Lunch and Learn with VCU-ACE
Return to School:
In-Person, Virtual, or Hybrid
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Housekeeping
• For educational and quality control, we will be recording this zoom session.
• By participating, you are consenting to being recorded.
• Before this session is shared, we will edit to remove identifying information to protect your privacy.
• The Q&A section will be removed and only be shared as an anonymous transcript.

It’s very confusing!
• [https://www.youtube.com/watch?v=oeAN8Xxz0q4&feature=emb_logo](https://www.youtube.com/watch?v=oeAN8Xxz0q4&feature=emb_logo)

Choices
• In person
• Virtual
• Home Schooling
• Learning Pods
• Hybrid

The 2020 Backpack
In-Person Learning
• Mask wearing
• Management of your property (pencils, crayons, lunch, etc.)
• Hand hygiene
• Social Distancing

Virtual Learning
• Schedule and Routine
• Computer Attention Span
• Completing Assignments
• Communication
• Building Learning into Everyday Activities

Filling the Backpack
Define
Break It Down
Show and Practice
Reinforce
Expand
Keys to Filling the Backpack

• Define the Skill
• Break it Down into Smaller Steps
• Show how to do the skill and practice the skill multiple times a day
• Provide positive reinforcement for your child when they are successful at the skill
• Expand the skill by time, amount of independence, ability to manage self, etc. while performing the skill, independence

In-Person Example

• Define: Putting on personal face covering over nose and mouth. Keeping it on for entire learning period
• Break it Down: [Link to resource]
• Show and Practice: wear a mask to play on the computer or watch TV.
• Positive Reinforcement: Praise your child for wearing their mask
• Expand the skill: Wearing the mask longer, in more places, putting the mask on by yourself, remembering to pack the mask in the backpack

Virtual Learning Example

• Define: Turning the computer on for the day’s lesson
• Break it Down: Turn the computer on, log into lesson platform
• Show and Practice: Do the lesson and activities
• Positive Reinforcement: Allow child to play favorite game after lesson is done, Praise your child for doing their work
• Expand the skill: do two lessons, do a lesson then assignment, start the assignment on your own

Stress, Fear, Trauma

➢ Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual’s ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.
➢ Trauma is inevitable

What Can We Do NOW?

Prepare! Support! Engage!

Understand Trauma
What do we see with ASD and Trauma?

• Diagnostic overshadowing (is it autism, anxiety, depression, or a trauma response)
• Similar to individuals without ASD (disturbances in arousal and reactivity: aggressive behavior, self-destructive behavior, concentration problems, sleep difficulties)
  – With autism: exacerbation or changes in above behaviors

First thing first--- Self-Care

➢ Give yourself grace
➢ Practice being self-compassionate
➢ Accept uncertainty
➢ Model and practice flexible thinking
➢ Explore resources already available to help you and your family!

Support and Engage

https://vcuautismcenter.org/te/covid19.cfm
Let’s look at our resources!
All of our “Return to School Videos are here:
https://www.youtube.com/playlist?list=PLj7MF9GDcomlVkQmT0-QfwtpkKtR4MmpV

Upcoming Topics

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<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Aug 13, 2020</td>
<td>Parent Engagement</td>
<td>Kendal Schwartzentruber and Families</td>
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Registration Link: https://vcuautismcenter.org/te/lunchandlearn.cfm. Or, go to the www.vcuautismcenter.org and click on Lunch and Learn.
For questions or more information

Please visit:

www.vcuautismcenter.org

Or
e-mail: autismcenter@vcu.edu