



Hussman Center for Adults with Autism Fall 2021 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 our Program Manager Zosia Zaks. Sign up for an intake meeting here: <https://tinyurl.com/7djtdx>

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 Zosia Zaks, Program Manager, at zzaks@towson.edu

NOTES:

As we return to in-person programming, we assume that everyone is vaccinated. All participants are required to wear masks for the entire duration that they're in the building. If an individual does not wear their mask correctly, or declines to wear a mask, they will be required to leave immediately. Individuals who are not comfortable meeting in groups, are not comfortable wearing masks, have immunocompromised immune systems, or prefer not to travel to may sign up for the Online Book Club. Guidelines are subject to change.

We anticipate that all in-person programs will be implemented for the full duration of the Fall 2021 session. If a health emergency is re-instated, our in-person programs will shift to online programs, and refunds will not be given.

[CLICK TO FILL OUT THE PROGRAM INTEREST FORM](#) - LIVE Monday, August 16th, 2021 AT 10 AM

We anticipate high demand for Hussman Center programs this fall. Therefore, we will do our best to find you a spot in one program. If we have room in programs after everyone has a spot, we will offer you a chance to add a second program. 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 September 1st as to which program has room for you.



<i>Community Integration Programs:</i>	
These programs facilitate opportunities to engage in fun activities with Towson University undergraduate students who are participating in a diversity education course.	
Program Details	Program Description
<p>Artistic Expressions Program Facilitator: Rosalie Eck, B.A. Program Supervisor: Rufus Platt B.A.</p> <p>Day: Monday Time: 5:00 – 6:30 PM Dates: September 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 29</p> <p>Program Fee: \$ 355 Location: Hussman Center</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>Gaming Club Program Facilitator: Karli DeGraw, M.S. CHES Program Supervisor: Rufus Platt B.A.</p> <p>Day: Monday Time: 5:30 – 7:00 PM Dates: September 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 29</p> <p>Program Fee: \$ 335 Location: Hussman Center</p>	<p>This program provides participants with an opportunity to build a sense of community with peers. By engaging in online and in-person games and activities together, participants will also practice solving problems, learning with their peers and learning about their peers. They will engage in team building activities and make decisions which benefit the group. Participants should have an interest in joining the activities and socializing with others.</p>
<p>Fitness Program Facilitator: Blake Piesto, B.A.; Mary Elizabeth Taylor, M.A., R-DMT Registered Dance/ Movement Therapist Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Tuesday & Thursday Time: 4:00 – 5:30 PM Dates: September 21, 23, 28, 30 October 5, 7, 12, 14, 19, 21, 26, 28 November 2, 4, 9, 11, 16, 18, 30 December 2</p> <p>Program Fee: \$ 390 Location: Wellness Center - IWB</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>

<i>Community Integration Programs:</i>	
These programs facilitate opportunities to engage in fun activities with Towson University undergraduate students who are participating in a diversity education course.	
Program Details	Program Description
<p>Women’s Group Program Facilitator: Sara Vazquez, MSW, M.Ed. Program Supervisor: Katelyn Szymanski, B.S.</p> <p>Day: Tuesday Time: 5:00-6:30pm Dates: September 21, 28 October 5, 12, 19, 26 November 2, 9, 16, 30</p> <p>Program Fee: \$ 350 Location: Hussman Center</p>	<p>Women’s group provides participants an opportunity to build a sense of community with peers, while strengthening interpersonal skills and deepening self-awareness. By engaging in activities together, participants will also practice solving problems and making decisions. Participants should have an interest in joining the activities and socializing with others.</p>
<p>Trivia Tuesdays Program Facilitator: Sara Vazquez, MSW, M.Ed. Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Tuesday Time: 6:30-8:00 PM Dates: September 21, 28 October 5, 12, 19, 26 November 2, 9, 16, 30</p> <p>Program Fee: \$ 285 Location: Hussman Center</p>	<p>This program provides participants with an opportunity to test their knowledge in a fun, friendly and semi-competitive environment. By engaging in team-based trivia activities together, participants will learn with their peers and learn about their peers. They will make decisions which benefit the group. Participants should have an interest in joining the trivia-based activities and socializing with others.</p>
<p>Yoga & Dance Program Instructor: Mary Elizabeth Taylor, M.A., R-DMT Registered Dance/ Movement Therapist Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Wednesday Time: 4:00 – 5:30 PM Dates: September 22, 29 October 6, 13, 20, 27 November 3, 10, 17 December 1</p> <p>Program Fee: \$ 300 Location: Wellness Center - IWB</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 a good time with others. Note: music is played during this class and participants should have adequate space to move around free from obstacles.</p>



