

Spectrum Spotlight

Winter 2021 | Issue 8
December 10, 2021

I am pleased to welcome you to our winter edition of Spectrum Spotlight. This has been a year of promise and challenges. As caregivers, workers and members of our communities, we have experienced the stresses of a pandemic which has stretched into its second year. However, the future holds a promise of a gradual return to aspects of our lives that had been put on hold. Like you, I am looking forward to a new year and better days ahead.



Scott Bark
Director, Autism Services
Kinark Child and Family
Services

Throughout the pandemic, our goal at Kinark has been to do our best to be responsive to your needs and we will continue to do so in 2022 and beyond. We have begun to see the roll out of new services and supports in the Ontario Autism Program (OAP) with the promise of more to come.

In 2022, the government of Ontario has committed to implementing an Entry to School service, an Independent Intake Organization, as well as access to OAP core clinical services. I am pleased to say that Kinark has joined a network of other service providers in York Region and Simcoe County who are committed to delivering OAP services to children and youth with Autism Spectrum Disorder (ASD) and their families. The York Simcoe Autism Network (YSAN) offers a range of funded services to meet your needs. You can visit the YSAN website to learn more [here](#). We continue to deliver services to children, youth and families throughout the Greater Toronto Area.

As 2021 comes to an end, I would like to extend my thanks to the children, youth and families who have been our partners in the services we delivered. It has been our pleasure to contribute to the growth and development of your child and to support the needs of your family. I am proud of the efforts of our staff whose tireless work has gone into the development and implementation of a range of in person and virtual services available to you. In 2022 and beyond, we reaffirm our commitment to challenge ourselves to be the best while holding children and youth at the centre of all we do.

Wishing you all the best,

York Simcoe Autism Network (YSAN) delivering Caregiver-Mediated Early Years Programs and Entry to School Programs

York Simcoe Autism Network (YSAN) is a network of 11 organizations with a history of partnering together in delivering services to children and youth with Autism Spectrum Disorder (ASD) and their families in Simcoe County and York Region. The network is a partnership of service providers that is bound by a shared vision – to build a coordinated, family-centred network that emphasizes an integrated approach to client care with a single point of entry where families can access the network and all of the services through any YSAN organization. Kinark Autism Services is one of the organizations comprising the network. The network aims to help families access the right services that meet the needs of their family.

Kinark Autism Services is pleased to be delivering caregiver-mediated early years (CMEY) programs through YSAN. These programs are available for young children between the ages of 12 months to 48 months who are registered in the Ontario Autism Program (OAP). CMEY programs help young children learn new skills and meet individualized goals. To learn more about the CMEY programs offered through YSAN, visit their [website](#).

We are also delighted to share that starting in early 2022 Kinark Autism Services will be delivering the Entry to School (ETS) program through YSAN to eligible families registered in the OAP. This program will support children with ASD between the ages of three and six years old who are entering school for the first time. You can learn more about the ETS program on the ministry's website [here](#). We look forward to sharing additional information with you in the near future!

Upcoming Virtual Events

This holiday season, register for a fun-filled Social Time session with our Family Support Workers! Join us to create different holiday crafts on December 13, or for some holiday drawing fun on December 15.

You can also register your child to meet Santa virtually! Kinark Autism Services is hosting free sessions where kids can meet Santa virtually and share what is on their wish list this holiday season. To learn more and register, view the flyer [here](#).

To view all of our upcoming virtual workshops, including our holiday-themed events, visit our website calendar [here](#).

[View Upcoming Events](#)

Acronym Central

In this newsletter:

OAP: Ontario Autism Program
ABA: Applied Behaviour Analysis
ASD: Autism Spectrum Disorder
CMEY: Caregiver-Mediated Early Years
ETS: Entry to School
YSAN: York Simcoe Autism Network
BCBA: Board Certified Behavior Analyst
BBC: Brief Behavioural Consultation

Our Services

Kinark Autism Services provides a range of high quality, evidence-based services for children and youth with Autism Spectrum Disorder (ASD) and their families.



