates will implement appropriate behavioral programs and activities, if applicable, which are specifically designed for him/her and approved by the District X LRC. Staff-to-child ratios are one staff to one child in-home and one staff to one or two children in out-of-home Respite Care.

To learn more about Respite Care Services at ARC Broward or to enroll, please contact Tonya Ricker at 954-577-4107 or tricker@arcbroward.com

ARC Preschool Adopts a New Curriculum

By Jane Moreno, Coordinator of Preschool Services



For the 2009-10 school year, the Preschool began to implement a brand new curriculum - "Read It Once Again"- which was purchased for the Preschool by the 2008-09 Parent Leadership Committee. The 11 literary units help to teach the retention of information as a

foundation for all higher levels of learning. The "Read It Once Again" curriculum incorporates language into the other preschool domains - cognitive, fine motor, gross motor, adaptive and socialization. Through the use of well-loved children's literature such as *Goodnight Moon* and *Brown Bear*, each unit is structured to provide activities that support all of these domains. The stories are repeated several times through a variety of different methods and activities. Since young children naturally enjoy repetition, the curriculum helps them to predict the words and phrases of the story. Activities in the units are created at different ability levels so that every child can participate at their own level. Our hope is that our children will develop a love for all of the wonderful children's literature that is now available to them!



Proactive Parenting...It Works!!!

Proactive parenting increases the likelihood that kids will behave the way we want them to by placing a deliberate focus on the behaviors we want to see. Here are some tips for making it work in your home:

- ☺ Catch kids being good and ***let them know you like it!***
- ☺ Set kids up for success
 - ★ Make tasks age-appropriate.
 - ★ Make rules simple and clear.
 - ★ Let kids know what they can expect to earn if they complete tasks within the parameters of the rules.
- ☺ Reward little steps towards behaviors you want to see.
 - ★ We all learn a little at a time. Don't wait for perfection, or even for something significant! Let your child know that you see improvement.
 - ★ Remember, the absence of challenging behavior is positive!

Focusing on positive behaviors results in an increase in positive behaviors, which, in turn, leaves less time for challenging behaviors to occur. Because the focus is positive, both the caregiver and the child tend to feel more positive about their interactions...another factor that increases the likelihood that your child will have appropriate behavior. With a focus on positive behaviors, a child learns that he or she can get a caregiver's attention by doing the ***right thing***.

And Remember mom and dad...reward yourself and each other for your proactive parenting!

Congratulations to Our Students of the Month!

Congratulations to our **Students of the Month** who are among our many students who are making notable gains this month:

Preschool:

- 132-Dylan A., Kezia B.
- 134-Joseph M., Scott C.
- 135-AJ R., Alexa P.
- 136-Grant W., Joaquin M.
- 137-Ronnie E., Italo P.
- 138-Tavarie R., Jada M.
- 139-Kourtney C., Alyssa C.

ABLE:

Charlie C.

Our hats off to All our students!!!

Congratulations and Welcome Aboard...

Welcome to Our Newest Members:

Julia Walker , Respite Team Leader
Dina Bartos Cazacu, Occupational Therapist

We are proud to have you on our team!

The Fun and Learning Never Ends Did you know...

- ✂ blowing bubbles strengthens the muscles used in speech
- ✂ playing Simon Says helps a child learn to pay attention to details and organize thoughts and movements to complete a task
- ✂ dressing oneself improves hand-eye coordination and fine motor skills (small muscle manipulation)
- ✂ making play dough ropes and cutting them into smaller pieces with scissors, strengthens hand muscles and scissor skills
- ✂ learning and practicing one's name, address, and telephone number works to improve memory
- ✂ completing dish and laundry chores reinforces sorting, matching and classification skills
- ✂ playing with jigsaw puzzles improves fine and visual motor skills
- ✂ playing "I spy" reinforces visual discrimination skills and listening skills

Children's Services

Preschool
Respite Care
In-Home Behavior Services
Parent Training 'PAT'
Summer 'Kamp Krayola'
After-School Program 'ABLE'

Community Living

Group Living
Independent Living
Intermediate Care Facility

Adult Habilitation

Life Skills Training
Behavioral Supports
Seniors Day Program

Outpatient Health Care

Physical Therapy
Behavioral Analysis
Occupational Therapy
Mental Health Counseling
Speech / Language Therapy

Workforce Services

Job Training / Placement
School to Work Services

Community Impact Initiative

'Building Generations'

Mission Based Enterprises

Culinary Institute
Learning Institute
Electronics Recycling Services



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*At ARC Broward, we take **PRIDE** in all that we do...*

"We have a Passion for what we do, Respect for all of our stakeholders, Integrity for how we do our jobs, a Drive for excellence and an Entrepreneurial spirit."