

NISONGER NEWS

OSU Nisonger Center

Volume 3, Issue 1

Nisonger to dispense handbook and booklets for shipping costs



Project MED

Many medical and psychiatric patients do not follow their prescribed medications. As a result, their symptoms often get worse. It's well known that patient education leads to better adherence to medication regimens and, therefore, to more therapeutic success.

The U.S. Administration on Developmental Disabilities funded a Training Initiative Project at the Nisonger Center in 1998. The purpose was to prepare and disseminate booklets on psychotropic medicines for use by people with developmental and other types of disabilities. The activity was called "Project MED: Medication Education for Consumers."

Project MED created a series of eight booklets, written to provide basic information about patients' rights and medications in easily understood words. The booklets are designed for a broad group of people: those with intellectual disabilities, autism or reading difficulties; patients with severe mental illness; child and adolescent

patients; and those whose first language is not English. Here are the eight titles:

- Patient Rights and Responsibilities
- Anticonvulsant Medicines
- Antipsychotic Medicines
- Antidepressant Medicines
- Antimanic Medicines
- Antianxiety Medicines
- Stimulant Medicines
- Other Behavior Medicines

The Nisonger Center had previously hosted an International Consensus Conference on Psychopharmacology and Developmental Disabilities. Drs. Steven Reiss and Michael Aman published a comprehensive book for professionals, *Psychotropic*

Medications and Developmental Disabilities: The International Consensus Handbook (1998), which sold for \$95.00.

Dr. Aman along with Dr. Betsey Benson, Cristan Farmer, Kristy Hall and Krista Malone evaluated consumer response to the booklets with questionnaires to consumers with and without intellectual or other developmental disabilities. They published an article with the results in 2007. The booklets sold for \$1.50 each plus shipping through the site, www.project-med.org.

Dr. Aman and Vicki Graff are planning to distribute the booklets as well as the remaining inventory of the handbook free for the cost of shipping. **NN**

Inside this issue:

| | |
|--------------------------------|---|
| Down syndrome & autism webinar | 2 |
| Free CPR classes for all staff | 3 |
| Autism walk & Health literacy | 3 |
| Mark your calendars | 3 |
| RUPP clinical trials | 4 |
| Welcome new hires! | 4 |
| Farewell departing staff | 4 |
| Other staff news | 4 |

Nisonger staff present at dual diagnosis conference

People with intellectual or developmental disabilities who also have mental illness are described as dually diagnosed. The 6th annual Ohio MH/MR conference in Columbus Sept. 3-4 featured three presentations by Nisonger Center staff.

Sandy Stephenson, ODMH Director, and John Martin, ODMRDD Director, jointly opened the conference, which was attended by more than 240 people. The directors explained how their two departments are working together to improve services for people with co-occurring mental illness and

developmental disability.

Dr. Tom Fish, director of social work and family support services; Jeff Siegel, program manager; and two members of Aspirations presented a session on "Aspirations," a social and vocational support program for people with Asperger's syndrome and other higher-functioning individuals on the autism spectrum.

Kate Borokhovich, from the Adult Behavior Support Program, chaired a session with a consumer and his interdisciplinary team that detailed a coor-

dinated approach to promote wellness.

Melissa Brundage, also from the Adult Behavior Support program, presented a session on working with deaf-blind individuals and was assisted by a consumer and his interpreters.

For more information on dual diagnosis, see the website of the National Association for the Dually Diagnosed at www.thenadd.org.

For information on the Nisonger Center's Dual Diagnosis Clinic, contact Diana Boggs, 292-9780 or boggs.59@osu.edu. **NN**



A University Center for Excellence in Developmental Disabilities

OSU Nisonger Center

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The mission of The Ohio State University Nisonger Center is to work with communities to value and support the meaningful participation of people with disabilities of all ages through education, service and research. The Center provides assistance to people with disabilities, families, service providers and organizations to promote inclusion in education, health, employment and community settings.

The Nisonger Center was founded in 1966 as an interdisciplinary program of The Ohio State University. The United States Administration on Developmental Disabilities has designated Nisonger Center a "University Center for Excellence in Developmental Disabilities (UCEDD)." L. Eugene Arnold, MEd, MD, Professor Emeritus of Psychiatry, is serving as Interim Director while a search is under way for a permanent Director. For more information about The Nisonger Center, contact Maureen Meck at maureen.meck@osumc.edu or 614-688-8544.

AUCD webinar: Down Syndrome and Autism Screening



Van, Kathy and Mark are Next Chapter Book Club members with Down syndrome.

Join the Association of University Centers on Disabilities (AUCD) for an RTOI webinar on "Down Syndrome and Autism Screening: Diagnosis and Prevalence" October 27, 2008, 3:00 - 4:30 PM EDT.

