

# inside reach



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## Reach's new Applied Behaviour Analysis (ABA) Program launches this month



The Reach Early Intensive Behavioural Intervention (EIBI) program has made adjustments to adapt to the changes in autism funding by Ministry for Child and Family Development.

*Read about the new ABA Program, and what the changes mean to the program and to families. Story on page 4...*



# inside reach

is published quarterly and it is distributed free of charge to the membership of Reach Child and Youth Development Society.

If you would like to receive this newsletter electronically contact Reach at [info@reachdevelopment.org](mailto:info@reachdevelopment.org)

If you would like to subscribe or unsubscribe to the "inside reach" newsletter call 604-946-6622 ext. 0 or email [info@reachdevelopment.org](mailto:info@reachdevelopment.org) and write "newsletter" in the subject line.

Submissions are welcome. Childrens writing or artwork is welcome. Please include your contact information with your submission.

Submissions can be emailed to [cnidoski@reachdevelopment.org](mailto:cnidoski@reachdevelopment.org) with "newsletter" in the subject line, faxed to 604-946-6622 (please do not fax artwork), mailed or dropped off at the front desk. For more information about the "inside reach" newsletter please call 604-946-6622 ext.337.



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## Message from the President...

I hope that you took the opportunity for a proper break over the past holi-



day season, and feel refreshed, renewed, and ready for the new year.

It's 2010 and the Winter Olympics are upon us! No matter what your opinion is of this event, it's here,

and it's sure a pleasure to see all the Canadian flags and red mitts around town and on the local media. Go Canada Go!

The Reach Foundation is holding a board meeting in early February, and is in the process of organizing the Foundation membership, finances, and new building capital campaign. If you, or anybody you know, would like to participate in the Reach Foundation, either at the board or committee level, I am certain there would be a place where your fundraising and corporate networking skills can be effectively applied.

Reach continues to feel the squeeze as the government budgets tighten up and new processes are put in place for the application and review of service contracts. The EIBI program officially closed its doors at the end of January 2010, and it has been expertly transformed into the Reach ABA IF Program. Eva Major, Carol Ywan and our senior team are to



Read about the changes to the Reach EIBI program on page 4

be recognized for the effort put into this transformation, and the excellent results achieved to date. Well done!

The New Building Committee is identifying architects that will be helping us to visualize what our new building might look like. After the successful Reach rebranding effort over the last year, the board fully recognizes and appreciates that the Reach staff have a strong desire to be involved in any process that affects how Reach is perceived by our community. Thus we are planning to have some potential building layouts created that will be made available for staff stakeholder and community discussion and comment later this year.

I look forward to an exciting year where we may have to roll with the punches in today's economic climate, but with the confidence that we have a strong and fit organization that remains focused on delivering the most effective direct service to our community.

*Rob vanSpronsen  
President,  
Reach Board of Directors*

## 2009/2010 Board of Directors...

### Reach Child and Youth Development Society Board of Directors:

*Rob vanSpronsen, President; Jack Davidson, Treasurer; Marcia McCafferty, Director; JoAnn McKenzie, Director; Phyllis With, Director; Karen Ostrom, Director; Meryl Smith, Director; Leslie Thomas, Director; Jenny Cragg, Director; and Jill Desjarlais, Secretary.*

### Reach Child and Youth Charitable Foundation:

*Barbara Donnelly, President; Bev Pomeroy, Director; Kari Thomas, Director; Joelle Thorburn, Director; and Irene Forcier, Director*

# Upcoming at Reach.....

## Registration time for Reach Developmental Preschool ...

New families who are interested in seeing the preschools or finding out more about the programs can come to our **Open House on Saturday February 13th**. Registration packages and parent handbooks will be available. Children are welcome. Times are:

**South Delta - 9:00 to 11:00 a.m.    North Delta - 12:30 to 2:30 p.m.**

## IN-HOUSE REGISTRATION - Saturday, February 27, 2010

For children who are currently attending the preschool and will be returning for another year, as well as their age eligible siblings, and also for any children who have been on our waitlist during the past school year but were unable to be accommodated with a space at the preschool. Times are:

**South Delta - 8:30 to 11:30 a.m.    North Delta - 1:00 to 4:00 p.m.**

## COMMUNITY REGISTRATION - Saturday, March 20, 2010

For children who are new to either of our programs this year and are not currently on our waitlist.

