

## Spectrum Spotlight

Summer 2021 | Issue 6  
June 30, 2021

Welcome to the summer 2021 edition of Spectrum Spotlight! Just in time for the summer, the government of Ontario announced that Ontario will move into Step Two of its [Reopening Roadmap](#) on June 30, ahead of schedule. This is just one of many encouraging developments pointing toward the end of the pandemic and better days ahead.

At Kinark, we have been busy developing new services to meet the needs of our clients and families. Though many of these services are available virtually, we have also taken a measured approach to reopening in-person services while safeguarding the health and safety of our clients, families and staff. To learn more about our services, visit our [website](#).



Scott Bark  
Director, Autism Services  
Kinark Child and Family  
Services

I am excited to share with you that Kinark has partnered with other service providers in York Region and Simcoe County to deliver services and supports to children and youth with Autism Spectrum Disorder and their families through the York Simcoe Autism Network (YSAN). This includes caregiver-mediated early years (CMEY) programs for young children registered in the Ontario Autism Program (OAP). For more information about CMEY, please visit our website [here](#).

I wish you all a safe and enjoyable summer!

Scott Bark  
Director, Autism Services  
Kinark Child and Family Services

### Ontario Government Announces Caregiver-Mediated Early Years Programs

On June 25th, the government of Ontario announced the launch of caregiver-mediated early years (CMEY) programs to support families with young children between the ages of 12 months to 48 months (1 - 4 years). The programs help young children learn new skills and meet individualized goals.

Through these programs, parents and caregivers learn therapeutic strategies and specific techniques from professionals based on their child's individual needs. The programs aim to build parents' and caregivers' capacity to support their child's skill development in:

- social interaction
- play
- communication
- emotional development
- adaptive development and self-help skills

The programs are play-based, child-led and developmentally appropriate. Programs are free of charge for families registered in the Ontario Autism Program (OAP) and available for up to six months per child. To learn more about CMEY, please visit the OAP website [here](#).

## Upcoming Virtual Events

July 5, 2021

- [Creating Routines at Home](#)
- [Family Social Time - Dance Party](#)
- [Transition to Adulthood](#)

July 6, 2021

- [Beyond the OAP - Simcoe](#)
- [Kinark Creates Q&A: First-Then Board](#)

July 7, 2021

- [Caregiver Social Time - Summer Planning](#)

[View Upcoming Events](#)

## Acronym Central

*In this newsletter:*

**OAP:** Ontario Autism Program

**ABA:** Applied Behaviour Analysis

**BCBA:** Board Certified Behavior Analyst

**ASD:** Autism Spectrum Disorder

**CMEY:** Caregiver-Mediated Early Years

**YSAN:** York Simcoe Autism Network

## Our Services

At Kinark Autism Services, we provide a range of high quality, evidence-based services to children and youth with Autism Spectrum Disorder (ASD) and their families. Our team of skilled clinicians deliver caring, responsive and family-centred services designed to meet the unique strengths and needs of each child and their family.



For families registered in the Ontario Autism Program (OAP), we offer a variety of free Foundational Family Services, including programs for children and youth with ASD, their siblings, parents and caregivers. We also offer a range of individualized services available for purchase, including Applied Behaviour Analysis (ABA) Services and Assessments.

Visit our [website](#) to learn more about our programs and services, and to request a free consultation with our Service Navigation team!

### Service Feature: Parent and Caregiver Education Workshops

Parent and caregiver education provides you with tools and resources that support the development of your child with Autism Spectrum Disorder (ASD).

Kinark offers a variety of virtual Parent and Caregiver Education Workshops free of charge! Our team of Board Certified Behavior Analysts (BCBAs) and clinicians have many years of experience training and coaching parents, caregivers, and other professionals using evidence-based practices.

Registration is now open for our July workshops! Visit our [website](#) for a list of topics for the month and register for a workshop that is best suited to meet your family's needs. There is a workshop available for everyone!

[Visit our Website](#)



## Summer Programs and Activities

There are many ways you can keep your family busy and entertained through fun programs and activities this summer!

