



New Jersey Center for Tourette Syndrome

AND ASSOCIATED DISORDERS, INC.

Collaborations and Partnerships for the Tourette Syndrome Community

Faith W. Rice
Executive Director

Back to School Issue

September 2011

Dear Friends,

School is in session again, and we are excited to start the 2011-12 school year with you. It's an important one here in New Jersey as the nation's strictest anti-bullying law takes effect. As you know, NJCTS has been at the forefront of the anti-bullying movement for years as a "charter" member of the NJ Anti-Bullying Coalition and through our faculty and peer in-service presentations, youth advocacy training and the "Wednesday is TS Day" advocacy campaign.

This fall, NJCTS is excited to launch the "**Stand Up**" movement – encouraging all students to stand up against bullying for themselves and others. We ask that you share this message with your children. Anyone who lives with TS knows what it's like to be "different". Let's remind our children to stand up for themselves and others who face mistreatment because of their differences. A kind act goes a long way!

This is one of many exciting new initiatives NJCTS is working on this school year and we're highlighting our education programs in this edition of NJCTS News. Remember to keep on top of all the latest news and events by visiting www.NJCTS.org.

Best wishes, Faith Rice

Meet our current NJCTS In-Service Team

NJCTS proudly offers one of the best education in-service programs in the country. Our teacher in-services inform educators about the TS diagnosis, offering classroom strategies and accommodations. Our peer in-service program leads student attendees in activities designed to broaden their understanding of TS and carries a strong message against harassment, intimidation, and bullying.

Our in-service presenters reach thousands of NJ teachers and students each year. Meet the team:

Melissa Fowler, MA, M.Ed., our Education Outreach Consultant, is the newest team member, helping us expand our program content and develop new initiatives within the education community to reach students with TS and associated disorders. Melissa received her undergraduate degree in secondary education and MA in English from The College of New Jersey. She earned her M.Ed. at Rutgers University, with special focus on the sociology and cultural anthropology of education - including how race, class, gender and disability impact American schools and schooling.

Ann Deutsch, MSN has more than 30 years of nursing experience, 15 of those years as a school nurse. She received her masters degree in nursing from Seton Hall University. Ann and her husband are parents of two adult children, one of whom has TS.

Gayle Forman, LCSW is a licensed clinical social worker with family and marriage therapy practice offices in Denville and Boonton. She has more than 30 years experience working with TS children and families, and is the mother of an adult son with TS.

Graham Hartke, Psy.D is a NJ Certified School Psychologist in Morristown. He has a doctorate in school psychology from the Graduate School of Applied and Professional Psychology at Rutgers University and has completed clinical training at the NJCTS Rutgers Tourette Syndrome Program.

Janine Howley, MA has been a professional educator for more than two decades. A middle school "teacher of the year" in Ocean County, Janine's undergraduate and graduate degrees are in special education. She and her husband are the parents of an adult son with TS.

Cheryl Ludwig, MA, CCC-SLP is a nationally certified and licensed speech language pathologist who for 35 years has worked with children in public schools, private practice and as an adjunct professor at The College of New Jersey. She has three young adult children, all with TS and associated disorders.

Julie Swenson, M.Ed., CSW is a certified special education teacher and a certified social worker with a masters degree in education. She is an educational consultant to school districts, families and children, and she and her husband are the parents of an adult son with TS.

Robert Zambrano, Psy.D received his Masters of Psychology and Doctorate of Clinical Psychology from the Graduate School of Applied and Professional Psychology at Rutgers University. Dr. Zambrano has worked as a clinician at the NJCTS funded Tourette Syndrome program at Rutgers University.

Can our In-Service Program benefit your child?

Our teacher and peer in-service programs provide outreach to schools in order to ensure the best school experience possible for the student with TS and associated disorders. Can we be of service to your child or school district? Encourage your local school administrators to contact us today to schedule an in-service with one of our qualified professionals!

"The in-service was wonderful...The presenter did a wonderful job of explaining TS to the students... Providing our students with knowledge allowed the atmosphere of understanding and acceptance to occur." -- **Gerry Beatty, Child Study Team Chair - Old Tappan**

"Mendham Walks for TS" Saturday, Nov. 19 - Registration now open

2nd annual New Jersey Walks for TS in Mendham

Don't forget to register as an individual or team for New Jersey's only 5K walk and family fun to raise awareness for TS. This event will take place Saturday, Nov. 19 at Borough Park in Mendham (Morris County).

Visit www.active.com/donate/MendhamWalksforTS to register, build a profile and collect donations and pledges from your friends, family, neighbors, etc. **If you don't get out and raise awareness of TS, who will? It's time to walk the talk. Let's go!**

We are still in need of business sponsorships and volunteers, please email njgreco@njcts.org if you can help.

NEW JERSEY



WALKS FOR TS

A 5K walk and family fun run to raise awareness of TS on Saturday, Nov. 19 in Mendham (Morris County)

Volunteers Needed

Delivering information on TS and the services of the Center is an important part of what we do. We need volunteers to man our information booth for the following dates this fall:

American Academy of Pediatrics School Health Conference
 Wednesday, Oct. 26 - 8-4 p.m.
 Somerset - Call Marty Butterfield at 908-575-7350 for more information.