The schedule of times is as follows: **South Delta - 8:30 to 11:30 a.m.    North Delta - 1:00 to 4:00 p.m.** Registration will be ongoing after the above dates. For more details about registration for Reach Developmental Preschool registration visit the Reach website preschool pages at [www.reachdevelopment.org](http://www.reachdevelopment.org), or call 604-946-6622 ext. 308 or 309 or email [susieg@reachdevelopment.org](mailto:susieg@reachdevelopment.org).



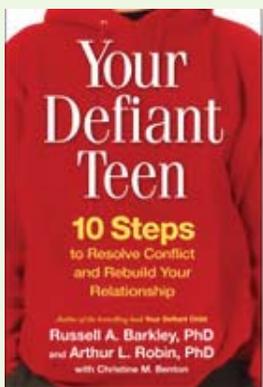
## from the Reach Library....

*Lisa Woudzia, Ph.D., Associate Executive Director, Reach Child and Youth Development Society*

### Your Defiant Teen: 10 steps to Resolve Conflict and Rebuild Your Relationship - by Russell Barkley, PhD

The dominant paradigm for understanding and addressing behaviour sometimes associated with developmental or learning disabilities (autism, ADHD, etc) says that the child will be helped by medication and behavior modification. Sometimes, however, the medication has unacceptable side effects, and/or the behaviour “mod” backfires and seems to result in deterioration of the parent child relationship.

This creates skepticism and parents may become dismissive of any further advice from advocates of the dominant paradigm. Dr. Russell Barkley is a renowned expert in ADHD and a proponent of the dominant paradigm. He is also co-author, along with Dr. Arthur L. Robin, of “Your Defiant Teen”. Having developed my own skepticism that the dominant paradigm was too simplistic, I approached this book warily.



The book is aimed at a general audience, with the understanding that often defiant behaviour may be linked to learning or developmental problems. There are many excellent suggestions and depending on your history with your child up until they became a teen, you will pick and choose what sounds reasonable. Contracts with points systems to earn privileges may not be for you, but even if this is the case, you can still pick up some great information from the book. For example, step one in the book is making positive one-on-one time a habit. The authors give excellent suggestions here with regard to minimizing or eliminating triggers for conflict for teens. Something as simple as asking too many questions will set off many teens, as they see this as controlling or an invasion of their privacy.

There is emphasis throughout the book on putting a lot of thought into your parenting and the approach you plan to take. For example, there is a good discussion on knowing the difference between rights, gifts and privileges when you are determining consequences for behaviour. As a parent it is reasonable to remove, or require the earning of privileges, but not gifts or rights. The authors also encourage reflection on your parenting style, on how your own stress may impact your relationship with your teen, and on thinking ahead to what issues are most important and whether you will have the energy to implement the consequence you are considering. They

emphasize the need for clarity in communicating as well as being positive and offer good ideas on how to encourage communication. They also offer very concrete approaches using contracts, of which they provide several examples.

I have no reservations about recommending this book. My initial reluctance, which is a result of my own experience with “reward” type systems, was assuaged, and I was won over by the book's emphasis on positive relationship building. For some, this book could be the answer to all their parenting challenges while for others, it will give some good clear reminders and ideas. Either way, this book offers something for everyone who is struggling with their child's behaviour.

**This book is available in the Behaviour section of the Reach specialized book lending library.**

# From Reach Health and Safety Committee...

## Preparing For Disaster.

We have recently all been extremely saddened, watching and praying for the people of Haiti as they struggle to carry on their lives while grieving their lost loved ones. Our hearts go out to them as they try to rebuild homes and communities, while trying at the same time to avoid disease and starvation. While no one can ever be fully prepared for such horrific events, it is essential that we learn what we can and use this event as a reminder to prepare for a natural disaster ourselves.

