



New Jersey Center for Tourette Syndrome

AND ASSOCIATED DISORDERS, INC.

Collaborations and Partnerships for the Tourette Syndrome Community

Faith W. Rice
Executive Director

July 2011

Wednesday Webinar Series Expands to Include More Topics of Interest...

You have helped to make the Wednesday Webinar series a success. Since 2008, we've shared information on TS with people in 48 states and eleven countries. We've listened to your suggestions and feedback and we're excited to announce that we're expanding the Wednesday Webinar program to include a look at other issues pertaining to life with TS and its associated disorders. This month we've launched a special look at anxiety.

The prevalence of anxiety disorders is not limited to the TS community alone, and we've designed this series to be applicable to all families dealing with childhood anxiety disorders. The Anxiety Series will feature discussions on diagnosis, treatments and coping strategies for children, adolescents and their families. Speakers and topics will include:

June 29- **Social Anxiety Disorder** - Dr. Daniela Colognori

July 13- **Developmentally-Appropriate Anxiety**- Dr. Yevgeniya Ratnovsky

July 27- **Child Anxiety: What Does Treatment Entail?**- Dr. Diana Antinoro

August 17- **Building Anxiety-Free Environments**- Dr. Shawn Ewbank

October 26- **How to Talk about Childhood Anxiety**- Dr. Joelle Beecher McGovern

Wednesday Webinars are available at no cost to families, educators, medical and mental health professionals. (Professional development credits are available to qualified participants.)

Registration is required and can be completed by visiting www.njcts.org under calendar, Wednesday Webinar Series.

"TS Awareness Month" Recognized by Gov. Christie



State Senator Christopher "Kip Bateman, Board Member Eliot Goldstein, Faith Rice and Somerset Medical Center CEO Ken Bateman. NJCTS is proud of its roots in Somerville.

908.575.7330

It's been an important season for the Center. Governor Chris Christie recently honored the work of NJCTS through a proclamation declaring May 15 to June 15 Tourette Syndrome Awareness Month. As many as 28,000 kids here in New Jersey have TS, and the Center exists as a way to bring together the resources and services to educate and train families, their doctors and their teachers. NJCTS serves families and professionals across the Garden State from its headquarters in Somerville. Through partnerships with regional hospitals throughout the state, including Somerset Medical Center, NJCTS provides grand rounds and training opportunities to residents and community professionals.

www.njcts.org

Meet the 2011 Scholarship Winners

Since 2001 through the generosity of donations from individuals and families, we have presented the NJCTS Scholarship Award to nearly 200 outstanding NJ high school seniors who have excelled in their schools and communities in the face of living with TS. Thank you to those of you who donate specifically to the scholarship fund. We're proud to introduce you to this year's winners.

Dalton Kinnard of Chester
 Andrew Friedrich of Pompton Plains
 Ryan McDonald of Great Meadows
 Steven Mulligan of Carneys Point
 Graham Reeve of Cherry Hill
 Samuel Stuhler of Hopewell

Melanie Claudio of Paterson
 Rachel Herman of Cherry Hill
 Zachary Modelski of Hawthorne
 Joseph Putignano of Hackettstown
 James Siluk of Clifton
 Dean Terrell of Martinsville

Visit www.njcts.org to learn more about the NJCTS Scholarship program.

TS Symposium a Great Success

NJCTS and Atlantic Health's TS Symposium on June 25 was a great success. The conference, held in partnership with Overlook Medical Center, gathered the strength and expertise of presenters with a combined 140 years of TS research and clinical experience. A crowd of parents, educators, medical and mental health professionals were in attendance to hear the latest and most comprehensive information available on Tourette Syndrome.

Please visit NJCTS.org often and check the calendar for upcoming education sessions. These programs are designed to allow you to ask questions and interface with experts. We know the road TS families travel is marked with bumps and detours, that's why we strive to deliver opportunities to bring doctors and psychologists to answer your questions.



