



## Hussman Center for Adults with Autism Fall 2022 Programs

**General information for all programs:** If you have *never* attended a program at the Hussman Center or *have not attended in over 2 years* you are required to attend a Hussman Center Intake Meeting with the Hussman Center Staff. Sign up for an intake meeting here: <https://tinyurl.com/fallintakes>. Please proceed to complete the [program interest process](#) before your scheduled intake meeting.

All Hussman Center programs include interaction with Towson University students who are there to learn about autism by engaging with program participants. Participants need to be able to join program activities without assistance from a 1-1 support person. For advice about program selection, please contact our Manager of Programs and Education, Matt Burger at [mburger@towson.edu](mailto:mburger@towson.edu) or call 410.704.4486.

**[CLICK TO FILL OUT THE PROGRAM INTEREST FORM](#) - LIVE Monday, August 22nd, 2022 AT 10 AM**

Please note that programs are not filled on a first come first-serve basis. Staff consider many factors when filling programs. We will do our best to get you a spot in your first or second choice. You will be notified by email by August 31<sup>st</sup> as to which program has room for you. Programs begin the week of September 19<sup>th</sup>, do not occur Week of November 21<sup>st</sup>, and End the week of November 28<sup>th</sup> (unless otherwise noted- See Monday programs).

\*\*Program Fees stated are to cover the overhead costs of programming and are part of the recent transition to a cashless system at the IWB. The additional cash fees listed are for programs that will engage in opportunities in the local community and require cash so that groups and individuals can participate in activities or make purchases accordingly. In previous terms the program fees were factored into the cost of the program and covered these additional cash fees, meaning that the overall price has not increased. As part of the program during a class session, each participant will purchase a prepaid card for a set amount using their personal funds. The prepaid card will be used for the community outings, kept in a lock box in a safe location, and accessed by the participants to manage as they engage in each of their planned outings. If money remains at the end of the program, the prepaid card will be returned to the participant with the remaining balance.

<b><i>Community Integration Programs:</i></b>	
<p>These programs facilitate opportunities to engage in fun activities with Towson University undergraduate students who are participating in a diversity education course.</p>	
<b>Program Details</b>	<b>Program Description</b>
<p><b>Fall Online Activities Club</b> Program Facilitator: Steven Isaacson B.A. Program Supervisor: Brittany Bunch, M.S.W.</p> <p><b>Day: Tuesday</b> <b>* 5 Week Program * * Begins 10.12.22*</b></p> <p>Time: 5:00 – 6:00 PM <b>Dates:</b> <b>October 12, 19, 26</b> <b>November 1, 8</b></p> <p><b>Program Fee: \$ 100</b> Location: <b>ONLINE</b></p>	<p>This ONLINE program is specifically designed as a space for individuals to share their interests and build a sense of community with their peers. The participants will have opportunities to engage in activities together, practice solving problems and making decisions. Participants should have an interest in joining conversations, activities, and socializing with others.</p>
<p><b>Dating 101</b> <b>Program Facilitator:</b> Karli DeGraw, M.S. CHES <b>Program Supervisor:</b> Brittany Bunch, MSW</p> <p><b>Day: Monday</b> <b>Time:</b> 5:00 PM - 6:30 PM <b>Dates:</b> <b>September 19, 26</b> <b>October 3, 10, 24, 31*</b> <b>November 7, 14, 21*, 28</b></p> <p>Program Fee: \$300 Location: Hussman Center</p>	<p>Dating- where do i start? In this 10-week program, we will engage in activities and discuss things that are important as we consider and engage in dating relationships. Topics may include things like healthy consent/communication and setting boundaries with partners, options for preventing unwanted outcomes from intimate experiences, and how to self-advocate for positive intimate interactions. Participants will have the opportunity to ask questions and participate in activities that will provide them with inclusive, medically accurate, and non-judgmental health education led by a trained health educator.</p>
<p><b>Yoga &amp; Dance</b> Program Instructor: Mary Elizabeth Taylor, M.A., R-DMT Registered Dance/ Movement Therapist Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Thursday</b> Time: 4:00 – 5:30 PM <b>Dates:</b> <b>September 22, 29</b> <b>October 6, 13, 27,</b> <b>November 3, 10, 17</b> <b>December 1</b></p> <p><b>Program Fee: \$ 300</b> Location: <b>IWB- Yoga Studio</b></p>	<p>Participants take part in yoga-based exercises, creative movement, movement games, do some free dancing together, and work in small groups and big groups to complete movement goals. The activities are designed to provide participants with a chance to express themselves in new ways, to improve motor coordination and sequencing and to gain self-confidence while having an enjoyable time with others.</p> <p>Note: music is played during this class</p>