The Reach Health and Safety Committee wishes to remind our members of the importance of being prepared should disaster strike. Below is an excerpt from a list that has been compiled by the Red Cross and the Federal Emergency Management Agency (FEMA). This is just an excerpt and we urge you to get the complete list from [www.fema.gov](http://www.fema.gov) or [www.redcross.org](http://www.redcross.org) under "Disaster Supplies Kit."

**Disaster Supplies Kit:** There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash container, a camping backpack, or a duffle bag.

**Water:** Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least 2 litres of water each day.

**Food :** Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

**First Aid Kit:** Assemble a first aid kit for your home and one for each car.

**Non-Prescription Drugs:** Should include aspirin or nonaspirin pain reliever, anti-diarrhea medication, antacid (for stomach upset), Syrup of Ipecac, laxative.

**Tools and Supplies:** Includes things like mess kits, paper cups, plates, and plastic utensils, Emergency preparedness manual, battery-operated radio and extra batteries, flashlight and extra batteries, etc.

**Sanitation:** Includes things like toilet paper, towelettes, soap, liquid detergent, feminine supplies, disinfectant, etc.

**Clothing and Bedding:** Include at least one complete change of clothing and footwear per person.



Help the Easter Bunny make deliveries and support Reach at the same time!

Purdy's has a delicious assortment, from baskets piled high with bunnies and eggs, to tins filled with classic assorted Purdy's chocolate. There's also bags of dark or milk chocolate Lilliput eggs for fun Easter egg hunts, jellybeans, hedgehogs, and even a 70% dark Chocolate Mr. McGregor. Yummy! Brochures are available through all Reach Programs & the main office or you can view the brochure AND order ON-LINE.

To place an order on-line go to [www.purdysgpp.com](http://www.purdysgpp.com) and click on Sign up as Group Member (top right hand side) and enter the Reach Group number which is 3561 and click Find Group. Fill out your personal information and you will be sent to the ordering page. An e-mail will be sent with your own unique User ID and password so you can log in again.

Order deadline is March 5, 2010. Orders will be ready for pick up the week of March 22, 2010. For more information please contact Hazel Cooksley (Reach South pre-school parent) or Su. Wiczorek Funding Development Manager at (604)946-6622 ex.339

# Easter treats are on their way!

# Reach Applied Behavioural Analysis program replaces the E.I.B.I. program.

As many families are aware, effective January 31, 2010, the Ministry for Child and Family Development made a number of changes to services for children and youth diagnosed with Autism Spectrum



Disorder (ASD) and their families in an effort to, as stated by the ministry, "...ensure [programs and services] are delivered in the most effective way possible." These changes included

increasing funding for children diagnosed with autism who are under six years of age – from \$20,000 to \$22,000 per year, re-directing savings to 'Autism Funding: Under 6' and to the creation of a new provincial outreach program.

The changes also included the discontinued funding of the province's Early Intensive Behavioural Intervention (EIBI) programs in seven communities across British Columbia. Reach EIBI was one of these programs.

Amidst these changes it was Reach's top priority to develop a modified program under the new funding structure that could continue to provide the most beneficial service for children with ASD and their families.

The result was the development of the new Reach A.B.A. program, or Applied Behavioural Analysis, launched in February at Reach Child and Youth Development Society. The ABA program aims to address the same goals and outcomes as the EIBI program, utilizing the same highly-struc-

tured intervention methods, and focusing on increased skills for the child in all areas of development and increased skills for parents.

While the programs are similar in teaching methods, there are differences in the service delivery method. While the Reach EIBI program was mainly in children's homes, the ABA program will offer service in either the child's home or in the Reach centre.

The amount of hours of the programs also change: While Reach EIBI offered 20 hours of intervention per week, the ABA program offers 40 hours per month for center-based service, and 30 hours per month for home-based service.



