



# New Futures

Newsletter of the Children's Health Council

## News in Brief

### November 25 - 26: CHC Art Show showcases client and staff talent

The CHC Art Show included over 200 pieces of artwork. Contributors included students from the Esther B. Clark School, clients of the Children with Complex Medical Problems (CCMP) Program, and CHC staff. Artwork by the EBC School students focused on exploring legendary artists throughout history. They utilized various art mediums in a therapeutic manner by exploring the expression and techniques of many artists including Renoir, Matisse, Andy Warhol, and Henry Moore. Artwork by the CCMP clients depicted their own experiences, feelings and thoughts as children with medical difficulties. For more information on the CHC Art Therapy Program, please call (650) 326-5530.

### February 17 - 20: Schools Attuned Training continues to educate K-12 teachers

As a regional training site for Schools Attuned, 26 educators from across the country came to CHC and received new information, as well as a system of innovative tools, to meet the diverse needs of K-12 students. Based on over thirty years of work by Dr. Mel Levine, Schools Attuned offers teachers new methods of recognizing, understanding, and managing students with differences in learning. Two upcoming workshops in June and August are expected to bring over 150 educators from around the world.

CHC continues to take Schools Attuned "on the road" with local customized trainings, by bringing programs and seminars onsite to schools. Marin County has embraced the Schools Attuned methodology and, for the second year running, has requested a county-wide local customized training. For more information on Schools Attuned at the Children's Health Council, please call (650) 688-3675 or email [bcombellick@chconline.org](mailto:bcombellick@chconline.org).

### February 25: Guest artist announced for Summer Symphony 2004

Grammy-award winning artist Kenny Loggins will be headlining the 45th annual Summer Symphony concert on Sunday, July 18th. Loggins is well known for his contribution to hit movie soundtracks, including *Footloose* and *Top Gun*. The event will also feature an opening performance by the California Youth Symphony. Last year, legendary trio Peter, Paul and Mary helped raise over \$600,000 for CHC programs and services. For more information on the event, please call the Summer Symphony Hotline at (650) 617-3859 or go online to [www.summersymphony.org](http://www.summersymphony.org).

## Occupational Therapy for CHILDREN

The American Occupational Therapy Association has designated the month of April to be National Occupational Therapy Month.

For most of us, dressing ourselves and brushing our teeth are simple tasks done habitually every morning. Rarely do we think twice about how our body moves to allow us to accomplish these feats. However, for people who have survived a physically debilitating disease or accident, performing these daily activities may require hard work and time. Fortunately, with the help of occupational therapy, patients of all ages can now get the specialized assistance they need.

Occupational Therapy (OT) is a profession that emerged shortly after World War I when soldiers who had physical and psychological deficits required rehabilitation. Since then, the field has expanded significantly and, in the last 20 years, has become one of the fastest growing professions.

### Pediatric OT

While the three traditional areas of practice in OT are rehabilitation, psychiatry and pediatrics, over one-third of all occupational therapists work in pediatric hospitals, school systems and pediatric health care facilities. Patients from pediatric hospitals often require OT for their acute or chronic disabilities,

See **Occupational Therapy** on page 4.

### School receives excellent results from state review

The Esther B. Clark School certainly has much to be proud of this year. On January 22, a reviewer from the California Department of Education (CDE) met and interviewed EBC School staff as part of a Coordinated Compliance Review (CCR), an onsite review required for all certified non-public schools. Upon a complete review of the EBC School, the reviewer gave the school full-approved certification with no required corrective actions.

"We are very proud of this accomplishment as it assures us that we are indeed providing a quality program with outstanding results and making a measurable difference in the lives of our students," beams Lucia D'Souza, EBC School Director.

Every four years, the CDE conducts these visits to review current operating policies and procedures, current behavioral, academic and therapeutic programs and to review the quality of the overall program. The information is then shared with parents, school districts and staff.

The reviewer met and interviewed staff, took a tour of the facilities, observed classrooms and reviewed student files and other required documentation.