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<b>Program Details</b>	<b>Program Description</b>
<p><b>Unified Soccer Club</b> Program Facilitator: TBD Program Supervisor: Brittany Bunch MSW</p> <p><b>Day: Wednesday</b> <b>*6 Week Program* *Begins 9.14.22*</b></p> <p>Time: 7:00 – 8:00 PM <b>Dates:</b> <b>September 14, 21, 28</b> <b>October 5, 12, 19</b></p> <p><b>Program Fee: \$ 90</b> Location: <b>Burdick Field- ON CAMPUS</b></p>	<p>This program is specifically designed as an opportunity for individuals to engage in Unified recreational activities both indoors and outdoors on the campus of Towson University. This group will specifically focus on soccer for 6 weeks, and there may be a follow-up opportunity for flag football beginning in Mid-October. Participants must have an interest in practicing and playing soccer.</p>
<p><b>Artistic Expressions</b> Program Facilitator: Rosie Eck, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Wednesdays</b> Time: 6:00-7:30PM <b>Dates:</b> <b>September 21, 28</b> <b>October 5, 12, 19, 26</b> <b>November 2, 9, 16, 30</b></p> <p><b>Program Fee: \$ 345</b> Location: <b>Hussman Center</b></p>	<p>Participants in this art program work on art projects to express themselves and connect with others. Projects might include watercolor; drawing; collage; or art made from found objects. The emphasis of the program is on artistic expression, sharing ideas, compromising and creating an artistic space together. No prior art experience necessary.</p>
<p><b>Fitness</b> Program Facilitator: Randy Holter, B.A., &amp; TBD Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Tuesday &amp; Thursday</b> Time: 4:30 – 6:00 PM <b>Dates:</b> <b>September 20, 22, 27, 29</b> <b>October 4, 6, 11, 13, 18, 20, 25, 27</b> <b>November 1, 3, 8, 10, 15, 17, 29</b> <b>December 1</b></p> <p><b>Program Fee: \$ 390</b> Location: <b>Wellness Center - IWB</b></p>	<p>Participants in this program will have the opportunity to socialize with peers while increasing motor skills, improving balance and coordination, increasing self-confidence and daily life skills, developing a stronger core and better trunk stability, and achieving (if desired) possible weight loss and/or weight control. Participants should be interested in getting a great workout. Priority registration will be given to those who have not taken Fitness before.</p>