The center-based ABA Program will include a Behaviour Interventionists plus Behaviour Consultant, Occupational Therapist & Speech-Language Pathologist. The home-based program will include a Behaviour Interventionists plus Behaviour Consultant and an Associate Behaviour Consultant.

In addition, the Reach ABA program will now offer Behaviour Consultant, Occupational Therapist & Speech-Language Pathologist services to children over 6 years of age.

Behaviour Interventionists (BI's) implement the program with the children. Reach provides the BI, or a family can choose to hire their own BI. For service for children over 6 years of age, families must hire their own Behaviour Interventionists to implement the program. All Behaviour Consultants, Speech-Language Pathologists and Occupational Therapists are listed on the Registry Of Autism Service Providers (RASP). The RASP list is available at [www.actcommunity.net](http://www.actcommunity.net) or linked from the Reach website.

The changes provide a variety of choices for families, but also mean that families will have to prioritize more carefully. As Eva Major, Manager of the Reach ABA Program states "Families should have a conversation with their team and decide what the priorities are for their child and family. Identifying primary goals, such as self-help skills or challenging behaviours, with their consultants will be really important. A focus on parent training will also be beneficial so that parents can support their child's learning in everyday activities."

If you are a parent with a child with autism and would like more information, consider attending Reach's New Parent Orientation program, offering a 2 hour evening sessions with information on government funding and programs, and kinds of services available for your child and family. The New Parent Orientation is on the first Monday of each month, except for July and Aug. The next session will be on March 1, followed by April 12. Families must pre-register. To register call or contact Carol Ywan at 604-946-6622, ext. 343, or [caroly@reachdevelopment.org](mailto:caroly@reachdevelopment.org)

For more details about the ABA program visit the ABA page of the Reach website at <http://reachdevelopment.org/reach-aba-program.html> or contact Carol Ywan at 604-946-6622, ext. 343, or [caroly@reachdevelopment.org](mailto:caroly@reachdevelopment.org)

*"Amidst these changes it was Reach's top priority to develop a modified program that could continue to provide the most beneficial service for children with ASD and their families."*

## Reach news...



### Reach library open house event.

On January 13th the Reach Specialized Book Lending Library held it's first open house featuring an assortment of books on various topics. Selected articles from the library were also on display for staff and families to browse through. Lisa Woudzia, Library coordinator and Reach Associate Executive Director was on hand to answer questions and discuss books with guests

The library is a resource Reach offers to families who are receiving Reach services, attending programs, or are on the waitlist to receive services. The library features books and articles on a variety of topics related to child development, chosen by our child development experts for their timeliness, readability and quality. The library also offers children's story books on a variety of topics related to life experiences

Lisa will be providing Library open houses for Reach staff and families throughout the year. For the date of the next open house check with the Events calendar on the Reach website at [www.reachdevelopment.org/events](http://www.reachdevelopment.org/events)



### Reach Board Member Beverley Pomeroy honored as one of Business In Vancouver's Top Forty under 40 for 2009.

Reach is very proud to announce that our Foundation Board member, Beverley Pomeroy was among those prestigious few selected for the 20th Annual Edition of the renowned Business in Vancouver (BIV) Top Forty under 40 awards. Bev is the CEO and Founder of Pinc Productions Inc, an online donation system that offers online fundraising solutions and consultancy to non-profits and corporations seeking to make a difference in their own communities and abroad. Pinc has also created The Life On Purpose Network, a unique online philanthropic media platform that combines cause-driven video with a "call to action" for viewers to donate and connect directly with organizations. Pinc provides the on-line giving portal for the Reach website,

produced the Myles of Courage video seen on Reach's website home page, and has contributed many projects to support Reach's organizational development

Beverly has been on Reach's Board of Directors since 2006 and currently sits on the Board for the Reach Child and Youth Development Charitable Foundation. She also sits on the Reach Finance, Fundraising and Communications sub-committees. Beverley founded Pinc as a living legacy for her daughter Sophia who was born with a life-limiting illness. As a recipient of this year's Top Forty under 40, Beverley hopes to encourage others to become involved in their community. Congratulations Bev on your award and all of your accomplishments!