"The CDE monitors over 350 [non-public school] sites in and out of CA. Less than 10% of these sites pass the CCR visitation without requiring any correc-

See **State Review** on page 7

## In this issue:

Page 1 - State reviews EBC School  
Page 3 - Celebrating Our 50th Anniversary  
Page 6 - Auxiliary Corner

### Featured Topic

Occupational Therapy for Children

## Calendar of Events

### April 22 CHC Spring Exchange: Staying Connected with Your Teenager

A dinner and discussion moderated by Dr. Michael Riera. This event is sponsored by the CHC Auxiliary. For more information, please call (650) 617-3814.

### May 15 - 16 Sunset Celebration

Sign up as a CHC volunteer! Sunset will make a donation to CHC for every hour worked by a CHC volunteer! For more information, please call (650) 617-3818 or email [volunteers@chconline.org](mailto:volunteers@chconline.org).

### May 22 Professional Development: Pediatric Psychopharmacology Update

Lecturers, who are leaders in their respective fields, will share the latest research & medications/treatments regarding ADHD, anxiety, depression, mood disorders & juvenile aggression. For more information or to register, please call (650) 617-3806.

### June 21 - 25 Schools Attuned Training

CHC is one of nine regional training sites in the country for the nationally acclaimed Schools Attuned Program created by Dr. Mel Levine. For more information, call (650) 688-3675 or email [bcombellick@chconline.org](mailto:bcombellick@chconline.org). More information can also be found at [www.schoolsattuned.org](http://www.schoolsattuned.org).

## Summer Symphony 2004



featuring  
**Kenny Loggins**

Opening performance by the  
**California Youth Symphony**

**Sunday, July 18, 2004**

Individual and corporate sponsorship packages available now for advanced purchase.

To become a sponsor, please call (650) 326-0643 or visit [www.summersymphony.org](http://www.summersymphony.org).

Individual tickets go on sale June 1.

## From the Executive Director



Dear Friends of CHC,

Typically winter is a time for hibernation – for drawing in, for slowed down activity, but as you will clearly see in this issue of *New Futures*, such is *not* the case at CHC. We have found ourselves at an exciting time to look back, assess the present and eagerly anticipate the possibilities of our future.

Our rich history, so replete of wonderful volunteers accomplishing remarkable feats, is being captured under the leadership of this year's Auxiliary President, Gail Drewes. Gail and a team of Auxiliary members have been searching through boxes and albums of photos and news clippings from the last 50 years. They are planning to produce a special compilation to document our first 50 years.

The present is represented by our Occupational Therapy programs where children experiencing clumsiness, awkwardness and fine motor problems can come to improve their ability to function in their home and in the classroom. Our Occupational Therapy program currently has two gyms – soon to be three – specially equipped with therapeutic gadgets like big round balls, a trapeze and a slide. I hope you will take some time to read through the feature article on occupational therapy. This is a fascinating therapy that has been largely misunderstood.

And for the future, we look with eager anticipation to our Summer Symphony concert, this year featuring Kenny Loggins, a personal favorite of mine (especially during the days of *Loggins and Messina* in the 1970's). Of course, the Summer Symphony represents so much more than just entertainment. Just in the past two years, this event, led by remarkable co-chairs Lou Ann Winchell and Eve Jaffe, has generated over \$1 million of funding to support children and families who might otherwise not be able to receive excellent and much needed services.

Finally, it's a time for me personally to reflect on a very fulfilling eight years of affiliation with the Children's Health Council and to look forward at the end of the summer to new experiences as I move onto new endeavors on the East Coast closer to extended family.