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<b>Program Details</b>	<b>Program Description</b>
<p><b>Hussman Newsletter</b> Program Facilitator: Damilola Daramola, B.A. Program Supervisor: Brittany Bunch, MSW</p> <p><b>Day: Thursday</b> Time: 6:00-7:30 PM <b>Dates:</b> <b>September 22, 29</b> <b>October 6, 13, 20, 27</b> <b>November 3, 10, 17</b> <b>December 1</b></p> <p><b>Program Fee: \$ 300</b> Location: <b>Hussman Center</b></p>	<p>Participants in this program will have the opportunity to develop strategies for obtaining information from other Hussman Center programs and staff/ faculty, taking down information, and disseminating it via hard copy or digital platforms. Participants should be interested in gaining information from others via surveys and interviews and sharing that information via written language and pictures or photographs.</p>
<b><u>Clinical Collaboration Programs:</u></b>	
<p>These programs are facilitated in collaboration with Towson University's Occupational Therapy, Speech Language Pathology, and Nursing Departments. These programs provide an opportunity to have fun engaging with students in various activities while gaining skills necessary to live independently.</p>	
<p><b>Communication in the Community</b> <b>Program Instructor:</b> Jennifer Beard, M.A., CCC-SLP; Speech-Language Pathologist <b>Program Supervisor:</b> Brittany Bunch MSW</p> <p><b>Day:</b> Monday <b>Time:</b> 5:00 PM - 6:30 PM <b>Dates:</b> <b>September 19, 26</b> <b>October 3, 10, 24, 31</b> <b>November 7, 14, 21*, 28</b></p> <p><b>Program Fee: \$285</b> <b>Additional Fee for Prepaid Card Purchase: \$70</b> Location: Hussman Center</p>	<p>Led by speech-language pathologists and graduate students, participants work as a team to plan three community outings. The program will focus on exploring and comparing activity options, making decisions as a group, budgeting, planning and preparing activities, problem solving, communication, and self-advocacy. Participants will meet to plan activities.</p> <p>*Note dates due to TU being closed October 17<sup>th</sup>.</p>

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<b>Program Details</b>	<b>Program Description</b>
<p><b>Work Possibilities</b> Program Instructor: Matt Burger M.S., OTR</p> <p><b>Day: Tuesdays &amp; Friday's</b> Time: 1:00 – 2:30 PM <b>Dates:</b> <b>September 20, 23, 27, 30</b> <b>October 4, 7, 11, 14, 18, 21, 25, 28</b> <b>November 1, 4, 8, 11, 15, 18, 29</b> <b>December 2</b></p> <p><b>Program Fee: \$ 570</b> Locations: <b>Hussman Center</b> and Towson University Campus</p>	<p>The Work Possibilities program provides participants an opportunity to practice workplace social and communication skills while trying a rotation of jobs around the Towson University campus. While the Work Possibilities program does not provide vocational services, activities are designed to help individuals who are preparing to enter a vocational training program soon, who are actively looking for a job, or who have encountered challenges at work previously by strengthening readiness for training and employment. Most program sessions are held on the campus of Towson University. Participants are responsible for providing their own transportation to and from the Towson University campus and must be able to get to the various worksites independently.</p>
<p><b>Cooking</b> Program Instructor: Derek Piggot, MOT, OTR/L Program Supervisor: Brittany Bunch MSW</p> <p><b>Day: Thursday</b> Time: 5:00 – 7:00 PM <b>Dates</b> <b>September 22, 29</b> <b>October 6, 13, 27,</b> <b>November 3, 10, 17</b> <b>December 1</b></p> <p><b>Program Fee: \$ 340</b> Location: <b>Hussman Center</b></p>	<p>This program provides the participants with opportunities to engage with one another in learning about the meal preparation process, making meals and engaging in meaningful conversations about wellness with one another. Participants will have the opportunity to demonstrate executive functioning, self-management, and discuss topics in a comfortable environment.</p>
<p><b>Self-Management</b> Program Instructor: Derek Piggot, MOT, OTR/L</p> <p><b>Day: Wednesday</b> Time: 6:00 – 7:30 PM <b>Dates:</b> <b>September 21, 28</b> <b>October 5, 12, 19, 26</b> <b>November 2, 9, 16, 30</b></p> <p><b>Program Fee: \$ 340</b> Location: <b>Hussman Center</b></p>	<p>This program will support participants with managing their self-confidence and self-esteem across different areas of life. We will use fun and playful activities combined with structured group lessons and relaxation exercises to teach skills for living life with less stress. We will explore common challenges, discuss potential vulnerabilities, and share suggestions and guidance related to managing feelings, emotions and behaviors when encountering difficult situations.</p>