Our medical education programs are designed to allow attendees to speak with leading TS experts. Faith Rice, Dr. Gary Heiman and Dr. Jay Tischfield of the NJCTS Sharing Repository discuss the latest in genetic research with a TS parent at the 2011 TS Symposium on June 25.

Do you know a true TS Advocate? Let us know!



Emily Carrara received the first NJCTS Advocate Award for launching Mendham Walks for TS an event which drew 300 people and raised over \$25,000

You're taking TS awareness to the next level and, to keep up with your good works, NJCTS has created the *Advocates in Action* Award. We want to recognize leaders of public awareness, so please, let us know what you've been doing to promote understanding and break stigma.

The NJCTS Advocates in Action award is given to an individual whose contribution makes a difference to the Tourette Syndrome community; a person whose dedication and actions improve awareness and help break the stigma of TS by educating the public, medical professionals and

Advocate cont'd

educators about TS and by supporting kids and families living with this often devastating neurological disorder.

The first recipient is Emily Carrara. As a high school junior, Emily conceived and helped coordinate the first Mendham Walks for TS on Saturday, November 20, 2010. What started as a tribute and show of support to a family member with TS turned into a social movement. Over 300 people participated in "Mendham Walks for TS" and the event raised more than \$25,000 to benefit the NJ Center for Tourette Syndrome. Emily's dedication and compassion serves as an inspiration to people of all ages; a demonstration of what can be accomplished by calling upon friends, family and neighbors to bring positive attention to this misunderstood disorder. Join us for the second annual "Mendham Walks for TS" on Saturday, November 19, 2011.

Educator Workshops: Prepare for the new school year

Calling all teachers, school nurses, child study team members:

"Understanding Tourette Syndrome and Associated Disorders" offers strategies that enable educators to create a classroom that supports the social, emotional and intellectual development of all students in the classroom. In addition to TS, this training also includes information on ADHD, OCD, anxiety, depression and learning disabilities. Interventions and modifications for behavior management are also addressed. Professional development credits are available for this course.

08/23/11 Ocean County College - 9:00am - 12:00pm
 Presenter: Janine Howley, MA, Course SRED 107-01, www.ocean.edu

09/27/11 Brookdale Community College - 3:30 - 6:30pm
 Presenter: Janine Howley, MA, www.brookdalecc.edu

10/11/11 Camden County College - 6:00 - 9:00pm
 Presenter: Cheryl Ludwig, CCC-SLP, www.camdencc.edu

10/24/11 Mercer County - 6:00 - 9:00pm
 Presenter: Cheryl Ludwig, CCC-SLP, www.mccc.edu

10/25/11 Richard Stockton - 10:00am - 1:00pm focus on HS Students
 Presenter: Cheryl Ludwig, CCC-SLP

11/04/11 Raritan Valley Community College - 9:00am- 12:00pm
 Presenter: Robert Zambrano, Psy.D., Course HPCE HP113-01,
www.raritanval.edu/cce

11/10/11 NJEA - Atlantic City Convention Center Room 202 - 1:00 - 2:30pm
 Presenter: Janine Howley, MA



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908-575-7350 www.njcts.org

News You Can Use Relating to TS and its Associated Disorders

Researchers from the Centers for Disease Control report a spike in reported diagnosis of developmental disorders. Between 1997 and 2003 they noted a 17% increase in the number of children reported to have ADHD and autism, making them the most common neurobehavioral disorders. <http://www.medpagetoday.com/Pediatrics/ADHD-ADD/26618>

New studies from the American Academy of Pediatrics suggest children of smokers have a 50% increased risk of developing two or more childhood neurobehavioral disorders compared with children who were not exposed to secondhand smoke in their homes. <http://thechart.blogs.cnn.com/2011/07/11/secondhand-smoke-boosts-kids-adhd-learning-disability-risks/>

Renowned neurologist Oliver Sacks studied patients with Tourette Syndrome and discovered, for many, their tics subside while playing music. Composer Tobias Picker is living with TS and the medicinal benefits of melody. <http://www.thejc.com/arts/music/50979/how-making-music-helped-me-%EF%AC%81ght-tourettes>

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