Sincerely,

Christopher Harris  
Executive Director

#### CHC FOUNDER

Esther B. Clark, M.D. (1900 - 1990)

#### BOARD OF DIRECTORS 2003-2004

Patrick J. McGaraghan  
*Chair*

Ross Jaffe, M.D.  
*Vice Chair*

John Kriewall  
*Secretary*

Mark Gates, Jr.  
*Treasurer*

John Buoymaster  
Harvey Cohen, M.D.  
Bruce G. Fielding, Jr.  
Rita DeSales French, Ph.D.  
Thomas J. Friel  
Christopher Harris  
Susan M. Hyatt  
Mark G. Hyde  
Jacque Jarve  
Christine Johnson, Ph.D.  
Robert Keller  
Michele Kirsch  
Bettina McAdoo, M.D.  
Jeff Pickard  
Larry Schwab  
Elizabeth Shen  
Barbara Silverman  
Hans Steiner, M.D.  
Rosalie Whitlock  
John G. Williams  
Kimberly Young

#### EX-OFFICIO

Gail Drewes  
*Auxiliary President*

Eve Jaffe  
Lou Ann Winchell  
*Summer Symphony Co-Chairs*

#### EXECUTIVE MANAGEMENT

Christopher Harris  
*Executive Director*

Leon Wanerman, M.D.  
*Clinical Director*

Lucia D'Souza  
*Esther B. Clark School Director*

Lynne Huffman, M.D.  
*Research Director*

Karen Grites  
*Training Director,  
Educational Services*

Tom McPherson  
*Client Care Director*

Hank Morgan  
*Finance Director*

Terry Kurfess  
*Marketing and Development Director*

Carol Rocuzzo  
*Human Resources Director*

Paulette Giovannoni  
*Operations Director*

Tass Sperring  
*Information Systems Director*

Isabel Chou, *New Futures* Editor  
ichou@chconline.org

Please send your comments to:  
*New Futures*  
The Children's Health Council  
650 Clark Way  
Palo Alto, CA 94304

#### State Review (continued from cover)

tive action," says Jerry Elmore, Site Reviewer for the CDE.

The EBC School and its staff received commendations for the following:

- Administration, faculty and support staff for their dedication in providing a quality education to all their students
- Behavior intervention program
- Transition program
- Art and Music Therapy programs
- Organization of the on-site review process
- Extra-curricular activities that allow student participation, including such activities as Black History Month and Summer Symphony
- On-site clinical component
- Service delivery model for Designated Instructional Services (Speech & Language and Occupational Therapy)

For more information about the EBC School, please call (650) 322-3065 or visit [www.chconline.org](http://www.chconline.org).

#### Thank You! Thank You!

The Esther B. Clark School would like to thank Betsy Haehl and John Kriewall for their generous gift of \$10,000 in honor of the EBC School's successful onsite review.

#### EBC Celebrates Black History Month

"When I discover who I am, I'll be free."

- *Ralph Ellison, American Writer*

Amidst the rich pan-African offerings of the hour and a half EBC School assembly, the Black History Month Celebration was more than a history lesson: it was an invitation. Eager to share their talents and passion, EBC School students emceed the celebration and read poetry by Langston Hughes. A group of students danced and lip-synced to a popular hip-hop song, and the EBC Blues Band provided a soulful musical offering. There was also a Capoeira (Afro-Brazilian martial art) presentation and two keynote speakers: an Olympic hopeful of the Palo Alto track club and EBC School Classroom 5 Therapist John Pina, PhD.

John encouraged the students to discover where they came from by sharing his own story of discovery. "My father was from the Cape Verde Islands, off the west coast of Africa, near Senegal. He was the first person in our family to come over to the States. It was only after someone else encouraged me to investigate my heritage that it became clear to me that I had been neglecting it," shares John. "Now, I am happy to have had that opportunity to learn about a very special part of my life. A lot of people define themselves by what's on the outside, but learning about yourself helps define yourself from the inside". John's presentation was met by applause and eager students hoping to share stories of their own families.

The Black History Month Celebration is one of many unique activities at the EBC School to enrich the education of students.

#### Special Gifts to the Children's Health Council

The following special gifts were made to CHC in honor or memory of loved ones between November 1, 2003 and March 24, 2004. (Names of honorees are indicated in bold.)

