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CEC: Clinical Exchange Corner

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Clinical Education Complex
at Western Kentucky University

Clinical Exchange Corner

Fall 2008

Our Suzanne by Amanda Coates Lich

By most definitions, philanthropy is the giving of time, talent or treasure for the benefit of others. Certainly, the Clinical Education Complex is the culmination of the hard work and commitment from many philanthropists, with roles great and small, who were moved to respond to a community need. Philanthropists are visionaries who see potential and take action to affect change. Occasionally, philanthropists are donors, but more often they are social connectors, volunteers and believers of the mission of the organization which they support. Consequently, if one were to open a dictionary and search for the word "philanthropist," one would likely see a smiling photograph of Suzanne Vitale.

Suzanne has been a hero of the CEC in more ways than one. She has been involved since the beginning, nurturing relationships in the community, the university and among the six programs of the CEC. Throughout the process, her commitment and drive have motivated others to invest of themselves through their time, talent or treasure to make this dream a reality. When challenges facing the completion of the facility seemed impossible, there was Suzanne—pushing forward, making things happen and getting the job done. Her influence can be seen in each and every program offered in the CEC and her interest in the sustainability and success of each program helps ensure that the CEC will be helping families for years to come. Consequently, it was a proud day for all of us when Suzanne's name was forever linked with the CEC earlier this year.

While we now refer to the CEC as the *Suzanne Vitale Clinical Education Complex*, Suzanne's true legacy may be seen in the eyes of every child who finds help through the services offered in the facility. Her tenacity and perseverance is an inspiration to us all and this community is a better place for having her in it. Take a bow, Suzanne, you deserve the applause!

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Upcoming Events:

- Suzanne Vitale Clinical Education Complex Closed in Observance of Christmas Break—December 13, 2008—January 4, 2009
- Conference—Becoming a More Creative Counselor with Dr. Sam Gladding—April 3, 2009
- Autism Awareness Festival—April 25, 2009

Early Childhood Center at WKU helps the Crusade

WKU Early Childhood Center Director Lisa Murphy with the help of one of her students shows Crusade donations raised

The following article can be found on the WHAS Crusade for Children website (www.whascrusade.org). WHAS helped the ECC by providing a $40,000 grant for 2007-2008 and a $37,000 grant for 2008-2009. This grant money has funded the Assistant Director position, allowing the ECC to serve an increased number of children and families.

Following the successful 55th annual WHAS Crusade for Children where more than $5.2 million was raised, donations continue to pour in. Lisa Murphy, Director of the Renshaw Early Childhood Center at WKU said, "We raised money by selling Big Red School T-shirts, Big Red books that had been donated by the author and DVDs of children in Big Red School to our families." All the money came from families of children participating in Early Childhood Center or WKU students and faculty. Their efforts brought a $300 donation to the WHAS Crusade for Children. Thanks ECC and WKU!

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The Kelly Autism Program & Renshaw Early Childhood Center are proud to be recipients of the WHAS Crusade for Children grant.

Family Resource Program Highlights by Vella Mae Travis

Throughout the year, the Family Resource Program partnered with community agencies and programs to provide services and support to individuals & families. The FRP hosted a reception for the city & county schools' Family Resources & Youth Services Center (FRYSC) staff in order to disseminate information about the six programs within the Suzanne Vitale Clinical Education Complex (CEC) & brainstorm ways for the FRP to work with the school-based center staff in making referrals & collaborating on future projects. In the fall, the FRP & FRYSC staff will meet periodically to exchange valuable information. An Advisory Committee was formed that included parents & relatives of children with special needs, community agency representatives & departmental representatives from WKU in order to help the FRP to reach its goals. The FRP & the Early Childhood Center (ECC or Big Red School) are offering sessions called the "Parents' Coffee Hour" with topics such as parenting tips, stress management & behavior management.