## Reach early education programs celebrate the holidays.



On Friday, December 18 families and staff from Reach preschool south, preschool north, EIBI and IDP celebrated the season with a jolly holiday party at the Ladner Community Centre. Approximately 80 children and their families joined in on the fun with cookie decorating, Christmas crafts such as wreaths and reindeer antlers, and Christmas colouring. We had a special visit from Santa who joined us in a holiday sing-a-long. Thanks families for joining in on the fun and helping to make our season merrier!

# Mark your calendars.....

Date time & location	Name of event and description	To register....
<p>Thursday, February 18th</p> <p>6:30 – 8:30pm at Reach Child and Youth Development Society, #3 - 3800 72nd street Ladner.</p>	<p><b>Sensory integration workshop.</b> Presented by Pam Collins, Reach Child and Youth Development Society. Everyday our sensory systems take in information from the world around us. Sometimes our children may experience an overload of sensory messages. Come and learn how our sensory systems work to process incoming information and about strategies to help our children regulate their responses. Cost \$10</p>	<p>To register call 604-946-6622 ext. 341 or email pamc@reachdevelopment.org</p>
<p>Saturday February 27, 2010</p> <p>9:30am – 4:30pm at Reach Child and Youth Development Society, #3 - 3800 72nd stLadner.</p>	<p><b>Positive Parenting: the Basics and Beyond.</b> Presented by Camille Netherton, Consultant, Reach Child and Youth Development Society. Learn strategies for dealing with difficult behaviour, how to diffuse power struggles, offer appropriate choices, be consistent, provide consequences, model appropriate behaviour and much more. Cost \$20</p>	<p>To register call 604-946-6622 ext. 341 or email pamc@reachdevelopment.org</p>
<p>March 15-17, 2010</p> <p>Fraser Valley Child Development Centre 102-32885 - Ventura Avenue Abbotsford , BC V2S 5J5</p>	<p><b>Mental Health, Sensory Processing and Challenging Behaviour</b> Presented by Kim Bartel BMR OT What drives behaviour? Is it a sensory processing challenge? Is it neurobiology? Is it emotional /behavioural? Is it cognitive impairment.? Join this 3 day workshop developiong your “detective skills”. Suitable for clinicians, psycholgists, therapists, social workers, psychiatrists and special educators.</p>	<p>To register call (604) 852-2686 or email nextstep@fvcdc.org</p>
<p>Monday, March 29th, 2010</p> <p>6:30pm to 8:30 p.m. Delta Manor Education Centre 4750 - 57 Street, Delta.</p>	<p><b>Anxiety and Kids: Current Research and Treatment Workshop for Parents</b> Presented by the Delta School district  We are asking for a donation of \$10.00 per person at the door, to go towards the purchase of additional books and parent resources that will support anxiety prevention programs currently taught in schools.</p>	<p>Please RSVP to Liz Shields by Wednesday, March 24th, 2010, at 604-952-5056; email lshields@deltasd.bc.ca or fax 604-946-0823.</p>
<p>Friday April 9, 2010</p> <p>8:30 – 9:00 Registration 9:00 – 3:30 workshop SFU Harbour Centre Campus 515 West Hastings Street, Vancouver</p>	<p><b>Estate Planning for Families Who Have Children With Special Needs in B.C.</b> Presented by Blair Dwyer, Dwyer Tax Lawyers, Victoria, B.C. The purpose of this presentation is to provide important information for parents of children with special needs on how best to plan for their child’s future. This presentation will cover both how to maximize the child’s future financial security and how to protect that security once the parent is no longer able to do so.</p>	<p>To register call 604-205-5467 or toll-free 1-866-939-5188 or visit actcommunity.net</p>
<p>Saturday, March 27th, 2010</p> <p>SFU - Harbour Centre Campus Fletcher Challenge Theatre, 515 West Hastings St., Vancouver</p>	<p><b>Bridges to Adulthood for Learners with ASD: Targeting Skills For the Next Environment</b> Presented by: Peter Gerhardt, Ed.D., BCBA This presentation will provide practical suggestions for transition planning at any age, targeting employment, community based instruction, social competency, sexuality, and other quality of life concerns.</p>	<p>To register call 604-205-5467 or toll-free 1-866-939-5188 or visit actcommunity.net</p>



