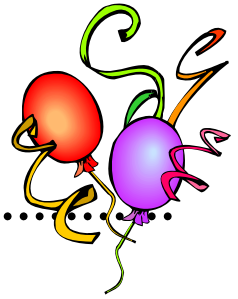




# FIVE News

## Celebrating FIVE's 5th Anniversary!



*The Five Project, Inc.*      美国五项目机构

### Five Years in Review

Dear Friends of FIVE:

When we established *The Five Project* on Dec. 26, 2006, we were inspired by Zhang Ge, a young woman with autism who loves the number 5. We had also been motivated to do this work by the dozens of families and teachers that we had met over the years since we first met Zhang Ge in 1992. Now FIVE is turning 5 and we all, including Zhang Ge, are excited about this special birthday! Our work has grown from mainly giving training lectures in the beginning, to numerous programs and services that have reached thousands of families and teachers across China. In celebration of FIVE's 5th birthday, we



**Thank you for your support!**

American and Chinese graduate student volunteers join FIVE's support group to make friends and celebrate the holidays

*dedicate this newsletter to reviewing accomplishments since December 26, 2006 when FIVE was first established, including current and ongoing projects.*

**Please consider supporting our work.** (Donate online at [www.thefiveproject.org](http://www.thefiveproject.org) or send a donation to 33 Fitch Terrace, Randolph, MA 02368)

**FIVE is making a difference for Chinese families and teachers:**  
*"Receiving your letter made me feel for the first time like I am not all alone with no one to lean on..."*  
 - from a parent of a young child with autism

Winter 2011

#### Board of Directors:

*Dr. Helen McCabe, President*

*Karen McCabe, Executive Director, Secretary*

*Dr. Susan Klein, Treasurer*

*Peter Angelos*

*Michelle Badhwar*

*Dr. Eric Barnes*

*Robert Delaney*

*Suzanne Speciale*

### 5 Years of Achievements—Highlights

Recent support received: **US-China Business Council charitable contribution**

Support groups meetings and events: 80 meetings, serving over 40 families (ongoing participation)

Parents, teachers and doctors who attended 19 training workshops over 4 years: 865

Teachers and parents trained through two initial onsite training programs: 120\*

Children impacted by FIVE's training workshops & programs: 5000\*\*

Written materials distributed: 1500 and always available on FIVE website

DVDs distributed —1200 (and always available free on FIVE and other sites)

Videos viewed online: Over 10,000 times\*\*\*

Volunteers: Over 50 in the US and China

\*We are very grateful for a charitable contribution from the **US-China Business Council** which will enable us to expand this work in 2012.

\*\*This number is always multiplying, as teachers who we have trained go on to teach new children.

\*\*\*Because our videos have been reposted to numerous websites, it is difficult to calculate an exact number, but from the "hits" that are available to us, the number easily surpasses 10,000.



**Above:** Onsite training

*I got your second training video, I am truly grateful! Because my child has autism, I have read a lot of books and studied a lot on my own, but I feel yours is the most useful, while also describing theory too! — Mother in southern China*

## Production of Training Materials: From FAQs to Videos

We wrote in our first newsletter: *Unlike in the United States, where special education is mandated by law, and where there are numerous educational and vocational opportunities supported by government and private agencies, in China, there is a serious need for information and services for children, adolescents and adults with autism. Because autism was only first diagnosed in China in 1982, awareness is only beginning. This means that a lot of families still face school rejection, social discrimination, and a lack of any type of support.* Given this situation, gleaned through our many years of experience volunteering and researching in China, we realized that families and teachers urgently needed information about autism—in

Chinese of course! We began by producing written materials, which we mailed and emailed to hundreds of families (*and distributed at autism events, picture top right*). These mailings have continued, but by 2009 had expanded to include video training materials. We have produced and distributed two videos (*picture bottom right*) about autism, including mailing DVDs to those without internet access as well as posting on our website and on “Chinese youtube.” Our materials and videos have been viewed and used by thousands of families, and we are almost finished with the third video! ([www.thefiveproject.org](http://www.thefiveproject.org))

*“I am a teacher at an autism program. I was overwhelmed and considered quitting. But after I saw your DVD and learned from you and felt the support from you, I am more committed than ever to helping these kinds of children.” (autism teacher)*