People with Down syndrome are often social and friendly. Families and professionals have noticed, however, that some individuals with Down syndrome also have autism spectrum disorders (ASD). Listed among the defining characteristics in the webinar description are diminished social reciprocity, atypical communication development and unusual routines and habits.

Investigators from UCEDDs at the University of Colorado in Denver and the University of Rochester will present their findings from studies of the prevalence of ASD in children with Down syndrome.

Webinar presenters will be Cordelia Robinson, PhD, RN, and Susan Hepburn, PhD (JFK Partners CO UCEDD), and Susan Hyman, MD (Strong Center for Developmental Disabilities, one of the NY UCEDDs). The discussant will be Diana Schendel, PhD (NCBDDD, CDC). They will offer recommendations for appropriate screening, refining diagnostic procedures and the importance of intervention

for children with Down syndrome who are not demonstrating communication and social skill development.

Reserve your seat at <https://www2.gotomeeting.com/register/768416603>.

System Requirements
 PC: Windows® 2000, XP Home, XP Pro, 2003 Server, Vista

Macintosh®: Mac OS® X 10.4 (Tiger®) or newer

Participant Dial-In Number(s), United States and Canada: (888) 741-1358
 Conference ID # 62672961

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Nisonger staff urged to take free CPR classes ASAP

Would you know what to do if a client or co-worker suddenly collapsed at work? Or if a family member stopped breathing?

True, McCampbell Hall is close to the OSUH ER. But in the best of circumstances, it could still take several minutes for paramedics to arrive. And **those minutes may be critical** to the victim's survival and preventing brain injury.

Here is information from the American Heart Association site, www.americanheart.org:

"When an adult has a sudden cardiac arrest [SCA], his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in

a public location get that help. Most bystanders are worried that they might do something wrong or make things worse. That's why the AHA has simplified things.

"When an adult suddenly collapses, trained or untrained bystanders ... should

- 1) Call 911
- 2) Push hard and fast in the center of the chest.

"Studies of real emergencies ... in homes, at work or in public locations, show that these two steps, called Hands-Only CPR, can be as effective as conventional CPR. Providing Hands-Only CPR to an adult who has collapsed from SCA can more than double that person's chance of survival."

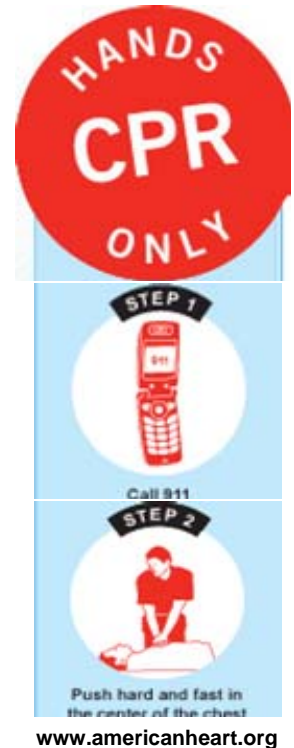
SCA is not the only emergency

situation we may face at home or at work. A child may choke on a toy or an adult on a piece of food and lose consciousness. Do *you* know what to do?

Fortunately, CPR classes are offered **FREE** on the first Tuesday of every month from 7 AM to 11 AM at 660 Ackerman Road, 1st floor. **No need to make a reservation first!**

Nisonger administration is urging all Nisonger Center staff to take the training and become CPR certified as soon as possible. We are inquiring about whether the class will count for wellness points, for all those participating in the Your Plan For Health incentive program.

Contact Kevin Thress at 614-366-2935 or kevin.thress@osumc.edu. **NN**



Autism walk Oct. 12 | Health literacy workshops Oct. 14-15

The Nisonger Center is sponsoring a team of walkers for the Autism Speaks walk on Oct. 12. The event starts at 8:30 AM at the Schottenstein Center. If you would like to participate on the Nisonger team, please email Paula.Rabidoux@osumc.org. For more information, go to www.autismspeaks.org. **NN**

A person's degree of health literacy directly impacts patient safety and managing a chronic disease. The OSU Area Health Education Center (AHEC) Clear Health Communication Program is offering two workshops for healthcare professionals: "Health Literacy: A Quality & Patient Safety Imperative" Oct. 14 and "Health Literacy and

Chronic Disease Management" Oct. 15, at the University Plaza Hotel and Conference Center at 3110 Olentangy River Rd. Fee of \$50 per day or \$75 for both days includes all workshop materials, continental breakfast, breaks, lunch and CE credits.

Contact Sandy Cornett at 688-3327 or sandy.cornett@osumc.edu **by Oct. 6. NN**



Mark your calendars for these upcoming events

Nisonger new hires since May 2005 take 2 mandated safety training programs:

- EOEP (Emergency Operations & Evacuation Plan)
- HAZCOM

Current Nisonger employees only need to take HAZCOM.