#### MEMORIALS

**Ila Anderson**  
Chuck and Marion Hauser

**Mollie Apple**  
Myles and Carol Berg

**Marian Barry**  
Gail Drewes, CHC Auxiliary  
Bobbie and Charlie Munch  
Mildred S. Nilsson  
Linda Plount  
Grace and Frank Vitale

**Shirley Boeddiker**  
Mr. Robert E. Boeddiker

**Janice R. Bull**  
Claire Masso-Bull and William Bull  
Bobbie and Charlie Munch

**Mary Lore Callas**  
Myles and Carol Berg

**Carol Cauwet**  
Mrs. Marjorie Cary  
Janet and Dawn Moser  
Al and Carole Jacobs  
Jean and Charles Lee  
Patricia Menary  
Jeannie Menary-Winefield  
Patricia S. Miller  
Mr. and Mrs. Robert L. Nedd  
Virginia W. Perkins  
Sherill and Andrew Sass  
Mr. and Mrs. Thomas P. Shellworth  
Velda H. Skagen and Karen S. Hiller  
Gloria and Owen Sullivan  
Carole Woods

**Betty Codrington**  
CHC Auxiliary &  
Bargain Box Volunteers

**Betty DeBusk Evans**  
Mildred S. Nilsson

**Sarah Cava Crane**  
Association of Postdoctoral  
& Internship Centers

**Cameron Cray, M.D.**  
Mrs. Marjorie O. Cray  
Richard Cameron Cray

**Mary Cutting**  
Gail Drewes, CHC Auxiliary

**Robert Donovan**  
Elizabeth and Dean Shen

**Clarice Fay**  
Gail Drewes, CHC Auxiliary

**Jonathan Grossman**  
Ms. Sherry Grossman

**Marie Hutton**  
Bonnie Scholes

**Agnes Jarman**  
Elizabeth Wills

**Louise Kurfess Hansman**  
Kathy and Ralph Parker  
Dorothy Rathbun

**Jean B. Legg**  
Mrs. Marion B. Raff

**Craig Mackey**  
Chuck and Marion Hauser

**Betty Lou Mathews**  
Jane Waggoner  
Paul and Donna Hedstrom

**Fran O'Rourke**  
Jean R. and Robert E. Boeddiker

**May Elsinger Perkins**  
John S. Perkins

**Judith M. Peterson**  
Sarah and Tom Clark

**William "Bill" Phy**  
Carol M. Phy

**Miles Poinier**  
The Sanders Family Fund

**Yvonne Fay Raffel**  
Anonymous

**Barbara D. Read**  
Lee S. Read, Jr.

**Alice Anne Roberts**  
Maxine Anderson

**Jean Shoemaker**  
Ruth and John Richter

**Grant Stevens**  
Chuck and Marion Hauser

**Susan K. Thede**  
Robert H. Thede

**Graham Wolf**  
Cynthia Gilbert  
Sally B. Gilbert

#### TRIBUTES

**Penelope "Poppy" Baker Roberts**  
Anonymous

**Tristan Bince**  
Anonymous

**Robyn Carmel**  
Dr. and Mrs. Jeffrey A. Carmel

**Kristin France**  
John A. Kriewall and Betsy A. Haehl

**John Galen's 80th Birthday**  
Lolly and Stuart Erlanger

**Karen Grites**  
John A. Kriewall and Betsy A. Haehl  
Barbara Sourkes

**Katherine Hangauer's 90th Birthday**  
Lisa and Robert McCann

**Christopher Harris**  
Susan and Bill Daniel

**Eve Jaffe**  
Pilar and Lew Davies  
Sally and Craig Falkenhagen

**Ross and Eve Jaffe and Family**  
Jennifer and David Lombardi

**Junior League Members of the EBC Society Committee**  
Sally and Craig Falkenhagen

**Dr. Bettina McAdoo**  
Gordon Russell

**Placido Mallillin**  
Anne Ayers Butler

**Tom McPherson**  
Hans Steiner, M.D.

**Dylan Plount**  
Kathy Lee Fier and Jeff Fier

**Barbara Silverman**  
Roslyn and Mervin Morris

**LouAnn Winchell**  
Marie and Craig Gladstone Vought

Care has been taken to provide an accurate listing of donors and gifts received. Please accept our apologies for any error or omission and contact the Development Office for corrections, (650) 326-0643.