The FRP participated in the city school system's Readifest, which helped parents & children prepare for the start of the new school year. The FRP staff provided information to families & answered questions they had about CEC programs. In addition, the FRP staff had an educational booth about CEC programs at Delta Sigma Theta Sorority, Inc.'s Juneteenth Celebration. The FRP also worked with the Kelly Autism Program (KAP) to assist several families whose children attended the summer program

The FRP will continue to serve as the centerpiece of the CEC during the next academic year. The FRP is in the process of planning programs for the upcoming year, which will include collaborations with other programs & agencies to better serve the community. The FRP continues to offer screenings, assessments, case management services, a resource library, referrals & educational support. In order to assess CEC families' needs, needs assessment surveys will be distributed by the FRP in the fall. Information gained from the surveys will be utilized to provide programs that meet the needs of families. For more information about the Family Resource Program, please call (270) 745-2784.

Talley Family Counseling Clinic by Dr. Tammy Shaffer

The Talley Family Counseling Clinic (FCC) is keeping busy and growing! Please keep spreading the word that we are here to serve our community, and that we are helping people improve the quality of their lives and personal relationships.

The FCC is continuing to provide workshops for local counseling professionals (including school counselors and private practitioners) and students. We are interested in your needs; if you have an idea for a workshop for professionals or for families, please let us know! Stay tuned for information about upcoming events, including:

November 21 ***Diagnosing and Working with Children with Bipolar Disorder*** with Dr. Tammy Shaffer and Dr. Jill Duba, Assistant Professors, WKU

April 3 ***Becoming a More Creative Counselor*** with Dr. Sam Gladding, Professor, Wake Forest University (Salem, NC)

The FCC strives to bring in quality speakers that meet the needs of the Bowling Green community. We are looking for individuals or agencies to help sponsor Dr. Sam Gladding's visit to the WKU community. For more information, please contact Amanda Lich at 745-2340 or Dr. Tammy Shaffer at 745-2419.

The FCC deals with a variety of client issues including depression, anxiety, stress management, parenting skills and relationship issues. We are here to serve both students and our community.

Please contact the Family Counseling Clinic if we can be of assistance to you, or if you have some programming suggestions on how we can serve you, our community families and professionals. You can also check us out on the web at www.wkucec.com. Click on the Family Counseling Clinic icon for more information. For suggestions or questions, please contact Dr. Tammy Shaffer at (270) 745-2419 or by email at Tammy.Shaffer@wku.edu.

Communication Disorders Clinic News by Mary Lloyd Moore

The Communication Disorders Clinic had an excellent semester! On September 9, forty-six clinicians welcomed eighty-three clients to the 2008 Fall Semester of the Communication Disorders Clinic. This semester we had a large variety of clients, ranging in age from two years to sixty-two years of age. Their classifications include Autism, Articulation and Phonological delays, Fluency difficulties, Traumatic Brain Injury (TBI), Down Syndrome, Pervasive Developmental Delay, Cognitive-Linguistic problems, Language Delay, Auditory Processing problems, reading difficulties and ESL students. In addition to seeing clients at the Communication Disorders Clinic at the Suzanne Vitale Clinical Education Complex, we had student clinicians seeing children at the Western Kentucky University Campus Childcare at Jones Jaggers. As the semester closes, both clinicians and clients made very good progress on their goals and objectives. Our new and seasoned clinicians alike adapted quite well to their new clients and provided creative and effective speech-language therapy throughout the semester.

The Kelly Autism Program & Renshaw Early Childhood Center are proud to be recipients of the WHAS Crusade for Children grant.

Frequently Asked Questions about the Communication Disorders Clinic

1. What communication problems do you treat?

We work with language development, language issues (including TBI, neurological diseases & stroke), articulation (or the way we produce sounds), voice, fluency (stuttering), hearing, Auditory Processing Disorder (APD), swallowing, Accent Reduction & English Language Learners (ELL).

2. What ages do you serve?

We provide assessment & treatment services to individuals of all ages. There is no one who would be refused treatment based on his/her age. We generally see individuals from eighteen months up to ninety years of age.

3. Who will provide therapy?

Therapy will be provided by student clinicians under the supervision of licensed & certified Speech-Language Pathologists. Our supervisors hold conferences with student clinicians throughout the semester to discuss clinical progress. Our supervisors observe most all therapy sessions & give feedback & suggestions to the student clinicians.