## In-Demand: Completed and Future Training and Consultation



Another inspiration or motivation to establish The Five Project was the increasing number of requests for training that co-founder Helen McCabe was responding to as an

individual volunteer since her time as a student in China. Establishing FIVE, we were able to provide more training workshops (1-3 day length), as well as expand to onsite, extended teacher and parent training. 19 training workshops have been conducted, as well as two onsite extended trainings, which were in Nanjing and Anshan. FIVE receives frequent requests for these kinds of training by Chinese autism

organizations, as well as for materials, information and consultation by international organizations. We are proud of FIVE’s growing reputation as the “go to organization” when anyone is embarking on autism work in China. US-China Business Council recently provided a charitable contribution to support future onsite training and video work.



**Left:** Helen lecturing at training workshop in Lianyungang  
**Above:** Patricia Wright providing onsite training in Nanjing

## Support Groups and Volunteers

Earlier newsletters have introduced some of our amazing volunteers, including Hopkins-Nanjing Center graduate students, college students and young teachers from the US and China, and American and Chinese parents of children with autism, including the local parent facilitators of FIVE’s monthly support groups. Volunteers have served as individual mentors to young adults and children with disabilities; have attended support groups to participate in social activities with young adults with disabilities; given lectures at

autism organizations about their experiences as parents or teachers; and provided ongoing assistance in production of materials and fundraising activities. On FIVE’s 5th birthday, an extra special “thank you” to our volunteers!!



**Going on this trip is as exciting as celebrating Chinese New Year!** —Parent of a young man with a cognitive disability, regarding their overnight trip with other support groups families (the first time anyone in their family had ever stayed in a hotel)!!

Volunteers are essential to FIVE’s work including parents of children with autism & graduate students from the US and China

**Left:** Parent presenting to other parents

**Right:** Graduate students w/ support group member



## Sustainability and Success

An important measure of an organization's success is how sustainable it is. Can it endure over a long period of time? Can it be implemented by local participants? One of the ongoing goals of The Five Project is to provide training and disability resource materials in such a way that parents and teachers are confident and capable of implementing strategies and teaching others. We began with written materials and training lectures, and expanded to video materials and extended onsite training. In spring, 2012, we will return to Anshan, and conduct more extensive follow-up training, that will better allow trained teachers to become trainers themselves. In addition to moving towards a "training of trainers" model, FIVE's support groups are completely led by local parent volunteers. Monthly activities occur in Nanjing for numerous families, all led by these facilitators. We are thrilled when board members are able to be in China to attend, and FIVE provides the minimal ongoing funding required, but otherwise these groups are completely being locally run. In addition to

these exciting accomplishments, success to FIVE is measured in individuals' stories as well. A recent group trip to Shandong Province allowed a family of three to, for the first time in their lives, take a long-distance trip and stay overnight in a hotel. Having faced much discrimination due to disability, they have found a new "family" in The Five Project. The father of this family has taken a leadership role in the group and volunteers frequently for this group and other FIVE activities.



**Above:** Volunteer peer mentor enjoys friendship with support group member



**Right:** First long distance trip organized by and for support group members

## History, Recognition, and Expansion

The Five Project's work began with individual volunteering in Nanjing in 1992, and included volunteering by 4 current board members (Helen, Rob, Karen and Michelle) in the 1990s. In 2003, also before the establishment of FIVE, a 5th board member (Susan) traveled to China and volunteered her time to speak at an autism conference and meet with groups of teachers and families. Since the establishment of FIVE in December 2006, existing training work continued and became more systematic and extensive. Now, FIVE is extremely grateful and proud that the US-China Business Council has recently recognized our work and the extent to which we have grown since those early days, and are continuously growing through today. A charitable contribution from USCBC will

allow FIVE to expand our video training work and our onsite extended teacher and parent training in China. In the words of USCBC, "This gift is made in recognition of your organization's work in providing educational services to Chinese children with autism, their families and their teachers." We already have plans to return to Anshan, as well as to begin work in a remote area of Sha'anxi province, where services are extremely limited. Beginning in Nanjing in 1992, we now are reaching families and teachers from all over China (and Chinese families in the US and abroad!), both through onsite events, and through the videos and other materials available on the internet.

