

Green Box ABA

Parent Newsletter



Meet Jackie!

Jackie McDonald splits her time between delivering high quality ABA therapy to some lucky little people as an RBT and facility coordination. Jackie's administrative duties include managing supplies (which lately has included some creative ways to keep us supplied in toilet tissue and cleaning supplies) and organizing and maintaining the therapy rooms. If you come to the office at all, you have probably seen her creative bulletin boards!

What are some of your favorite things to do while you are not at work?

Some of my favorite things to do when I'm not at work include binge watching Netflix (my all time favorite show is Gilmore Girls, in which I annually restart the whole series), go on scenic walks and work on DIY crafts at home.

If money was no object, what would you do all day?

I would stay at the beach all day, soaking up the sun and riding the waves.

If you could live anywhere, where would it be?

Anna Maria Island in Florida. The water there is crystal clear and the sand is so soft and powdery. The town is small, but there's big cities close by. Plus, they have a ton of alligator zoos close by, which I find really interesting and exciting!

If you could share a meal with any 4 people, living or dead, who would it be?

I think it would definitely be with Marilyn Monroe, Stevie Nicks, Lana Del Rey and



my sister. I look up to all of these empowering, influential women for obvious reasons, they're not afraid to be themselves, they speak their minds and stand up for what they believe in. I admire these qualities completely.

If you could only eat one meal for the rest of your life, what would it be?

I could literally eat spaghetti and meatballs for every meal without ever getting tired of it.

If you could join any past or current music group which group would it be?

The Spice Girls! I used to be OBSESSED with them and put on concerts for my parents with my sister and neighborhood friend. I was absolutely convinced that I would grow up to be 'Baby Spice.'

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Looking for resources?

We've reprinted the resources document compiled by the Fairfax County CSB

Autism Resources in Fairfax County

Compiled by the Fairfax-Falls Church Community Services Board

Fairfax County Public School Resources

Parent Resource Center: <https://www.fcps.edu/resources/family-engagement/parent-resource-center>, 703-204-3941 Dunn Loring Administrative Center, 2334 Gallows Road, Dunn Loring, VA 22027

Community Resources

Employment

- **ServiceSource:** <http://www.servicesource.org/autism> Contact Theresa Piccolo at 571-337-9076. ABLE (Autism Bridge to Learn and Empower)
- **Virginia Department for Aging and Rehabilitative Services (DARS):** <http://www.vadrs.org/> Contact Jessica Stehle at 571-210-2183, 11150 Fairfax Boulevard, Suite 300, Fairfax, Virginia 22030.

Social Skills / Recreational

- **JSSA (Jewish Social Service Agency):** www.jssa.org/socialskillsgroups Social skills therapy groups for children and teens with autism spectrum disorders
- **Department of Therapeutic Recreation:** www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation, 703-324-5532 Saturday Leisure Program, Motor Skills Program and Funtastic Friday (drop-in leisure program for children on the Autism spectrum and their families).
- **Park Authority Adaptive Aquatics:** 703-324-8565, www.fairfaxcounty.gov/parks/ada-inclusion/#aqua

Respite

- **McLean Bible Church:** Contact Stephanie Reding at 703-770-8654, www.mcleanbible.org Respite group (Friday evening and Saturday during the day from 10 a.m. to 3 p.m.)
- **Hartwood Foundation:** www.hartwoodfoundation.com, 703-914-3901 Fee-for-service respite provider for persons who have a primary diagnosis of intellectual disability

Family Support

- **McLean Bible Church:** Parent support groups: www.mcleanbible.org/connect/parent-support-group
- **Parents of Autistic Children of Northern Virginia:** <http://www.poac-nova.org>, 703-391-2251, Concerns@POAC-NoVA.org Parent support group: <https://poac-nova.org/events/event/parents-support-group-meeting/>

Autism Organizations

- **The Arc of Northern Virginia:** www.thearcofnova.org, 703-532-3214
- **Autism Society of America, National Office:** www.autism-society.org, 301-657-0881
- **Autism Society of Northern Virginia:** www.asnv.org, 703-495-8444, info@asnv.org
- **Parents of Autistic Children of Northern Virginia:** www.poac-nova.org, 703-391-2251, Concerns@POAC-NoVA.org

Federal resources

- Disability resources from the U.S. Department of Labor: www.dol.gov/odep/topics/disability.htm (includes information related to education as well as to employment)
- Autism resources from the U.S. Department of Health & Human Services: www.hhs.gov/programs/topic-sites/autism/
- Autism resources from the U.S. Centers for Disease Control and Prevention: www.cdc.gov/ncbddd/autism

Parent Educational Workshops: Summer Series!

With the last workshop, we switched gears from workshops focused on your child's behavior to a focus on resources for you. We continue that though the summer with a special series:

"Team Building" Series

Building Your Child's Dream Team: Tips for Coordinating Service Providers

Saturday, July 11, 9-11am
Via Zoom

The Classroom ~~versus~~ AND the Therapy Room: ABA and Schools

Saturday, July 25, 9-11am
Via Zoom

Grandma, Grandpa, and Others: Educating and Including Your Family

Saturday, August 8, 9-11am
Via Zoom

The registration form for each will be sent out approximately a week before each workshop.

In the workshop, "Unpause Yourself: Moving Forward During COVID," BCBA Kate Fox led parents through activities based in mindfulness and Acceptance and Commitment Training (ACTr) to help examine what is important and valued. With all of the uncertainty and changes in the world, it can feel like life is on pause—the tools were designed to help us go from stuck and reactive to proactive and moving forward.

While there is much more to an approach like ACTr than simply mindfulness, taking a few minutes out of each day, or before/during stressful activities can help us "reset" ourselves. Learn about simple mindfulness practices here:

[1-minute mindfulness activities](#)

[Living in the present moment](#)

Your feedback. We listen.

Watch your email—the annual Parent Feedback Survey will be sent early July.

Over the past 12 months, we have started parent workshops, increased communication from the office, and updated our home and office policies—all based on your feedback. We look forward to hearing from you this year!

From Dr. Kaminski's Desk:

Thanks for participating in our workshops. The stories you have shared have been inspirational in many ways. And I hope that you have been able to pick up a few tips and strategies.

Parents often ask about coordinating ABA with other providers and with the schools. And, I have lost track of the number of times that I have heard something like, "well, my mother-in-law doesn't like ABA and just thinks I need to be a better parent..."

The summer series was designed to address these issues. If you have specific questions you would like answered in the workshops, send me a message at:

bkaminski@greenboxaba.com

Communication

To make sure that your needs and questions are addressed in an appropriate and timely manner, please use the following guide:

General questions about services:

Main Office: greenboxaba@gmail.com; 571-297-4308

Cancellations:

Contact your therapists and BCBA/BCaBA

Questions/issues related to copays/invoices:

Main Office: greenboxaba@gmail.com; 571-297-4308

Clinical Administration:

Required testing

Service authorizations

Clinical Assistant: tmcrae@greenboxaba.com

Clinical and behavioral concerns:

Your BCBA