4. What should we expect during the semester?

The therapeutic process involves the following steps: (1) Make an appointment, (2) Assessment, (3) Individual Treatment Plan, (4) Attend Clinic, (5) Semester Final Summary. After enrollment in the WKU Communication Disorders Clinic, we will complete an assessment to identify your (your child's) strengths & areas of concern. The information that is discovered during the assessment will help us to create individualized goals & objectives. (If your child has an IFSP or IEP we will reinforce the goals & objectives that have already been set.) These individualized goals & objectives will be written up in an Individual Treatment Plan (ITP) which we will use to guide therapy. We will ask you to help in the creation of your (your child's) ITP, & you will receive this document.

After the ITP is created, you (your child) will attend therapy either once or twice per week to work on the goals and objectives set forth in the ITP. Before each session, the student clinician will create a lesson plan. After each therapy session, your clinician will write a note summarizing the day's work. You (your child) will be asked to complete homework in between your therapy sessions because we know that the practice between therapy sessions is crucial to making progress.

At the end of the semester, you (your child) will receive a semester Final Summary which is a document that summarizes the work completed. This Final Summary will also include recommendations about future goals and objectives. This process will continue each semester until you (your child) no longer attend therapy at the Western Kentucky University Communication Disorders Clinic.

5. How long will therapy last?

The amount of semesters required is totally dependent on the individual client and the severity of the presenting situation. A typical therapy session lasts for one-half hour to one-hour and is scheduled either once or twice per week, depending on your (your child's) needs.

6. Is group therapy available?

Group therapy is certainly available. In fact, after a client is able to produce the target behavior it is often in his/her best interest to be in group therapy to help generalize the skills learned in the individual therapy setting. When you (your child) are (is) ready for group therapy, it is a signal that good progress is occurring in the treatment process. In other words, it is cause for celebration!

7. What is the therapy schedule?

Therapy is offered on a semester basis at the Western Kentucky University Communication Disorders Clinic. We offer a Spring, Summer and Fall Semester. The Spring Semester typically is in operation during the months of February, March and April for a total of 12 weeks. The Summer Semester typically is in operation during the month of July for a total of 4 weeks. The Fall Semester typically is in operation during the months of September, October and November for a total of 12 weeks. Please note that these are general guidelines and are subject to modification. (The WKU Communication Disorders Clinic is not open during scheduled holidays which include Spring Break, Fall Break and Christmas Break in addition to Federal Holidays.)

8. What is the billing procedure?

Fees are $360.00 per Spring and Fall Semester & $120 per Summer Semester. You will receive a bill for services rendered in the middle of the semester.

9. How can we sign up to attend?

You may call 270-745-2183 to schedule an appointment. You may also visit the CEC Website: http://www.wkucec.com for more information.

Kelly Autism Program Thanks Community Partners by Dr. Marty Boman

The fall semester is time for the Annual Alliance Awards at KAP—a time for saying thanks to our many Community Partners. Due to the Five Year Celebration, the decision was made to honor these businesses and organizations through the media! Over 76 students were involved in the summer program, with all participants over the age of 16 earning paychecks for their work, thanks to the Daniel Jordan Fiddle grant, while the younger students were actively involved in the community. The staff would like to extend a heartfelt Thank You to all of the following partners:

- Bowling Green Parks and Recreation
- Camp for Courageous Kids
- BG/WC Humane Society
- WKU Library Services
- WKU College of Education & Behavioral Sciences
- WKU Gifted Program
- Re-Pets
- ALIVE Center
- Bowling Green Chamber Orchestra
- Ricky Grider
- Home Towne Suites

Also this fall, KAP was busy with a visit from Dr. Temple Grandin on September 4th. Then, Lifeskills and Kiwanis sponsored an 8K walk/run with all proceeds going to KAP on September 13th.

In addition to the planned activities, KAP has had more than 20 college students who participated in the "Circle of Support" program, in addition to all of the younger participants. For the first time, KAP had over 100 participants! Also, work continues on the National Marketing Program as well as the pilot program of hosting a KAP at the Wendell Foster Center in Owensboro. KAP is truly becoming nationally recognized!

ASK THE CLINICIAN: If You Think Your Child Stutters

Between the ages of 2 and 6 years, almost all children will begin to repeat sounds syllables, and whole words when they are speaking. This is not stuttering but rather normal, nonfluent duplications in speech. The amount of repetition will vary from child to child and from situation to situation. The behavior may last from several weeks to several months. It may disappear for a time and then reappear later. It may worsen when the child is tired, excited or stressed. Eventually it will probably disappear altogether. Patient acceptance of your child's speech at this time is most important.

