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ASD Treatment & Intervention
Bloom Closet Express
Sensory-Friendly at the HIGH
Free Workouts
Client of the Month
Support Group Schedule

(Grandparents Raising And Nurturing
Dependents with Disabilities)

NEWS April 2024 Volume 19 Issue 4

Treatment and Intervention for Autism Spectrum

There are many types of treatments available. These treatments generally can be broken down into the following categories:

- Behavioral
- Developmental
- Educational
- Social-relational
- Pharmacological
- Psychological
- Complementary and alternative

Pharmacological approaches
Some medications treat co-occurring symptoms (those that happen along with ASD) and can help people with ASD function better. There are no medications that treat the core symptoms of ASD.

Psychological approaches
Psychological approaches can help people with ASD cope with anxiety, depression, and other mental health issues.

Complementary and alternative treatments
Complementary and alternative treatments are often used to supplement more traditional approaches. They might include special diets, herbal supplements, chiropractic care, animal therapy, arts therapy, mindfulness, or relaxation therapies. Individuals and families should always talk to their doctor before starting a complementary and alternative treatment.

For full article check out: https://bit.ly/cdcautismpg
From Treatment and Intervention for Autism Spectrum Center for Disease Control

Behavioral approaches
Behavioral approaches focus on changing behaviors by understanding what happens before and after the behavior. Behavioral approaches have the most evidence for treating symptoms of ASD.

Developmental approaches
Developmental approaches focus on improving specific developmental skills, such as language skills or physical skills, or a broader range of interconnected developmental abilities.

Educational approaches
Educational treatments are given in a classroom setting.

Social-relational approaches
Social-relational treatments focus on improving social skills and building emotional bonds.
Free in-person classes are being held as follows:

- **Monday @ 9:50A (Senior Body Sculpting)** - Sandtown Park Recreation Center, 5379 Campbellton Rd SW
- **Tuesday & Thursday @ 9:50A** - Samson Fitness Center (New Birth), 6400 Woodrow Rd
- **Wednesday @ 9A** - Walmart Health (7 different locations that rotate weekly)
- **Friday @ 11A (Senior Body Sculpting)** - Exchange Park Recreation Center, 2771 Columbia Dr. (class will not be held at Exchange Park after school is out due to Summer camp).

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**Bloom Closet Express@ Metropolitan Library**

We have partnered with the Bloom Closet to bring you clothes for the children in your care. Bloom Closet offers a boutique style shopping experience on wheels. They have new and gently used clothing for underserved communities raising foster children and kinship families. They will be at the Metropolitan Library on Tuesday, May 21st, 4pm-6pm before the start of our family support group. If you are interested in shopping with them please fill out this form so they can have what your child needs.

**Sensory- Friendly Evening @ the High Museum**

Adults of all ages with sensory processing differences or autism spectrum disorder or who otherwise identify as disabled or neurodivergent to join us along with their friends and family for a FREE sensory-friendly evening.

April 17, 2024, 6pm-8pm

**Let’s Get Active**

Subscribe (FREE) to the YouTube channel and to click on notifications for virtual workouts.

- Youtube Channel: [www.youtube.com/c/theguruofabs](http://www.youtube.com/c/theguruofabs)
- Website: [www.theguruofabs.com](http://www.theguruofabs.com)

**In Person Schedule**

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Ms. Curry exemplifies strength, perseverance and grace when it comes to caring for her family and that is why she is the client of the month.

SUPPORT GROUPS
A light dinner will be served 6:00pm – 6:30pm during family meetings.

<table>
<thead>
<tr>
<th>Event Details</th>
<th>RSVP</th>
<th>Location Information</th>
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| **AM Virtual Adult Support**
10AM-12PM | 4/2- Medicaid Waiver
Guest: Stephanie Dixon – Parent to Parent
Phone: 256-581-5048
PIN: 611 544 546# | Google Meet:
Phone: 256-581-5048
PIN: 611 544 546# |
| **Gwinnett PM Family Support**
6PM-8PM | 4/8- Support and Sharing
RSVP: https://bit.ly/PGGwinnettPM
or 470-310-3458 | Spectrum Autism Support Group Inc.: 2997 Main St., Duluth *new RSVP:
or 470-310-3458 |
| **DeKalb AM Adult Support**
10:30 AM- 12:30PM | 4/9- Autism 101
Guest: Dr. Stormie Pulver- SPARK Autism Research
or 470-310-3458 | DeKalb County Library: 3500 Covington Highway, Decatur
or 470-310-3458 |
| **Fulton PM Family Support**
6PM-8PM | 4/16- Support and Sharing
RSVP: https://bit.ly/FultonPM
or 470-310-3458 | Fulton Public Library: 1332 Metropolitan Parkway, Atlanta
RSVP: https://bit.ly/FultonPM
or 470-310-3458 |
| **DeKalb PM Family Support**
6 PM-8 PM | 4/23- Language as a Tool to Combat Stigma
Guest: Dana McCrary- DBHDD
RSVP: https://bit.ly/DeKalbPM or 470-310-3458 | New Life Community Alliance: 3592 Flat Shoals Rd, Decatur,
or 470-310-3458 |
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