



EVOLIBRI

Mindful Metamorphosis

Sham-Rockin' at EvoLibri!

It's an EvoLibri Green March, and while the rain is still falling, the flowers are also starting to bloom, so Spring can't be too far behind. It's been a busy AND lazy month — I took a week off to go to Yosemite, and then took a few more days to travel to the north shore of Oahu. Now, I'm scrambling to catch up! Thank you all for your patience and understanding while I was both out of town, and dealing with the death of my father last month. But it's full-steam ahead again!

Age of Disclosure Survey Results — 81% Before 10 Years!

As promised, I have finally sat down and done my data analysis for the opinion survey on when to disclose a diagnosis of an ASD to children. As I had suspected, the results are in strong favor (81%) for disclosing, in a sensitive and

age appropriate way, that a child has an autistic spectrum disorder, before the age of 10. Here's a few highlights of the data:

- **Total responses: 352, from the US, UK, Asia, Europe and Canada**
- **Aspies** — 95 responses; 84% in favor of disclosure before age 10.
- **Teachers** — 17 responses; 88.5% in favor before age 10.
- **Parents** — 181 responses; 77.5% in favor before age 10.
- **Mental Health Pros** — 14 responses; 78.5% in favor before age 10.

This is an important discovery — many professionals mistakenly believe that it is harmful to 'label' a child. What they don't realize is how harmful it is to let that child believe that he is 'defective'. As one adult stated, *"I would've felt that I had a legitimate, defined problem that I could legitimately seek help for, instead of a nebulous, shameful personality flaw that I should try to hide and ignore."* I will be writing up the results and hope to have them published in a peer reviewed journal.

EvoLibri Consulting

located in Palo Alto, provides comprehensive services for youth and adults with Autistic Spectrum Disorders, Attention Deficit Disorders, Pervasive Mood Disorders, and Learning Differences. Visit us at www.evolibri.com

Speaking Engagements 2009

- **The Mom's Guide to Asperger's Syndrome** — 3/25/09, 7 pm, Morgan Autism Center, San Jose
- **Successfully Launching Your Student, 5/12/09**, 7 pm, Parents Helping Parents, San Jose

Independence Boot Camps, Summer 2009!

Yep, it's that time of year again, to plan out the summer! EvoLibri will again offer our Independence Boot Camp, designed for young adults ages 17-21. This ten-day day camp, covers virtually everything young adults need to know before fledging — cooking, shopping, finances and banking, dating and sexuality, self-care, time management and organizational techniques, and the ever popular house cleaning and home maintenance! It's a lot of work, AND a lot of fun — each graduate receives a complete resource binder along with a kit of essentials for setting up house. **Pre-Registration of \$425 is due by May 1**, and counts toward the full tuition of \$2200. Two camps will be offered, trying to work around community college schedules — June 15-26 and Aug 31—Sep 11. Enrollment in each camp is limited to seven young adults — I expect the slots to fill up quickly this year!

Upcoming EvoLibri Events...

All **PINs** (Parent Information Nights) start at 7:00 pm and cost \$15 at the door. Light refreshments are served, and each session includes handouts and discussion. Please pre-register at www.meetup.com/EvoLibri. **Club Neuro and Club Neuro Art** are \$15 at the door. Please RSVP at www.meetup.com/ClubNeuro.

Mar 3	PIN: Therapeutic Panel Discussion	Learn about Neurofeedback, Family, CBT Therapy
Mar 11	Club Neuro Art: More Charcoal and Line Drawing	More with charcoal — practice still life.

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Mar 20	<i>Club Neuro: LaserQuest!!!</i>	Please check Meetup for details later this month!
Apr 7	<i>PIN: Power of Attorney and Conservatorships</i>	Guest Loren Vaccarezza, Attorney
Apr 17	<i>Club Neuro: TBA</i>	More Club Neuro fun...check Meetup for details
Apr 22	<i>Club Neuro Art: Watercolors and Pencils</i>	Letting loose with color.
May 5	<i>PIN: Summer Opportunities for Teens</i>	Volunteering, interviewing, networking.

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