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 are also delivering select caregiver-mediated early years programs for eligible families in the OAP.

In addition to our funded programs, we offer a range of individualized services available for purchase, including Applied Behaviour Analysis (ABA) Services, Assessments and Occupational Therapy.

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

Kinark's Brief Behavioural Consultation

My name is Narmatha Sabanathan, I am a Clinical Supervisor at Kinark Autism Services in the School Support Program. I began my career at Kinark fresh out of university in 2006 as an Instructor Therapist. In this role, I directly worked with children and youth with Autism Spectrum Disorder (ASD). My passion for this work inspired me to complete my Master of Science in Applied Behaviour Analysis at St. Cloud State University and go on to attain my Board Certified Behavior Analyst (BCBA) in 2019. Over the years, I have had the privilege of holding various titles and providing supports and services to children and their families in many different capacities.



Meet one of our clinicians!

Narmatha Sabanathan,
Board Certified Behavior Analyst
Clinical Supervisor at
Kinark Autism Services

One of the many ways I have been privileged to support children and youth with ASD is through Kinark's Brief Behavioural Consultation (BBC). BBC is a Foundational Family Service that provides parents and caregivers with individualized strategies and resources to support their child at home and in the community. It is a goal-based program that offers evidence-based support in areas such as sleep, feeding, toileting, challenging behaviours and many more aspects of daily life. BBC provides parents with effective, convenient and evidence-based support.

I have had the opportunity to support over 40 different families through BBC alone, some of whom have returned to work on different goals because they have seen success with their child through the service. Over the three, one-hour sessions, parents and caregivers share information about their child's strengths, areas of need, and their child's likes and dislikes. This gives me an opportunity to help identify one to two priority goals for the family, and then provide tips and tricks to achieve those goals by using the child's strengths to promote learning in the area of need. Parents and caregivers are provided with various resources such as visual schedules, token systems, tip sheets and social narratives to support with learning and maintaining the skill. Seeing the families make tangible progress and achieve success after completing the BBC sessions is one of the most rewarding aspects of my role.

Kinark's Brief Behavioural Consultation is available free of charge to families registered in the Ontario Autism Program. You can learn more about this service on our [website](#) and request a consultation with our team!

[Visit our website](#)

Supporting Changes in Your Child's Routine Due to the Upcoming Winter Break

Winter break is coming and finding a balance between keeping your child occupied while also enjoying a bit of down time can be stressful. Some families may need a structured break that includes routines similar to those when in school, while others might want a more unstructured break. Whatever your needs are, preparing early can help decrease some of the anxiety that you or your child may be feeling.



Visit our [website](#) to read our new blog post that shares five tips to help support changes in routine due to the upcoming winter break!

[Visit our website](#)

Kinark Creates: Winter Craft



Snowman Name Craft

Winter is coming and so is the snow! Watch this Kinark Creates video to learn how to make a fun snowman craft using the letters of your name! Grab some colourful paper, markers, glue and scissors to make this craft. Remember that adult supervision is always required when using scissors.

[Watch our Kinark Creates Videos](#)

Kinark values the inherent worth of every person. We value our differences, including age, ancestry, disability, gender expression, gender identity, race, religion and sexual orientation, that make each of us unique, and recognizes that people experience oppression based on these characteristics and identities.



We are actively working and collaborating with experts to establish and sustain a Diversity, Equity and Inclusion Framework that will address racism and oppression in all its forms and create equitable outcomes for our staff and the children, youth, and families we serve. You can view our full statement [here](#).

We are actively looking for families who have experience navigating services and are interested in helping Kinark improve our services for families. Visit our [website](#) to learn more about the ways you can get involved and to submit an interest form!

[Learn more](#)

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

We want to hear from you!

Are you interested in contributing to our next newsletter? Contact us today at 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.



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