# AUXILIARY CORNER

## Annual Domino Tournament a success for 43rd year

Forty-three teams gathered for the 43<sup>rd</sup> Annual Masters Domino Tournament. The event sponsored by the CHC Auxiliary made CHC the winner, raising \$14,000 for the agency.

Many players have been playing in the tournament every year for the last 43 years. "One player came up from San Diego for this long-standing tradition," shares co-chair Connie West.

Diane Bottoms, co-chair of the event, is always excited about the energy in the room. Says Diane, "At 9:30 you can hear the dominos clicking loud and quick, and by late afternoon, there is a more serious tone in the air."

Both of the event chairs acknowledged that their working committee makes the tournament the fun successful event that it has grown into today. "They make it easy and fun to raise money for CHC," explains Diane. The Domino Committee is planning to hold

"domino trainings" in preparation for next year's tournament to encourage a new generation of players.

## Auxiliary members giving time to work with students

Wednesdays bring a little extra cheer at the Esther B. Clark School. Members of the CHC Auxiliary are lending a hand to the lower division classrooms. By working one-on-one with EBC Students, these special Auxiliary members are helping students practice their social skills.

Every Wednesday, Auxiliary members like Glenda Derman and Fran Baron spend time with a class. Glenda joins Classroom 3 (grades 4-6) for lunch and engages the students in conversation about their weekend, favorite activities and more. Guy Morrow, Lead Teacher for Classroom 3 came up with the idea as a way to strengthen the student's interpersonal relationships.

"Glenda does a great job connecting with the kids and initiating conversa-

tions. The students look forward to her visit and benefit greatly from the one-on-one attention," says Guy.

Since each classroom at the EBC School consists of students from multiple grades, having volunteers such as Fran Baron in Classroom 1 allows the staff to give proper attention to all of the grade levels. Says School Director Lucia D'Souza, "It is a great help to have Fran come in during reading time and work with one or two students – it is so important for our students to work in the appropriate grade level."

In addition to getting the kids excited about reading, Fran is filling another important role for many of the EBC students. "She is a grandmother figure that many of our kids don't have," shares Mark Foust, Lead Teacher in Classroom 1. "Fran makes a point of visiting with all of the kids and they truly enjoy her energy and excitement."

For more information about the CHC Auxiliary or the programs they support please call 650-617-3816.

## Summer Symphony success lies in dedication of volunteers

For 45 years now, great performers like Ella Fitzgerald, Rosemary Clooney, Ben E. King, Trisha Yearwood and Peter, Paul and Mary have been captivating fans at the Summer Symphony, the annual fundraiser for the Children's Health Council. As the agency's largest fundraising event, the success of Summer Symphony lies in the dedication and hard work of a small group of volunteers.

Each year, a committee of community volunteers work over 3,000 hours in planning the event. Each volunteer belongs to a sub-committee and is responsible for at least one aspect of the event, including finding individual and corporate sponsorships, marketing, hospitality, securing talent and organizing operations on the day of the event. In addition to the committee volunteers, an additional 200 volunteers are needed on the day of the event to usher, set-up chairs, take tickets and more.

"Summer Symphony is a full-production concert, with 6,000 people in attendance, complete with talent agents, caterers, police, news crews and a full symphony!" describes event

co-chair Eve Jaffe. "We would not be able to do all of this without our volunteers."

This year, Kenny Loggins has been signed to headline the concert. Having raised a record-breaking \$600,000 last year with a sellout event featuring legendary folk trio Peter, Paul and Mary, this year's 23-member committee is hopeful for another successful concert.

"Kenny Loggins appeals to such a large audience, we hope that fans will come out to hear him and support the wonderful work of CHC," says event co-chair Lou Ann Winchell.