NJEA Convention
 Thursday, Nov. 10 - 9-5 p.m.
 Friday, Nov. 11 - 8:30-3 p.m.
 Atlantic City Convention Center - Call Kelley Teabo at 908-575-7350 for more information.

Wednesday Webinar series continues to look at anxiety

“Nothing to Talk About but Fear Itself: How to Interact with Children About Anxiety” Webinar on Oct. 26



Dr. Joelle Beecher-McGovern will continue our Anxiety Series with an exploration of how to communicate the issue with children. Cognitive Behavioral Therapy (CBT) is highly effective in reducing anxiety disorder-related symptoms and impairment in children and adults. But how does one transfer the basic principles of CBT treatment to young people in a developmentally friendly way? McGovern will discuss effective ways for adults to speak to children about these issues as well as how to help children develop positive self-talk about living their lives fully despite anxiety. Registration is free and required. To register, visit <http://www.njcts.org/witsd-seminar-sign-up.php>.

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.

- 10/22/11 Bergen Community College** - 10am-1pm, with Ann L. Deutsch, MSN, Course: SD 759
www.bergen.edu/continuinged
- 10/24/11 Mercer County** - 6-8:30pm, with Cheryl Ludwig, CCC-SLP, www.mccc.edu/cce
- 11/04/11 Raritan Valley Community College** - 9am-12pm, with Robert Zambrano, Psy.D.,
Course HPCE HP113-01, www.raritanval.edu/cce
- 11/10/11 NJEA: Atlantic City Convention Center Rm. 202** - 1-2:30pm, with Janine Howley, MA

Support group meetings return in October/November

We know it's important for TS parents to get the chance to listen and speak to each other about raising kids with this challenging disorder, and that's why support groups are a longstanding part of what we offer. For more information on each of these meetings, please see our calendar at NJCTS.org.

- 10/25 Burlington County - Virtua Hospital, Marlton **(Note: New Location!)**
- 11/8 Middlesex/Union counties - JFK Medical Center, Edison
- 11/28 Somerset County - Somerset Medical Center, Somerville

Families wanted for patient-as-educator trainings

If you have a teen or young adult with TS and you're willing to share your experiences, we need your help. NJCTS is training medical students and resident physicians in hospitals across the state to understand the complexities of growing up with a neurological disorder as part of our newly launched patient-as-educator program. The training consists of a one-hour meeting in which three adolescents with TS, and their parents, describe their experience with the condition, at school, at home and in the community. The presentations typically focus on the experience of initial diagnosis, on quality of life and on encounters with physicians and the health-care system. The *Asbury Park Press* recently featured the Silver family's participation in a training delivered at Jersey Shore Medical Center:

<http://www.app.com/article/20110913/NJLIFE04/309130003/Tourette-Syndrome-changing-perceptions-Teen-pushes-for-deeper-understanding>

If you are willing to share your experiences in order to foster sensitivity among a new generation of physicians, please call us at 908-575-7350.



SAVE THE DATE: Oct 28, 2011 – Autism Symposium at Rutgers Human Genetics Institute

SAVE THE DATE: May 23, 2012 – Dare to Dream TS Student Leadership Conference

*We need your email address to save money and get you information in a timely manner.
Please send it to info@njcts.org before it's too late!*

Collaborative Partnerships for the Tourette Syndrome Community

908-575-7350 www.njcts.org

Your contributions make a world of difference

Autumn marks the beginning of many workplace giving campaigns. Please take a moment and designate NJCTS as the recipient of your pledges. If your workplace does not offer this type of program, you can choose to donate to NJCTS monthly through our website. Donating to NJCTS online is fast, convenient and secure. You can designate the funding to go to the program of your choice for one-time or monthly giving and you may make a gift to NJCTS in honor of someone special. Visit NJCTS.org and simply click on the "Donate" option and you'll be guided through a simple form.

Sensory Friendly Films at AMC Theatres

AMC Theatres and the Autism Society have teamed up to bring families affected by autism and other disorders, such as TS, an opportunity to enjoy the cinema in a safe, accepting environment with the "Sensory Friendly Films" program. The next film is "Puss In Boots," to be shown at 10am Saturday, Nov. 5, at seven AMC locations in New Jersey. For more information, please visit the Autism Society website at <http://www.autism-society.org/get-involved/events/sensory-friendly-films/>

News You Can Use Relating to TS and its Associated Disorders

This month, PBS presented "Different is the New Normal," a documentary capturing the courage and triumph of Ariel Small, a teen with Tourette Syndrome, with interviews from others with TS and James Durbin. The program is available for a limited time at: <http://watch.thirteen.org/video/2135738235/>

Latino children in the United States are diagnosed with ADHD at roughly half the rate of non-Latino black and white children. Even among Latino children diagnosed with this neurobehavioral condition, are medicated at a lower rate: http://www.boston.com/news/local/massachusetts/articles/2011/09/26/latino_children_show_low_adhd_rate/