Everyone also needs to take HIPAA training annually.

- 2nd Annual DiversABILITY Employment Summit, Oct. 17, 2008, Conference Center at OCLC, Columbus. Register by calling Jennifer or TyKiah at 614-802-2364.
 - 8th Annual Ohio Adult Sibling Conference, Nov. 7-8, 2008, Columbus Airport Marriott Hotel. Register by fax to Tom Fish at 614-292-3727 or www.ohiosibs.com.
 - Network of Autism Training and Technical Assistance Programs (NATTAP) conference of the Ohio Center for Autism and Low Incidence (OCALI), Nov. 19-21, 2008, Greater Columbus Convention Center. Contact 614-410-0321 or the web, www.nattapconference.org.
- See other news and events lists at OneSource; use your OSU Medical Center ID to log in. **NN**



Send notices of upcoming events to NISONGERNEWS editor Vicki Graff by email at graff.42@osu.edu. Each quarterly issue will appear approximately six weeks from the end of the calendar quarter (May, August, November and February).

NISONGERNEWS

RUPP accepting participants with ASD or ADHD for clinical trials



Nisonger's Research Unit on Pediatric Psychopharmacology is accepting participants with autism spectrum disorders (ASD) or ADHD for these trials:

1. mecamylamine (Inversine) for core symptoms of autism
2. melatonin for sleep disturbance

3. risperidone (Risperdal) for irritable behavior (mood swings, tantrums, yelling/screaming, aggression)

4. pilot explorations of neuro-feedback in ADHD

5. atomoxetine and parent training in behavior management (ADHD symptoms in

ASD, including Asperger's)

6. stimulant, risperidone and parent training for ADHD with severe aggression

Visit psychmed.osu.edu for more information or contact Bethany Bates at 292-3698.

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Welcome new hires! (April, May, June)...



Jodi Bertke joined Child Behavior Support Services on April 15 as a Behavior Support Specialist. She comes to us from the Step by Step Academy. Jodi enjoys softball and hanging out with her two dogs.

Nicholas Rediger joined Child Behavior Support Services as a Behavior Support Specialist June 9. Previously he taught a STACK classroom at the Educational Service Center. He is married to Karen Rediger. Nick enjoys running and making improvements to their home.

Nichole Watts was hired June 9 as Behavior Support Specialist in the Adult BSS Program. Her MA degree in Counseling is from Xavier University. Nichole was Lead Manager at Goodwill Columbus Young Adult Services, which provides day habilitation services to people with developmental disabilities.

New director update:

Three prospective directors for the Nisonger Center have been interviewed. Two candidates have visited and made presentations to the Nisonger Leadership Group.

Quinn Montgomery joined Child Behavior Support Services on June 9 as a grad student. She has since graduated and is now a full time Behavior Support Specialist. Quinn enjoys being outdoors and volunteering for the Humane Society.

Allen Sanders started on April 7 as Behavior Support Specialist in the Adult BSS program. Allen graduated from Ohio University. He previously worked as a Behavior Specialist for the Tri-County Mental Health Community Services in Athens and as a case manager at HAVAR, a residential program for adults with developmental disability.

Krystina Wilson started April 23 as a Research Coordinator with the RUPP group. Krysti holds BA degrees in Psychology and Criminal Justice from Mount Vernon Nazarene University. She previously worked as a Legal Assistant for a firm in Grandview. Krysti coaches and plays soccer and spends time on her family's sailboat.

Farewell departing staff... and Other staff news...



Jessica Masalsky, Behavior Support Specialist, left CBSS in May. She is going to Guatemala to travel and do volunteer work.

Congratulations to Scott Matlock, who received his PhD in Psychology from The Ohio State University in June.

Congratulations go to the following staff for their 2007-08 BRAVO hangtags: Jennifer Cox (25), Craig McMillen (75), and Karen Rediger (25).



JoLynn Wheatley, Behavior Support Specialist, left CBSS in April. She is now doing therapy at Nationwide Children's Hospital.

Congrats to Christy Fischer in Child BSS, who donated a kidney to her husband Bob in February. He had been in kidney failure and was on dialysis. A special "Thank You" to Amy Hess and Rachel Morris for covering her job duties while she was away for six weeks. Christy recommends organ donation for giving someone a second chance at a normal life. "The feeling is truly wonderful!"

Jessica O'Rielley and her husband J.J. welcomed their baby boy on June 6. Ethan Jeffrey O'Rielley weighed 8.7 lbs. and was 20 inches long.

Anne Snow, Behavior support Specialist, left CBSS in June to do her internship at UCLA.

Karin Xander, former Dental Assistant for Nisonger Johnstown Rd, and her husband welcomed their baby boy on April 8.