"There are no words to express the agency's gratitude for the tremendous fundraising accomplished by the committee," remarks Terry Kurfess, Director of Marketing and Development. "Members of the committee assume personal pride and responsibility in introducing friends, family and corporations to the services and

### Summer Symphony 2004 Committee

**Event Co-Chairs**  
Eve Jaffe  
Lou Ann Winchell

<b>Committee</b>	Katherine Westerman
Annie Barnett	Quin Whitman
Amy Boyle	Carol Young
Julie Brody	Kimberly Young
Charlene B. Cogan	
<b>Members at Large</b>	
Lisa Gerould	Suki Bigham
Shelley Hutter	Susan Ford Dorsey
Suzanne W. Killea	Lulu Frye
Kathy Layendecker	Alexandra Gifford
Michael J. Lazarus	Jan Harris
Ellen Leanse	Julie Helfrich
Kim LeMieux	Jacque Jarve
Janice Meisel	Lisa Keith
Lisa Mooring	Anne Lawler
Chris Rivera	Betsy Matteson
Annette C. Siegel	Ellen Rose
Mary Stevens	Lisa Wan
Suzanne Valdez	

programs that CHC offers to children and families. And those introductions translate into interest and financial support of CHC!"

*If you would like to volunteer on July 18, please call 650-617-3859 for more information.*



Celebrating our first 50 years:

## A Journey of Discovery

For the past several months, CHC Auxiliary President Gail Drewes and a dedicated group of Auxiliary volunteers have been taking a sentimental journey through boxes of past records, Auxiliary scrapbooks, old photo albums and other treasures that capture the history of CHC's first 50 years.

For Gail, the 50<sup>th</sup> Anniversary archiving project has been both a labor of love and a journey of discovery. "It's amazing to see the information about CHC that was saved – largely by volunteers. We've found a lot of very interesting bits about the early days of the Children's Health Council, the various fundraisers, and the members of the community who supported us in those early years," she notes.

Gail has volunteered with CHC for more than 12 years, but her connection to CHC and founder Esther B. Clark goes back even further. She grew up in Palo Alto, and Dr. Clark was her pediatrician. "She was one of the few pediatricians in town at that time and I have a strong memory of Dr. Clark giving me a shot when I was

about 6 years old," Gail remembers.

Last fall, in honor of CHC's 50<sup>th</sup> Anniversary, a group of volunteers decided it would be an opportune time to take on the archiving project. More than a dozen "historical" boxes that had been in storage were moved into an empty office in the CHC Marketing and Development Office – and the digging began.

There are binders with Board meeting minutes, rosters and reports. There are files of photos, including some of Dr. Clark's family, taken at the turn of the century. The boxes also held scrapbooks that – until just a few years ago – were faithfully kept by Auxiliary volunteers with invitations, photos and news clippings that highlight various CHC fundraisers held over the years.

"Dr. Clark's nephew told me that, when Dr. Clark died, her personal effects were all moved to her home in Mendocino, but that home later burned down in a fire," Gail explains. "So, we apparently have rare photos of Dr. Clark and her family. And it's a treasure to have them!"

The archiving team quickly decided they'd need to focus their work – or they'd be sorting through boxes for the next several years!

"We decided to focus on CHC's founding and how it grew, on the fundraising efforts, and on the building efforts," Gail explains.

They are reviewing old documents, files and photos by decade – and then will use this wealth of materials to prepare a comprehensive history of CHC's first 50 years. "Our goal has been to prepare a history that we can distribute to Board members, major donors and others who are interested in CHC's work," Gail says.

As part of the project, the team also contacted past Auxiliary presidents and other long-time volunteers and requested personal histories of their volunteer efforts at CHC. To date, more than 15 volunteers have contributed their personal memories – which will all become part of CHC's rich mix of history and memory. In April, the Auxiliary will host a brunch for long-time volunteers. It will be another

opportunity for the archiving team to capture their stories.

The Auxiliary plans to produce the



Dr. Clark, far right in the first row, poses with her Stanford Medical School class. She was one of three women in her class.

history – organized decade by decade like a "yearbook" – by June, as a close to the 50<sup>th</sup> Anniversary year.

Among the quotations that are sure to find a place in the history is this one from Dr. Clark – in which she describes her vision:



Dr. Clark with her two favorite animals.

