



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 4-7, 2023**

Clinic Summary Notes

Clinic Topic: A Spectrum of Possibilities: Teaching Guests with ASD - Mary Ellen Whitney

1. The CDC (Center for Disease Control) keeps up to date information and stats on ASD : <http://www.cdc.gov/ncbddd/autism/index.html>
2. Understand basic definitions, and traits (characteristics) – Watch this short video - Dr. Doreen Granpeesheh breaks down the autism diagnosis criteria in the new DSM-V (Diagnostic and Statistical Manual of Mental Disorders) <https://www.youtube.com/watch?v=ILiX9gGd0Ik>
3. There are tons of YouTube videos on causal theories and controversies on the web and the link below is a sensible condensed version: https://www.youtube.com/watch?v=yxwW57_dEUI
4. Dual diagnoses are increasingly common in our snowsports schools, where an individual is diagnosed with ASD and a second major disability diagnosis is also present. Co-occurring dual diagnoses are common. Good article: <http://autismnow.org/articles/dual-diagnosis-people-with-autism-and-dealing-with-mental-health-challenges>.
5. All Behavior is Communication – recognize signs that your students' sensory issues are beginning to overwhelm him/her and take fast action to remove the stimuli that may escalate to crisis.
6. Make Environments predictable; Prepare, long in advance, for transitions or change.
7. Temple Grandin is an American professor of animal science at Colorado State University, best-selling author, autism activist and consultant to the livestock industry on animal behavior. There are dozens of videos online about Dr. Temple Grandin and her thoughts on how people with ASD think. Watch her lectures : https://www.youtube.com/watch?v=IA4tE3_2qmI and this article to find her TED lectures and bio https://www.ted.com/speakers/temple_grandin.