

Message from the Board President

Dear Cherished Friends,

We thank you so much for your continued support of the Spiral Foundation. We have had a very productive year in both our education and research programs. Your **past donations have gone farther** as we have been able to provide support through the Spiral Foundation activities to more children and adults over the past year.

Our Sensory Adventures summer program doubled in size this year. Our **parent support group** continues to draw **new participants** who come to group meetings as needed. These programs help children and adults with their daily challenges.

Our fall course on **Emotional Regulation, generously underwritten by the Maxwell Hurston Foundation**, drew a strong attendance and we received wonderful comments such as "This is one of the best courses I have ever attended". Our **evening lecture series** was very well attended with many people expressing appreciation for our second **panel discussion on advocating for our children in the schools**. We are very excited about our upcoming lecture series and winter course with an inspiring speaker, Dr. Daniel Hughes. See more details inside the newsletter. .

Our research program is moving full steam ahead with Spiral Foundation research included in the **DSM and ICD (diagnostic manuals) submission of Sensory Processing Disorder as a stand alone diagnosis**. There are two stages to this process, so we are waiting to hear if we have made the first cut. As an actual diagnosis, far more individuals suffering with SPD can be correctly diagnosed and helped.

We also have begun an exciting **collaboration with Dr. Paul DiZio and colleagues, well known vestibular researchers at Brandeis University**, as well as continued collaborations with colleagues at other universities. And our past research culminated in the **publication of four journal articles** in an issue of the American Occupational Therapy Journal which was **so in demand, it needed to be reprinted**.

We are ending the year with the **mailing of our new physician fact sheet** to **2500** pediatricians, child psychiatrists and child neurologists to enhance the understanding of Sensory Processing Disorder to assist families across the state when they approach their pediatricians with symptoms of SPD.

It has been an excellent year thanks to all of your valuable support.

Jane Koomar, Ph.D, OTR/L, FAOTA and Anne Trecker, MS, OTR/L
Past and Current Spiral Board Presidents

You Are Invited to Be Our Guest at Our Arm Chair Event!

For our fifth anniversary, we thought we would try something different, and give you the gift of **quality relaxed time at home**. So, we invite you to sit back with your favorite drink, perhaps a glass of merlot or a nice cup of tea, watch a movie you have been putting off, or read a good book, perhaps with an added preview feature of the Spiral DVD "When Our Senses Don't Make Sense", **and write a check to support the excellent work of the Spiral Foundation. All of the money will go directly to support our programs.**



Now, find a comfy chair and think of the assistance our foundation has already provided to you and your family, and how it will help countless others in the future as the awareness of SPD grows. Let's all help provide families new to SPD with a path that leads easily to the right resources.

Thank you for considering a generous donation to the Spiral Foundation in your annual end of year giving. Your money will be put to good work. Please see the enclosed appeal envelope.

With deepest thanks and appreciation,

The Spiral Foundation Board and Staff Members

Sensory Adventures Program 2007—Sarah Ryan, MA, OTR/L

The Spiral Foundation and OTA-Watertown embarked upon its second summer program this year. Sensory Adventures 2007 was a weeklong day program, which ran from August 20th–24th. **Fifteen children between the ages of 5 and 10 attended the program**, which was coordinated by OTA-Watertown Occupational Therapist Sarah Ryan. Elizabeth Crampsey OTR/L and Katie Noble OTR/L were group leaders. Support counselors included a group of volunteer high school students who worked long hours and did a fabulous job supporting the children to achieve success. The goal of the program is to provide a typical camp experience within a sensory enriched environment to promote social interaction and engagement in fun but, at times, challenging activities. This model aims to prepare children for the start of the new school year.

The children spent time engaging in many sensory rich activities within the playrooms at OTA-Watertown, the local park, and on a large on-site trampoline. Program activities included kite making and flying, juggling, weaving, pottery, stamping, jewelry making, juggling and an ice cream social. Many OTA-Watertown therapists led these activities. **A donation from Lisa Dolliver** for the second year running allowed the children to create, glaze and fire fabulous pottery projects. The program ended with a family bake sale where the children decorated and sold cakes to their families and other occupants in the building. Data was collected on children's functional performance prior to, during, and after the program to evaluate the programs effectiveness. Comments from families with regard to their children's experience include "the week after camp she has shown much more evenness of mood and more self awareness", "I definitely noticed a carry over with his ability to control his arousal level", "He was so happy each day when I came to pick him up and he slept so well through the night"



**Sensory Adventures 2007
Children and Group Leaders**

Especially For Parents -Anne Trecker, MS, OTR/L

In keeping with our mission to provide education and support for families of individuals with sensory processing disorder, the Spiral Foundation sponsored several ongoing programs designed especially for parents.

Listen to Experience: A Parent Panel on How to Navigate the Schools for Our Children, held in March 2007 was a resounding success. Panel members Betsy Dangel, Laura Davis, Randi Donnis and Karen Kames related their experiences working with school systems to create special education programs for their children. Eileen Haggerty, attorney with Kotin, Crabtree and Strong, was on hand to answer legal questions and the more than forty parents in attendance provided a lively discussion through their questions and comments.

The Parent Support Group, now in its fourth year, is a free drop-in group for parents and caregivers of children with SPD. Attendance varies with some parents, grandparents, and caregivers attending monthly, and others only periodically. Participants have found the support, ideas and suggestions, and shared resources extremely helpful. They agree that meeting other parents who face similar issues helps them to feel less isolated and more empowered. The group is facilitated by Carrie Pekor Jasper, M.S. Ed., MSW and meets on the third Thursday of each month. For information contact Ms. Pekor Jasper at 617-964-0138.