If you are looking for summer programs in your community, you can access your city's parks and recreation guide on their website. This is a great resource to help inform parents of the local summer programs and camps available for your child.



In addition to summer programs, your family can participate in activities at home and in the community! Below are some fun and creative ideas from our Family Support Workers.

- **Backyard camping** - If you can't book a campsite, why not start in the backyard? Set up your tent and air mattress to enjoy some at-home camping.
- **Enjoy a picnic at a local park** - Getting kids together for a picnic at a local park can be a fun group activity. Remember to wear your sunscreen!
- **Make ice cream** - Ice cream is the perfect treat on a hot summer day. This is a great activity that parents and kids can do together. To learn how to create your own vanilla ice cream, check out this recipe [here](#).
- **Water balloon baseball** - You can combine two summer activities for an exciting way to play outside. Just grab your bat and fill up some water balloons. Now you can play baseball with a splash!
- **Painting rocks** - Collect rocks and have fun painting faces or designs on them. You can use them as garden décor, paper weights or to brighten up any space.
- **Bike rides** - Enjoy a fun bike ride in your area. If the kids are older, take them on a bike trail! You can check out [alltrails.com](http://alltrails.com) or download their app to find a trail near you.
- **Local activities** - Don't forget to check out your local summer fairs, festivals, farmers markets, and other street festivals.

If you are looking for funding for summer programs and camps, our team is here to help. You can connect with our Service Navigation team by emailing us at [autisminfo@kinark.on.ca](mailto:autisminfo@kinark.on.ca).

Kinark also offers free Social Time sessions for caregivers, kids and families to connect virtually and participate in fun activities. Check out our [website](#) for upcoming sessions!

Visit our  
Website

## Kinark Autism Services: Staff Spotlight

My journey at Kinark began prior to my employment with the organization, as someone close to me needed their support and services. This person had a lot of challenging behaviour and life was kind of chaotic most days. Once they entered service with Kinark, leaps and strides towards their future were made, and they are now a successful and happy individual.

This experience was a huge inspiration for me to want to work for an organization which provides services and support for families. When the opportunity came for me to join Kinark, I was ecstatic as I got to be a part of a bigger picture for children and youth with complex needs.

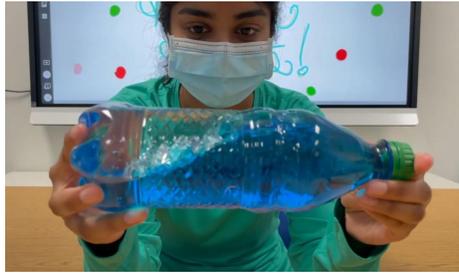


Jessica, Administrative  
Assistant  
Kinark Autism Services

I have had the pleasure of working at Kinark for over three years, and it has been a wonderful experience to see the work that is being done with, and for the children and youth of our community. As a receptionist in Autism Services, I greet and interact with families daily, which allows me to understand first-hand the impact Kinark has within the community. Each day, I continue to learn and gain experiences with an organization that is helping me to grow and develop a better understanding for the services and support they provide.

As a mother of three, my experience at Kinark has provided me with helpful tools that I incorporate in my personal life to ensure my family has the support they need to be successful. My hopes are to further my journey with Kinark, as I grow with the organization, and continue to provide assistance for the children, youth and families of our community.

## Kinark Creates: Summer Craft



### DIY Lava Lamp

Are you looking for a fun summer craft? Today we are going to make a DIY Lava Lamp with materials you can find around the house! We used blue food colouring to resemble waves, what colour are you going to choose?

Watch our Kinark Creates  
Videos

From the staff of Kinark  
Autism Services, we wish  
you and your family a  
safe and happy summer!

### We want to hear from you!

Are you interested in contributing to our next newsletter? Contact us today at [autisminfo@kinark.on.ca](mailto:autisminfo@kinark.on.ca).

For more information about our services, please book a free consultation by contacting our Service Representative at **1-800-283-3377** or by emailing [autisminfo@kinark.on.ca](mailto:autisminfo@kinark.on.ca).



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