



# FIVE News



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

December 2014

## *The Five Project for International Autism and Disability Support, Inc.*

美国五项目：国际孤独症和其他障碍支持机构

### Learning and Collaborating in 2014

Happy Holidays!

Since our last newsletter, we have begun several new collaborations with partners in China, as well as with the Hussman Autism Institute in the USA. We provided training in Zhengzhou, China to over 100 teachers and parents of children with autism, and remain committed to our model of extended training onsite at autism educational programs. The Zhengzhou training provided the opportunity to combine lecture training with onsite hands-on training, from which we learned more intensely about current needs in China. We are grateful to supporters of FIVE and hope that you will enjoy reading about recent and upcoming events. All of our work directly serves families and teachers of children and adults with disabilities, and we are grateful to supporters and volunteers! In this issue we describe:



**Above:** Four organizations in Zhengzhou invited FIVE to provide 3 days training to parents and teachers from Henan and beyond (September 2014)

\*\*Training in Zhengzhou

\*\*Increased communications from individuals with Asperger Syndrome, and online support

\*\*Meetings to focus on needs of adults with autism in Beijing and Nanjing

\*\*New collaboration with the Hussman Institute for Autism

***In your annual giving at the end of the year, please consider supporting our work, so that more families of individuals with disabilities can receive support and education that they urgently need. (Donate online through paypal—link is at [www.thefiveproject.org](http://www.thefiveproject.org)—or send a donation to 33 Fitch Terrace,***

*“Thanks to The Five Project so much for your guidance. We no longer feel so confused!”— written by a parent who has received ongoing guidance via email.*

#### Board of Directors:

Helen McCabe, PhD, Executive Director

Karen McCabe, President, Secretary

Susan Klein, PhD, Treasurer

Peter Angelos

Michelle Badhwar

Eric Barnes, PhD

Robert Delaney

Suzanne Speciale

### Training in Zhengzhou: Lecture + Hands-on=Learning for all



We accepted an invitation to provide two days of intensive lecture training open to the public, followed by one day of onsite hands-on training and feedback to teachers from the four founding organizations of the Henan Special Education Strategies Alliance. The founders include Zhengzhou Ruiman, Zhengzhou Jingcheng, Zhengzhou Tongxin Jiayuan, and Jiaozuo Jinrui disability centers. We were grateful for the opportunity to reach a very large number of parents and teachers (over 100), and provide both some basic introduction to behavioral intervention principles as well as many concrete examples through lecture and video. Following the lecture,

we received feedback from many of the teachers, including letting us know which content they had heard of before and which was brand new (for example, picture schedules were brand new and very exciting!). During the one-day hands-on training, teachers received very specific guidance and feedback regarding what they were doing well, and ways they could make their teaching more effective, and allow students to learn more efficiently. Through this combined extended lecture and follow up hands-on model, we were able to very clearly see both the needs of the teachers, as well as ways in which we can make our future training even more focused on those specific needs. Currently FIVE has many requests for training, pending funding, and we will take what we have learned over the years and including in Zhengzhou, to continue to ensure the most effective and practical training. We are working actively to plan the next trainings, responding to requests from Xi'an and Hangzhou.

**Left:** Co-founder of FIVE, Helen McCabe, celebrates a successful training with the four organizers of the training. The organizers represent four different disability organizations in and near Zhengzhou, Henan. (translation of banner: USA The Five Project's Dr. Helen [Zhengzhou training]).



## Connecting People with Asperger's: The Power of Video and Technology

After producing and distributing FIVE's third video, Autism Spectrum Disorders: Understanding Asperger Syndrome (AS), FIVE received an increasing number of emails from individuals who themselves have AS or suspect that they are on the Autism spectrum. One of the main challenges in Asperger's is social interaction, and finding friends with similar interests and interaction styles. We discussed with four of the individuals who emailed us and, with their permission, we shared their emails with each other. These four had expressed clearly a desire to meet others who

shared their ways of thinking, or could be more understanding to someone with AS. Though all are located in different cities, they were able to email each other and were grateful to FIVE for the introduction. We continue to receive new requests for information and support from other individuals with Asperger's, and are thrilled that the video (posted on youku, Chinese youtube) has been effective in reaching not just parents and teachers, but individuals on the spectrum themselves. The AS video is available on youku in three parts. Click here for [Part 1](#), [Part 2](#), & [Part 3](#).



**Above:** Volunteer Lindsey H. interviews Jesse S. in FIVE's video about Asperger Syndrome, which led to many people with AS in China contacting FIVE for assistance.

## Striving For Better Services for Adults

In July, Executive Director and Co-founder, Helen McCabe was fortunate to meet with leaders of advocacy and services for adults with disabilities in Beijing. These old and new friends of FIVE all share an increasing concern about the lives of adults with autism and other developmental disabilities, including housing and employment. The organizations visited include Kang Na Zhou Center for Autism; Rong Ai Rong Le Association for Developmental Disabilities; and Huiling Community Service Organization for People with Intellectual Disabilities. The focus of discussions was

various ways to collaborate, including parent training for Kang Na Zhou; researching and implementing new models for residential and day programs at Huiling; exploring supported employment models in China and the US with Rong Ai Rong Le. While it is very exciting to see the growing interest in serving adults, it also represents an urgent need, as indicated by parents attending the supported employment meeting provided by Kang Na Zhou and the ILO Disability and Work Program. The parents urgently requested more support in finding meaningful opportunities for their children.

**Below:** We were lucky to be invited to join Kang Na Zhou's weekend training about supported employment for people with disabilities, provided in partnership with the Disability program of the International Labour Organization (ILO).



## Research & Advocacy: Hussman Institute for Autism Collaboration

The Five Project is very pleased to report a new collaboration with the Hussman Institute for Autism (based in Maryland, USA), which includes support for some of FIVE's ongoing projects in China. Specifically, we have

begun to work on researching effective programs for adults with autism, including day and residential programs. The goal of our collaborative work is to ensure that research is translated into effective practice that is open and

accessible to all families and professionals, in the US, China, and beyond. Like our support group in China (see photo on right), together we want to ensure that adults with autism and other disabilities live meaningful, fulfilling lives.



## Thanks to those who donated in the past year!

FIVE gratefully acknowledges the donations received in 2014.

Catherine Aborjaily  
Liz Aiello  
Amazon Smile  
Peter Angelos  
Nancy Archibald  
Michelle Badhwar  
Roland Barnes & Charlotte Szabo  
Eric Barnes  
Frya Barnes

Boston Financial  
Cai Tao  
Rob Delaney  
Cynthia Gabriel  
Will Gao & Laura Liu  
GoodSearch  
Connie and Ming Ho  
James-Henry Holland  
Jin Hyung Kim  
Susan Klein  
Kathy Konig  
Suk Kam Lam  
Christine LeBel

Julia Martin & Amr Abdel Rasoul  
Francis McCabe  
Helen McCabe  
Karen McCabe  
Janet Nicholas & Susan Jacoby  
Barbara Reeder  
Kate Reynolds  
Rosie Rines  
Suzanne Speciale & Chuck Melchin  
Fubing Su & Julie Gloria Watanabe

Patricia Wright

Please consider partnering with us, and with our collaborators in China, to strive for better services for children and adults with autism and other disabilities.

Please donate online through paypal—link is at [www.thefiveproject.org](http://www.thefiveproject.org)—or send a donation to:

The Five Project  
33 Fitch Terrace  
Randolph, MA 02368 USA