



# FIVE News



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December 2018

## 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

### Ongoing Relationships, and Gratitude

Dear friends,  
 The Five Project for International Autism and Disability Support was founded based on our deep understanding of the needs of individuals with autism and other disabilities in China. Our learning began with two important people in the 1990s (see photo at right). Dr. Lu Ruwen introduced Helen McCabe to Zhang Ge (FIVE's inspiration) and to the world of autism in China in 1992. Later, Helen served as a volunteer co-teacher with teacher Huang Yukang. These mentors have continued to inspire us since we founded FIVE and as we work together with partners in China and Chinese and international volunteers to provide relevant and effective support and technical assistance. In 2018 we continue to receive numerous requests for training and support from families and organizations serving individuals with autism and other disabilities in China; many of these are organizations that we have either worked with before or met over the years through the course of our work. It is wonderful to build relationships and work together toward common goals of improving the quality of lives of individuals with disabilities and



their families! We are grateful to our supporters like you who have made this work possible. We also value and thank our volunteers, who provide training, translation, and other support.

Highlights in this newsletter include:

- \*\*Return trainings at Shenyang Xiao Haigui and Dalian Xiao Haitun
- \*\*Short trainings and visits to plan future training in Suqian, Quanzhou and Cangzhou

**Left: FIVE's Co-founder Helen McCabe visits with Dr. Lu Ruwen, Teacher Huang Yukang, and Huang's husband, in Shanghai (2018). Our thanks to them for being key reasons behind our involvement in autism work in China! Dr. Lu introduced Helen to autism in China in 1992, and Teacher Huang welcomed Helen as a co-teacher in 1998.**

- \*\*Bringing people together through FIVE's family support group
- \*\*Awareness and advocacy through lectures at universities and at Shanghai conference

**We hope that you will consider supporting FIVE, so more teachers and families can receive the training and professional resources that they are urgently requesting. [Donate online through PAYPAL \(click here\)](#) or send a donation to 33 Fitch Terrace, Randolph, MA 02368 USA.**

**FIVE is a 501(c)(3) nonprofit organization. Contributions are tax-deductible.**

*"Every month we get together and see each other, we are all so happy. Nowhere else do we feel this relaxed and accepted."*—Mother of young man with intellectual disability, both of whom have attended the support group for 8 years

#### 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

**Thanks to our volunteers! Special thanks to Priscilla Meng (孟庆瑜) for her assistance translating the FIVE website.**

### Training in the Northeast (and beyond)

The Five Project relies on expert volunteers with extensive experience in autism intervention to provide onsite hands-on training at educational organizations around China. In order to deepen the impact of our work, we have focused on following up at organizations where we have previously provided training. In June, Jessie Jiang (Jiang Tian) provided teacher training in two cities in northeastern Liaoning province where we have worked previously. Because FIVE training focuses on capacity building for teachers and families in using intervention methods based on applied behavior analysis (ABA), we are grateful for volunteers like Jessie who is a Board Certified Behavior Analyst (BCBA). She provided training at Shenyang Little Turtles (Xiao Haigui) Autism Training Center and Dalian Little Dolphins (Xiao Haitun) Autism Rehabilitation Center. At both centers, she observed classes, provided hands-on assistance, guidance and feedback, and also brought teachers together for focused discussion each day. Since members of FIVE's team had provided training previously at Little Dolphins in 2014 and 2016, and Little Turtles in 2016, FIVE chose to send Jessie to provide follow-up training there due to the effectiveness and strong learning skills of the staff in each place. FIVE continues to receive requests for both follow-up training and first-time training, including in other cities in the northeast of China (such as Daqing and Changchun), and other parts of China. We are currently planning the 2019 schedule, and already have the commitment of dedicated volunteer trainers, including Jessie, Helen, and Patricia Wright, who has been volunteering with FIVE since 2010.