You can help your child during this time if you.....

make sure your child knows he or she is loved for who he or she is

Give your child plenty of time to talk without interruption, and give him or her your full attention

Model slow, unhurried speech, with many pauses, so your child feels relaxed

Try to relieve all tensions in the home

Avoid telling your child to slow down, take it easy, or repeat without stuttering

Reassure your child using comments such as "Many people get stuck on words....it's okay," or "I know it's hard to talk sometimes; let's sit down together and talk"

Try not to call attention to your child's repetitions by your facial expressions, words or deeds

Ensure that your child is getting proper rest, diet and exercise

Do not interrupt the child as he or she stutters

Try not to change a child's handedness

Avoid finishing your child's words or sentences for him or her; don't interrupt

Try not to be impatient or embarrassed by your child's speech

Maintain eye contact while your child is talking

Try not to expect your child to be a "little adult" in everything he or she does

Be calm in your discipline

Avoid asking your child to "perform" for other people

Enlist the help of the entire family and important people in the child's daily life

Remember that short hesitations and repetitions are perfectly natural in a child's early speech and may continue for some time.

You should take your child to a speech-language pathologist if others exhibit impatience with your child's speech or if he or she.....

Shows frustration or struggles when speaking

Exhibits grimaces or bodily tension when attempting to speak

Stutters with considerable tension and effort

Avoids stuttering by changing words and using extra sounds to get started

Stutters on more than 10% of his or her speech

Stutters for 6 months or longer

**Taken from Pro-Ed, © 1976, 2002 by Mary Brooks & Deedra Hartung

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Suzanne Vitale Clinical Education Complex News

Mobile Health Unit Collaboration

We are very excited about our collaboration with the WKU Mobile Health & Wellness Unit! They were at the Suzanne Vitale Clinical Education Complex on Monday, October 20 for a preview for families to tour the unit and learn about the services offered. The Mobile Health & Wellness Unit returned on Wednesday, November 19 and Monday, November 24 to provide free dental services for those interested. The team was able to serve nine participants and family members. We plan to continue this collaboration in the spring semester.

Campbell Chevrolet Celebrity Classic

The Club at Olde Stone along with PGA rock star John Daly and country music recording artist Steve Azar hosted the 1st Annual Campbell Chevrolet Celebrity Classic, played on October 20 and 21, 2008.

Over 30 of your favorite celebrities from the worlds of country and rock music, as well as sports and Hollywood came to town for two days of golf and music that will not be soon forgotten-and all in the name of benefitting autism.

Proceeds from the Campbell Chevrolet Celebrity Classic will benefit the Renshaw Early Childhood Center.

Dr. Dressler Visits Ft. Campbell

Dr. Dressler, Director of the Acquired Brain Injury Resource Program (ABIRP), visited with the staff and soldiers at the Blanchfield Army Community Hospital to present information about ABIRP and the funds available to assist soldiers with Traumatic Brain Injuries with online coursework. A grant was awarded last Spring to help soldiers returning from the Gulf War with head injuries to purchase, maintain and succeed with equipment to take online courses. There have been several inquiries to ABIRP about the program since the visit.

Communication Disorders Students Travel to Europe

For 20 days in May, 15 students from the undergraduate and graduate programs in Communication Disorders traveled to five Western European countries. They visited Belgium, Ireland, the United Kingdom, France and Switzerland. In each of the countries, the students met with speech professionals and learned about their academic training and clinical practices. Opportunities to observe speech clinicians in each country were arranged by local speech professionals contacted by Dr. Dressler, Associate Professor in the Department of Communication Disorders. Students participated in the trip as part of a study abroad course which offered them three credit hours toward their degree. Future study abroad programs are being planned.

With Heartfelt Thanks

We would like to extend a special thank you to the following people:

- Doug Ault
- Joe & Navada Campbell
- Leo Govoni and The Center for Special Needs Trust Administration
- Leisa & David Hutchison
- Vickie and Dan Renshaw
- Suzanne Vitale
- WHAS Crusade for Children

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