

## Spectrum Spotlight

Fall 2021 | Issue 7  
September 28, 2021

Welcome to our fall 2021 edition of Spectrum Spotlight! Fall colours are always a reminder of change as we leave behind happy memories of summer fun, rest and relaxation and look forward to the opportunities ahead of us. Encouragingly, children are returning to in-person schooling and many services and supports continue to take steps towards reopening.

At Kinark, we continue to provide needed supports to children and youth with Autism Spectrum Disorder (ASD) and their families. We are very pleased to offer two new services to our clients and families, Occupational Therapy and Cognitive Behaviour Therapy.



Scott Bark  
Director, Autism Services  
Kinark Child and Family  
Services

Kinark is also proud to be a member of the York Simcoe Autism Network (YSAN), a partnership of more than 10 organizations committed to providing accessible, high-quality services that result in improved outcomes for children and youth with ASD and their families. The network builds on existing system expertise to support children, youth and their families from diagnosis to transition to adulthood. YSAN is pleased to offer caregiver-mediated early years (CMEY) programs to eligible children aged 12 months to 48 months who are registered in the Ontario Autism Program (OAP). For more information about CMEY programs, please visit the government's website [here](#).

September 30 marks the first National Day for Truth and Reconciliation in Canada. This day honours the lost children and Survivors of residential schools, their families and communities. You can visit the government's [website](#) for more information, resources and ways to show your support.

Finally, October is Autism Awareness and Acceptance Month in Canada, a time to recognize the unique contributions of individuals living with ASD and the ways we can support them, their families and their caregivers. Throughout the month, we will be sharing resources on the Kinark Autism Services' [Facebook](#) and [Instagram](#) page with the hashtag [#HandsTogether4Autism](#). We will be wearing blue and getting crafty! Make sure to follow our pages and stay tuned for more information on how you can get involved and show your support! We hope you join us in recognizing this important month.

Wishing you all the best,

Scott Bark  
Director, Autism Services  
Kinark Child and Family Services

## Caregiver-Mediated Early Years Programs

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 Kinark, visit our website [here](#).

York Simcoe Autism Network (YSAN) is a group of organizations providing autism services within York Region and Simcoe County. YSAN organizations are committed to work together to provide accessible, high quality services that result in improved outcomes for children and youth with Autism Spectrum Disorder (ASD) and their families. For more information about YSAN, visit their website [here](#).

### Upcoming Virtual Events

September 30, 2021

- [Parenting a Child with ASD and Mental Health Needs](#)

October 4, 2021

- [Family Social Time - Thanksgiving Craft](#)
- [Transition to Adulthood](#)

October 5, 2021

- [Beyond the OAP - Simcoe](#)

[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

**YSAN:** York Simcoe Autism Network

**OT:** Occupational Therapy

**CBT:** Cognitive Behaviour Therapy

**ADHD:** attention deficit/hyperactivity disorder

## 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 also 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!

## Service Feature: Occupational Therapy

At Kinark, we continue to adapt our services to meet the needs of the children and families that we support. We are excited to announce that we are now offering Occupational Therapy (OT) services!

OT can assist children in developing the skills required for learning, socializing and daily functioning at home, school and in the community. Our Occupational Therapist works with your family to provide support to help your child reach milestones required for everyday tasks.

Occupational Therapists specialize in assessing and supporting sensory integration (e.g., sensitivity to sounds, tastes, textures) and motor functioning (muscle movements and coordination). Our Occupational Therapist can also assess and support gross motor skills (e.g., sitting, standing, walking), as well as fine motor skills (e.g., using a pen or pencil, scissors, zippers, buttons and shoelaces). We will work with your child to help improve a variety of skills necessary for daily tasks.

OT services are eligible for purchase through Ontario Autism Program (OAP) interim one-time funding, OAP core clinical services funding and some private insurance providers.

Visit our [website](#) to learn more about our Occupational Therapy services, and to request a free consultation with our Occupational Therapist, Alyssa!



Alyssa Corcoran, OT Reg. (Ont)  
Occupational Therapist  
Kinark Autism Services

[Visit our website](#)

## Advocating for Your Child in the School System

Advocacy for your child starts early in their life and is crucial to ensuring they receive the appropriate services at school to maximize their potential. Being a parent advocate means being:

1. **Assertive** – standing up for your rights and your child’s rights by expressing your beliefs, values and views in an effective manner without infringing on the rights of others to accomplish what is in the best interests of your child.
2. **Informed** – educating yourself on the rights of your child and accessing additional information to help make informed decisions.
3. **Collaborative** – effectively presenting your viewpoints and utilizing the viewpoints of others toward a mutually developed outcome.

Watch the video below for five tips to help you effectively advocate for your child with Autism Spectrum Disorder (ASD) in the school system! To learn about more about advocating for your child, visit our [website](#) to register for an upcoming parent education workshop.



## Kinark Autism Services: Staff Spotlight

My name is Dr. Hailey Sobel, and I recently joined the team at Kinark Autism Services as a Clinical Psychologist. Prior to working at Kinark, I worked as a psychologist with the York Region District School Board, interned at Surrey Place Centre and worked in private practice settings. Each experience has provided me with the opportunity to interact with and learn from a diverse range of children and youth, families, school teams and health care professionals. I completed my PhD in School/Applied Child Psychology at McGill University and became a registered Clinical and School Psychologist. Prior to my graduate studies, I completed the Education Program at York University and became a registered teacher.



Hailey Sobel  
Clinical Psychologist  
Kinark Autism Services

I am excited to be a part of Kinark and am pleased to join a team that allows me to support child and youth mental health, particularly for individuals with Autism Spectrum Disorder (ASD). I recognize that the process for figuring out how to best support your child can be overwhelming at times. I'm glad that in my role as a Clinical Psychologist, I am able to support families with their child's learning, development and mental health.

As a Clinical Psychologist, I conduct psychological assessments to determine whether children or youth have a diagnosis such as ASD, attention-deficit/hyperactivity disorder (ADHD), learning/intellectual disabilities or emotional disorders. Through each assessment, I build on a child's strengths to help families understand how to best support their child's thinking, learning and development, and their behavioural and social-emotional needs. I also provide evidence-based therapeutic interventions, such as Cognitive Behaviour Therapy (CBT), to support mental health needs in areas such as anxiety, low mood, and self-regulation difficulties. In addition, I host parent education sessions that discuss topics relating to ASD and mental health.

I look forward to working with you and your family to support your child's needs! To learn more about the assessment services available through Kinark Autism Services, visit our [website](#).

Visit our Website



## Fall Crafts

Fall is here, and the leaves are changing colours! Let's make two fun fall crafts with some common supplies around your home. After we are done, you can use them to decorate!

Watch our Kinark Kreates  
Videos

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

## 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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