**Clockwise from left: Jessie Jiang and Shenyang Little Turtles teaching team in front of their building; Jessie providing feedback to teachers at Little Turtles; Jessie leading discussion at Dalian Little Dolphins.**



## Training, Requests, and Future Planning

This fall, Executive Director Helen McCabe provided short onsite training and educational lectures at several organizations in China. These training activities served both as training for staff as well as opportunities to discuss with organizational leaders their needs for future, in-depth training. In September, she provided 3 days of training at Quanzhou Beidouxing Rehabilitation Center for Children with Autism, including a full day of lecture for parents of both children and adults with autism and two days of onsite training at Beidouxing's two centers. The focus was on behavior and communication, as well as meaningful activities for individuals of various ages. In October, Helen provided two days of training, also about communication and behavior, at Nanjing Brain Hospital Children's Mental Health Research Center. This was part of a 5 day workshop on autism with speakers invited from the US (Helen), Hong Kong, and mainland China. In October and November she made visits to Suqian "Rainman Center" in Jiangsu province and to Cangzhou

Huanghua Stars' Wings Center in Hebei province. Half-day lectures open to parents and teachers were followed by visits to each center and brief observations. Both of these organizations are requesting assistance, and FIVE is sending Jessie Jiang first to Stars' Wings in Huanghua in January 2019. We are also working together to plan a training in Suqian in summer 2019. Quanzhou Beidouxing is very interested in learning more about augmentative and alternative communication (AAC) as they have many adolescents and young adults with very limited speech. FIVE is working to plan a training to be provided by dedicated FIVE team members, including Helen and Linnea McAfoose, who is an experienced speech and language pathologist (CCC-SLP).



*Above: Helen McCabe leads a discussion with teachers at Quanzhou Beidouxing.*

*Left: Helen with Director Liu (in black) and teachers at Cangzhou Huanghua Stars' Wings Center after her lecture for parents and teachers.*



## Advocacy and Awareness

The Five Project values opportunities to provide intensive hands-on training such as we have done at many organizations in China (including Shenyang and Dalian this year), as well as the opportunity to participate in activities that raise awareness about issues related to disability and autism. In September and October, FIVE co-founder and Executive Director Helen McCabe was invited to give talks at two colleges and one international conference, providing the opportunity to advocate for inclusion in education and in employment for individuals with disabilities in China. At Fujian Preschool Education College, she spoke to students in the early childhood education and special education majors about inclusive education. At Nanjing Special

Education Normal College, she gave a talk to special education majors about behavior support strategies for children with autism. At the First Annual Shanghai International Autism Research Conference, she shared US experiences in employment for adults with autism, while also advocating for more opportunities to be considered for adults in China. The conference was organized and sponsored by many leading disability and charitable organizations, including primary leadership by Cao Xiaoxia, daughter of Cao Peng (conductor of Shanghai Symphony Orchestra). Ms. Cao runs a music program for youth with autism, as well as a coffee shop that serves as a vocational training site for young adults with autism.



*Above: Speakers at the Shanghai autism conference, including FIVE director Helen McCabe, responding to questions from Cao Xiaoxia, conference organizer and advocate and provider of services for adults with autism.*

## Support Group and Volunteers

The Five Project support group continues to meet monthly, serving approximately 25 families each month. Family to family support is increasingly important as the individuals and families age and consider current and future health and care needs. Recently a support group member passed away. When his family returned at the October meeting, there

were tears and hugs, and gratitude for the chance to be with friends and loved ones in this welcoming environment. Happy FIVE tears and hugs also occurred in Greece this fall! An ongoing volunteer from Nanjing, Shao Xiaojie, traveled to Greece where she was able to meet up with former FIVE volunteer Amaryllis Paidosi. Amaryllis was a volunteer in 2009 when she

lived in Nanjing for a year; she provided training to teachers and families, and attended FIVE's support group. Shao Xiaojie was a mentor and translator to Amaryllis and they were thrilled to be able to reconnect in Amaryllis' home city of Athens!

*Below: Previous and current FIVE volunteers meet in Greece!*



*Below: FIVE support group monthly meeting, October 2018*



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

*FIVE gratefully acknowledges donations received since our last newsletter.*

*Bruce Acker*

*Amazon Smile*

*Bob Arno*

*Michelle and Raj Badhwar*

*Roland Barnes & Charlotte Szabo*

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*Donations were also given in honor of: Nancy Dalrymple, Mary George, Susan Gray, Judy John, Susan Rautio-Dietz, Suzie Rimstidt, Rosie Rines, and Marci Wheeler.*

Please consider partnering with us, and with our collaborators in China, to support services for children and adults with autism and other disabilities. **Please make a tax-deductible donation. You may donate online through PAY-PAL (click here)** or send a donation to:

The Five Project, 33 Fitch Terrace, Randolph, MA 02368 USA. **FIVE is a 501(c)(3) nonprofit organization. Contributions are tax-deductible.**