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Program Details	Program Description
<p>Photographic Challenges Program Facilitator: To Be Determined Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Wednesday Time: 6:30-8:00pm Dates: September 22, 29 October 6, 13, 20, 27 November 3, 10, 17 December 1</p> <p>Program Fee: \$ 285 Location: Hussman Center</p>	<p>This program provides participants with an opportunity to strengthen digital and interpersonal skills and deepen self-awareness. By engaging in weekly photography challenges participants will have the opportunity to develop technological skills and share their photographic journeys with their peers. Participants must have access to a cell phone with a camera, a point and shoot camera, or a DSLR camera.</p>
<p>Men's Activities Club Program Facilitator: To Be Determined Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Thursday Time: 6:30 – 8:00 PM Dates: September 23, 30 October 7, 14, 21, 28 November 4, 11, 18 December 2</p> <p>Program Fee: \$ 335 Location: Hussman Center</p>	<p>This program is specifically designed as a space for men to share their interests and build a sense of community with their peers. The participants will have opportunities to strengthen interpersonal skills and deepen self-awareness. By engaging in activities together, participants will also practice solving problems and making decisions. Participants should have an interest in joining the conversations, activities, and socializing with others.</p>



<p><u>Clinical Collaboration Programs:</u></p> <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>Social Media: Meaningful Connections Program Facilitator: Jen Beard, M.A., CCC-SLP Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Monday Time: 5:00- 6:30 PM Dates: September 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 29</p> <p>Program Fee: \$ 285 Location: Hussman Center</p>	<p>This program provides participants with an opportunity to navigate communication through various technological and social media platforms. Participants should have an interest in learning how their communication with co-workers, supervisors, neighbors, clients, friends, and family is interpreted. Participants should also have an interest in learning about their online-presence, finding and engaging with others whom may have common interests, and effectively conveying messages with others. Participants will have the opportunity to discuss related topics in a comfortable environment.</p>
<p>Work Possibilities Program Instructor: Zosia Zaks, M.Ed., C.R.C.</p> <p>Day: Tuesdays & Thursdays Time: 2:00 – 3:30 PM Dates: September 21, 23, 28, 30 October 5, 7, 12, 14, 19, 21, 26, 28 November 2, 4, 9, 11, 16, 18, 30 December 2</p> <p>Program Fee: \$ 570 Locations: Hussman Center 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>Food and Wellness Program Instructor: Matt Burger M.S., OTR Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Tuesday Time: 6:30 – 8:00 PM Dates: September 21, 28 October 5, 12, 19, 26 November 2, 9, 16, 30</p> <p>Program Fee: \$ 365 Location: Hussman Center</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>

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<p>Building and Maintaining Healthy Relationships Program Instructor: Sharon Curran M.S.N. Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Wednesday Time: 2:30 – 4:00 PM Dates: *6 Week Program* September 22, 29 October 6, 13, 20, 27</p> <p>Program Fee: \$ 195 Location: Hussman Center</p>	<p>Participants work to develop and promote healthy relationships among family members, co-workers and classmates through utilizing coping skills, and anticipating upcoming events. Finally, we will discuss the importance of maintaining good boundaries to ensure both physical and emotional safety is maintained in relationships.</p>
<p>Sensational Self: Strategies for Sensory Regulation in Everyday Environments Program Instructor: Derek Piggot, MOT, OTR/L Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Wednesday Time: 5:30 – 7:00 PM Dates: September 22, 29 October 6, 13, 20, 27 November 3, 10, 17 December 1</p> <p>Program Fee: \$ 330 Location: Hussman Center</p>	<p>This program will highlight the ways in which the sensory system is used in everyday engagement in the physical, social, and virtual environment. During this program, you will investigate your sensory preferences and strategize how to manage over or under responsiveness to sensory stimuli in your daily environment. We will focus on building and supporting self-determination, self-advocacy, self-regulation, and self-concept through engagement in everyday activities where sensory strategies and preferences are explored and applied in simulated or actual environments.</p>
<p>Executive Functioning Program Instructor: Derek Piggot, MOT, OTR/L</p> <p>Day: Thursday Time: 3:30 – 5:00 PM Dates: September 23, 30 October 7, 14, 21, 28 November 4, 11, 18 December 2</p> <p>Program Fee: \$ 340 Location: Hussman Center</p>	<p>This program provides opportunities for participants to learn skills essential to problem solving and making independent decisions for life. Participants will solve problems in various planned activities, practice life skills, engage in group discussions, and gain confidence to increase their independence in the home and community. Participants will be encouraged to practice strategies for success within the program hours and throughout the week. Participants must be willing to engage and participate to the best of their ability and have an interest in learning and improving their daily life skills.</p>

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<p>Self-Management Program Instructor: Matt Burger M.S., OTR</p> <p>Day: Thursday Time: 5:30 – 7:00 PM</p> <p>Dates: September 23, 30 October 7, 14, 21, 28 November 4, 11, 18 December 2</p> <p>Program Fee: \$ 340 Location: Hussman Center</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>
<p>Book Club Program Instructor: To Be Determined Program Supervisor: Rufus Platt, B.A.</p> <p>Day: Wednesday Time: 5:30 – 6:30 PM</p> <p>Dates: September 22, 29 October 6, 13, 20, 27 November 3, 10, 17 December 1</p> <p>Program Fee: \$ 215 Location: ONLINE</p>	<p>Are you interested in reading? Want to share your ideas and feelings about what you’ve read with others? Then this is the online program for you! The Hussman Center Fall Book Club will give participants a chance to read interesting materials and discuss related topics with one another in a comfortable and supportive online environment.</p>