"I got the idea, a little naïve, to have an area in the world where any child's needs would be provided for. I looked around Palo Alto and there were plenty of good pediatricians, but there was a lack of a single place where children with emotional upsets, learning problems, physical handicaps or mental retardation could go to and have diagnosis and treatment all in one place. That was the essence of what I wanted, and the CHC came

## Occupational Therapy

[continued from cover]

including juvenile rheumatoid arthritis, birth defects, cystic fibrosis, cerebral palsy, or muscular dystrophy. Occupational therapists in schools often see children with developmental delays, learning disabilities and deficits because of prematurity, and help children pursue the "occupations" of learning, playing, and growing.

Premature infants often benefit from occupational therapy. Some of a baby's "occupations" are to eat and grow, but if developmental complications cause feeding problems, a pediatric occupational therapist can often provide treatments that improve the baby's ability to take in nourishment.

The goal of pediatric OT is to help infants and children achieve age-appropriate self-help, play, and leisure skills. By using purposeful activity, occupational therapy aims to minimize the effects of disease, injury, congenital deficit, disability, developmental delay, or deprivation.

### Assessment

"One of the most important first steps in determining whether or not a child

requires OT services is to get a thorough assessment," says CHC occupational therapist and department head Barbara Ram. "That will guide what you should do for treatment."

A comprehensive assessment is dependent on the level of detail, the number of assessments used and the number of skills assessed. Often, the occupational therapist is looking for a child's developmental level, dexterity, endurance, flexibility, joint range of motion, primitive postural reflexes, muscle tone and strength, sensory function, rate in rhythm of movement, independence in self-care, sensory integrative skills, and psychosocial, cognitive and visual-perceptual skills.

### Treatment

Following a detailed assessment to guide the goals for therapy intervention, a family may decide to proceed with treatment.

"We use a number of neurological and sensory strategies and facilitation techniques as well as developmental approaches," explains Barbara. "But overall, we have to keep the therapy focus playful because play is a child's primary occupation. It is their primary learning modality.

"We typically use suspended equipment, like swings and hammocks, as facilitation techniques because we are facilitating certain areas in the brain in terms of sensory responsiveness. We are trying to elicit specific motor responses."

While the length of therapy depends on the progress of the individual child, it is important to remember that a child should be treated on a continuum. "Compared to adults, children are still learning in all phases of development – cognitively, motorically and behaviorally," says Barbara. "While we evaluate and compare each child to his or her peers, we are more concerned with the individual child's rate of progress. How quickly is their nervous system



responding to techniques and strategies we are providing?"

"Sensory motor intervention can be likened to a computer CPU. There is a sensory input, a neurological throughput, and a resulting motor output," explains Barbara. "Some children love these sensations, but some are fearful of them. We have to approach each child according to his or her comfort level."

Parent follow-through and compliance at home also play major roles in a child's rate of progress. Parents must remember that while a few children do make dramatic changes, most children typically make slow and steady incremental gains over the course of several months.

### CHC as a resource

CHC offers a comprehensive pediatric occupational therapy program with four occupational therapists on staff. While the therapists do conduct individual single-discipline assessments, each therapist does a sizable number of collaborative team assessments with therapists in other disciplines.

Clients who come to CHC are often of a sub-specialty group. Many are young children, starting at less than one year old, and have problems like feeding disorders. Other clients are older, through adolescence, and require OT because of problems like Autism, ADHD, fine motor coordination and handwriting.

"One of the reasons to come to CHC is to obtain the comprehensive evaluation and to benefit from the team collaboration – if it is warranted," describes Barbara. "Our therapists tend to be more experienced, senior-level clinicians with advanced training and advanced practice certification."

For more information about occupational therapy and services provided

## One Child's Story: *Brandon*

Brandon was diagnosed with Autism at the age of 3 in Singapore. He came to CHC in the Fall of 2003 when he joined SPOT, a speech and occupational therapy group for preschool-aged children. CHC Occupational Therapist Elizabeth Zias evaluated Brandon and due to his low scores on tests of motor functioning, he was diagnosed with Developmental Coordination Disorder. Shortly thereafter, he started one-on-one sessions with Elizabeth.