Evening Lecture Series

This year's series got off to an excellent start with *Sensory Processing Overview: Supporting Therapy at Home* presented by Sarah Ryan, MA, OTR/L on Wednesday, October 24.

Future lectures on Wednesdays from 7-8:30 include:

Speech and Language Development: Defining Red Flags by
Amanda Redler, MS, CCC-SLP
January 9, 2008

Trauma, Loss and Attachment; Implications for Parenting by
Daniel Hughes, PHD
February 27, 2008

Yikes Bikes: Bike Riding Made Easy by
Chuck Clark, COTA/L
May 28, 2008

Emotional Regulation Course A Huge Success— October 2007

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Sarah Ryan, MA, OTR/L



Emily Rubin



Amy Laurent

Over 100 participants attended Spiral Foundations course, “Addressing Emotion Regulation in Children and Adolescents with Social Learning Disabilities: Practical Guidelines for Prioritizing Objectives and Implementing Learning Supports”. The presenters, **Emily Rubin, MS, CCC-SLP** and **Amy Laurent, Ed. M., OTR/L**, are co-developers of the **SCERTS** model. The Maxwell Hurston Foundation provided generous support for the course which was also co-sponsored by Professional Development Programs which allowed participants to obtain ASHA and AOTA continuing education units. The two-day course explored the typical developmental progression of emotional regulation and how to recognize signs of dysregulation. Excellent video case reviews were used to present language based and meta-cognitive strategies for addressing emotional regulation. Parents, therapist, psychologists and other professionals alike found the information interesting and immediately applicable. The keynote address was presented by **Karen Levine Ph.D.** who presented “**Replays: A play based approach to fostering emotional and behavioral regulation in children with social and regulatory challenges**”. Fabulous roundtable discussions took place Friday lunchtime and were led by local experts including: **Dr. Ann Densmore**, on play based therapy “Narrative Play”; **Dr. Ann Helmus**, on emotional regulation, task management skills and executive functioning; **Dania Jekels**, on Asperger’s Syndrome; **Dr. Karen Levine.**, on “Replays”; **Dr. Elizabeth Warner & Dr. Richard Jacobs**, on trauma and emotional regulation; **Dr. Lauren Weeks**, on Relationship Development Intervention (RDI); **Dr. Teresa May-Benson**, on praxis in children; **Diane Levinson, MS, OTR/L** on sound therapy/ listening programs.

Parent and Professional Workshops with Daniel A. Hughes, February 27 & 28, 2008 -Randi Donniss

Over two decades ago, clinical psychologist Dan Hughes, Ph.D. began to specialize in working with children whose lives had been affected by early abuse, neglect, and trauma. He developed a model of treatment which has become known as Dyadic Developmental Psychotherapy (DDP). Dr. Hughes’ model focuses on playfulness, affect, curiosity, and empathy, and clinicians and parents alike come away from his trainings feeling very inspired.

Clinicians and parents from around the globe have been inspired by the training with Dr. Hughes. They have found DDP to be an extremely effective approach in fostering healthier attachment with children and teens. The Spiral Foundation will host a parent talk and a clinician training with Dr. Hughes. Both programs will explore ways in which abuse and neglect create insecure and disorganized attachment patterns that impede normal development. During the evening parent talk, Dr. Hughes will discuss parenting principles and strategies that can be used to facilitate the development of a more secure attachment. During the day-long professional training for clinicians, Dr. Hughes will discuss the impact of attachment and intersubjectivity on neurological, affective, cognitive, and behavioral development. Clinicians will learn about psychotherapeutic principles and strategies that can facilitate the development of secure attachment.

Watch our website, www.thespiralfoundation.org, for more information!

SPIRAL’S 2008 STRATEGIC GOALS

- *Expand our Sensory Adventures Summer Program for its 3rd year.
- *Hold the monthly Parent Support Group and provide resource materials.
- *Conduct workshops and evening lectures
- *Send SPD Fact Sheets to Special Education Directors in Massachusetts
- *Conduct collaborative research projects on SPD with researchers from Brandeis, Boston University and Thomas Jefferson University.

Message from the Research Director—

Teresa A. May-Benson,
ScD, OTR/L

The SPIRAL research program has had a successful year. We have:

- had four articles published in the American Journal of Occupational Therapy
- presented 2 papers and 1 training program at the American Occupational Therapy Association National Conference
- completed our Goal Attainment Scaling research project funded by the Wallace Foundation
- initiated two new studies in collaboration with Thomas Jefferson University and Brandeis University



SPIRAL Foundation is committed to improving the quality of life for children with Sensory Processing Disorder (SPD) and their families. through education, research and support .

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***Handcrafted SPIRAL Heart Pins**

***Our SPD DVD "When Our Senses Don't Make Sense"**



Spiral Newsletter

www.thespiralfoundation.org

Our Annual Appeal: Too busy to attend another fundraising event???

This year we're having **AN ARMCHAIR FUNDRAISER!!**

Inside News Featuring.....



*Sensory Adventures Program

*Upcoming Trauma and Attachment Course with
Dr. Daniel Hughes

*Highlights from the Emotional Regulation Course

*Sensory Processing Disorder Research News