**Thank you USCBC!**

**Below:** The Five Project's earliest volunteers were current board members Helen McCabe (pictured in 1992) and Rob Delaney (pictured today). Both volunteered weekly with Zhang Ge (Helen in 1992-93, Rob in 1994-95).



## Reaching those in Need

Though our focus has been on China, our motivation is to promote education and services for children and adults with disabilities wherever the need is great and wherever we have the capacity to make a difference. We have connected with a community organization in Haiti that helps people in need. The situation

there for individuals with disabilities is very difficult. This group has organized activities for children with disabilities and works to support children to go to school. Through them, FIVE recently learned of a young adult in Haiti who is mute, and in need of support to receive high school education. Thanks to the

generosity of some FIVE donors, FIVE was able to begin to partner with that organization in Haiti, in order to not only support education of the young woman who is mute, but also to help other children and young adults with a variety of disabilities. While Haiti is a world away from China, it is a country that also is in desperate need of help for

children with disabilities. We hope to continue this collaboration in the future.

*"She is very excited (to go to school). She sends you many thanks (anpil mès) for your generous gift."*

— note from organization director thanking FIVE donors on behalf of a young woman with a disability in Haiti



## Current and Planned Projects

Some of the highlights of this year and upcoming projects include:

- ◆ Editing is almost complete on our third training video, Asperger Syndrome. It will be available online soon!
- ◆ Videos 1 and 2 continue to be distributed to families in China with no internet access, and are available for purchase to organizations and others (and online free to all on our website)
- ◆ Planning has begun for on-site training for teachers and parents in northern Shaanxi province
- ◆ A follow-up on-site training for teachers and parents from organizations in and around Anshan, a small city where training was provided in the past, is also being planned
- ◆ This month, volunteers from the Hopkins-Nanjing Center will work with our support group members (young adults with disabilities) to teach

them computer skills. We thank all of these volunteers, including our HNC volunteer coordinator Laura Dow.

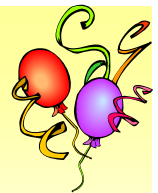
**Right:** FIVE training team poses with teachers and doctors at Nanjing Child Mental Health Center after delivering a training workshop.



### FIVE Turns 5!

**We celebrate our FIVE Years of:**

- \*Providing autism training**
- \*Facilitating support groups**
- \*Producing autism and disability videos and materials**
- \*Promoting self-advocacy in individuals with disabilities and their families**
- \*Serving as a resource to Chinese and American professionals who also want to do autism and disability work in China**



## Help FIVE continue to grow—Consider a “5th birthday” donation

On December 26, 2011, FIVE turns five! We hope you have enjoyed reading about some of our past and recent activities and accomplishments, and we are grateful to all of our supporters over the years, with a special thank you to US-China Business Council for this year’s support. We hope that in order to help us celebrate FIVE’s 5th birthday, and so that we may continue

to serve individuals with disability and their families in China and where in need, that you will consider supporting our work.

*If you would like to contribute to The Five Project, you may do so on our website ([www.thefiveproject.org](http://www.thefiveproject.org)) or send a check to The Five Project, Inc., 33 Fitch Terrace, Randolph, MA 02368*  
*Thank you!*



## Thanks to those who have donated since the last newsletter!

- |                              |                                    |
|------------------------------|------------------------------------|
| Bruce Acker                  | James Henry Holland                |
| Elsie Almeida                | Helen Jones and Mal Marvill        |
| Selcuk Amasya                | Jin Hyung Kim                      |
| Eric Barnes and Helen McCabe | Suk Kam Lam                        |
| Frya Barnes                  | Francis McCabe                     |
| Ruth Downton                 | Karen McCabe and Peter Angelos     |
| Alison Flamm                 | Jacqueline Meade                   |
| Cynthia Gabriel              | Chuck Melchin and Suzanne Speciale |
| Mary George                  | Rosie and Larry Rines              |
| Rose George                  | Silpada Designs—Beth Capobianchi   |
| GoodSearch                   | Patricia Wright                    |
| Ming Ho                      | US-China Business Council          |

A special thank you to  
**US-China Business Council**

**谢谢!!**

Website: [www.thefiveproject.org](http://www.thefiveproject.org)  
Email: [thefiveproject@yahoo.com](mailto:thefiveproject@yahoo.com)