Initially, Brandon had great difficulty remaining alert and attentive during circle time. Because he would often come into sessions lethargic and resist participating in one-on-one and group activities, Elizabeth implemented strategies that helped him gain a greater ability to focus. For instance, she had him participate in a movement activity at the beginning of each session to help increase his activity level and attentiveness. Brandon's mom was also asked to give him more opportunities for movement before coming to OT and throughout the day to help him maintain an even level of alertness.

Brandon has shown great progress in therapy. Several months ago, he would lean on his arms rather than sit with an upright posture; he needed many verbal and physical cues to correct his posture. Now, he is showing improved trunk strength and does not lean onto his arms. While he will sit with a slumped posture, Elizabeth only needs to touch his lower back and/or his shoulders lightly and he will respond by correcting his own posture.

Brandon was also tactilely defensive and reacted negatively to certain types of touch or the way certain textures felt against his skin, like having glue on his hands. Tactile defensiveness is an over-reaction or aversion to touch that is considered

**"He would often come into sessions lethargic and resist participating in one-on-one and group activities..."**

excessive by most standards. When a child like Brandon demonstrates this defensiveness, he also often shows a great need to touch others or touch objects. It is hypothesized that deep pressure touch helps to organize the nervous system and ultimately helps the child remain focused on a task. Often these children will seek out deep pressure as long as they are in control of it, but when they cannot control it (i.e. another child touches them), they feel threatened and over-react. Brandon's sensory seeking behaviors included frequently touching his carpet square, moving about on the square, rocking, touching his face and, at times, touching other children seated next to him. He would take his carpet square and wrap it around his legs tightly while sitting on it. He often needed Elizabeth to sit behind him and assist him back to the center of his square. Now he is able to self-monitor his position and does not need this assistance at all.

Brandon was often fearful to try new motor tasks, especially climbing activities. With step-by-step instruction, prompting and encouragement, he is less fearful. He can now climb up a rope ladder with little fear though he continues to need instruction to know where to place his feet and hands.

With fine motor tasks (i.e. coloring, writing, drawing), Brandon often became extremely distracted by the materials presented to him. They usually had to be removed then given to him one at a time. He can now attend more easily to the task at hand and does not need this excessive structuring in order to complete these activities. To help Brandon gain better motor control when writing or coloring, Elizabeth uses adaptive equipment, like slant boards and pencil grips. He used an immature and less functional pencil grasp and required constant cues to coach the use of a tripod hold. Now, with the use of the pencil grip and practice he rarely needs cues and can hold a pencil appropriately much of the time

## Autism: A Review

April is also National Autism Awareness Month. In recognition of this observance, we hope you will take some time to review the following information on Autism.\*

### What is Autism?

Children with autistic disorder have difficulties in social interaction and communication, as well as restricted interests and/or repetitive behaviors. Notably, they have difficulty understanding and using language, using nonverbal communication (gestures, eye gaze, a range of facial expressions), developing conversational and other turn-taking abilities, developing friendships and showing imagination and creativity in play. Though the exact cause of autism is still unknown, experts have generally accepted that the disorder is caused by irregularities in brain structure or function. Autism is the most common among five forms of Pervasive Developmental Disorders (PDD).

### Did you know?

... 1.5 million Americans are affected by autism

... 50 children are diagnosed with autism every day

... autism is the fastest growing developmental disability in the U.S.

### For more information

www.autism-society.org  
www.autism.org

For more information on services, please call CHC at (650) 688-3625 or email intake@chconline.org

\* Information originally appeared in New Futures Fall/Winter 2002.

## What to look for in a 3-4 YEAR OLD

### Mobility in Standing

Runs around obstacles; turns corners

### Development of Grasp

Crayon held with fingers; hand on top of tool; forearm turned so thumb is directed downward; pencil held with mature grasp, but no isolated movements within the hand

### Development of Manipulative Prehension

Holds paper with one hand while writing with the other hand

### Jumping Skills

Hops on one foot; skips on one foot; jumps over objects

### Development of Climbing

Climbs easy nursery apparatus

### Development of Ball Skills

Catches ball with elbows bent in front of body; throws ball using shoulders and elbows

\* From *Transdisciplinary Play-Based Assessment*, Linder, 1990