Gord Lockhart, President, Richmond/South Delta /Gulf Island Division of the Greater Real Estate Board presents a cheque for \$7008.00 to be shared between Reach Child and Youth Development Society and the Boys and Girls Club of Delta. The money was raised at the realtors annual Christmas luncheon organized by a group of local realtors headed up by Teri Steele. Reach will use our share (\$3504.00) to help reduce the waitlist for speech therapy.

**THANK YOU REALTORS FOR YOUR SUPPORT!**

# Fundraising Updates....

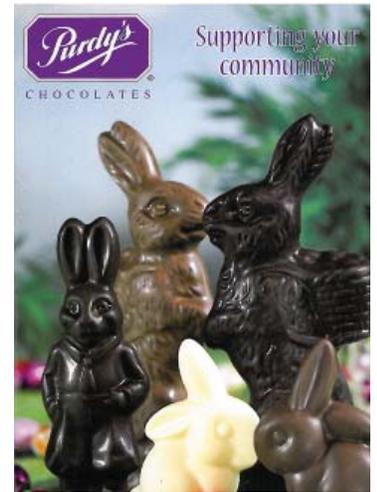
**Mark your calendars!!!** Saturday, March 27 from 10am – noon in the parking lot at Reach Come and try the new Duet Tandem Bikes in action! Variety The Children’s Charity donated funds for the purchase of 3 bike/wheelchair combinations, including one with an electric motor which will enable children & youth up to 200 lb to go for a ride. These units are available for Reach families and others in the community to borrow for a day or over a weekend. Please call the office for details.

**Keep Smiling!!!** The program with SMILE CARDS for Thrifty Foods is ongoing . Remember the cards can be re-loaded again & again with 5% of the total sales coming back to Reach. So far, over \$1500.00 has been raised for our Toy & Book Lending Library. If you don’t have a card & would like one, please contact Su. W. at (604) 946-6622 ex. 339.

## Purdy’s Chocolates are here...

The Easter Bunny is on his (or her) way & bringing Purdy’s chocolates. This delicious fundraiser is back by popular demand. Order forms are available in all Reach programs or you can easily order on-line. (see details elsewhere in this newsletter). Order deadline is Friday March 5.

Also, available are Purdy’s chocolate bars, both dark and milk chocolate, for \$2.00 each. They can be purchased at reception.



### HELP MAKE A DIFFERENCE IN A CHILD’S LIFE!

The Annual Reach4Children campaign continues until the end of March. Please help us meet our goal of \$35,000. by sending in a donation today. Go to [www.reachdevelopment.org](http://www.reachdevelopment.org) and on the left hand column click “make a donation” for a choice to either DONATE ONLINE or DOWNLOAD A DONATION FORM. Your support for the annual Reach 4 Children campaign is very much appreciated. On behalf of all the children, youth and families we serve, THANK YOU !!

**Yes!** I want to help Delta Children Reach their potential!

Here is my gift of:  \$45  \$90  \$180  \$Other

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ P/C: \_\_\_\_\_

Please charge my gift to my credit card:  Visa  MC

One time donation  12 Monthly donations

Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

This gift is in memory/honour of: \_\_\_\_\_

Please make cheques payable to: Reach Child & Youth Development Society



**“BELIEVING IN POTENTIAL”**

#3-3800 72nd Street  
Delta, BC V4K 3N2  
[www.reachdevelopment.org](http://www.reachdevelopment.org)

You will receive a charitable tax receipt for the full amount of your donation

Your personal information will not be shared with other organizations

