

CARD ADULT PROGRAMS

UNIVERSITY OF SOUTH FLORIDA – USF CARD

Point person: Mindy Stevens

CARD-USF helps with various aspects of transitioning into adulthood including, but not limited to: community integration, lifestyle planning, self-advocacy, empowerment, preparations for independent living, understanding benefits, understanding relationships, and identifying supports for quality of life.

<https://card-usf.fmhi.usf.edu/index.html>

They partner with their sister program, LAUNCH. LAUNCH USF (formerly The Learning Academy at USF) specializes in serving people with autism. Its five core areas of focus are a 30-week academy program, employment services, transition programming, innovative technology training, and business solutions.

<https://launch.cbcs.usf.edu>

Connections to social skills groups:

<https://card-usf.fmhi.usf.edu/groups/index.html>

FLORIDA STATE UNIVERSITY - FSU CARD

Point person: Catherine Zenko and Allison

Offerings for adults include "Meet Up Mondays" and "Walk it Out Wednesdays," as well as individualized services tailored to the adult client's needs (employment support, academic support, social skills development, and community integration).

"Meet up Mondays" convene once each quarter, with weekly meetings held during that month.

Meetings are one-hour virtual meetups to discuss topics affecting adults with autism. Activities include engaging presentations by CARD consultants, guest speakers, open-topic chats, and playing games to get to know each other. Participants also have the opportunity to chat with other adults on the spectrum about their challenges and successes. This series is for adults (18 years of age and above) who are registered with FSU CARD.

UNIVERSITY OF MIAMI/NOVA SOUTHEASTERN UMNSU CARD

Point person: Natalie Stanish

The Daniel Jordan Fiddle Foundation Transition and Adult Programs at UM CARD offers support services for individuals with autism transitioning into adulthood and

beyond. This division provides social opportunity and support groups for registered constituents, as well as support groups in English and Spanish for family members of adults with autism. The virtual Adolescent and Adult Training Series held every Fall and Spring, features presentations for teens and adults with autism from CARD staff and community professionals. For more information about the current offerings please visit <https://padlet.com/djffumnsucard/groupsandevents>

UNIVERSITY OF CENTRAL FLORIDA – UCF CARD

Point person: Terry Daly

LEVEL UP—a semester long life-skills development program for 18-24 year olds who are deferring their diploma, have graduated with a reading level below 6th grade, and interested in and able to participate in a group of 8-10 with 2 adults to learn skills related to independent living and social success. This is a collaboration with PALS. This is a face to face program.

ASPIRE—Autism Spectrum Pursuing Interests, Recreation & Entertainment—this is for adults who are able to be independent in the community and consists of a variety of stand-alone activities that adults would typically be interested in (dinner and a movie, game night, trivia, sporting events, escape rooms, etc). Must be able to get there and remain safe, not need assistance with bathroom, no behavioral challenges or aggressive behavior. The focus is fun and in vivo social opportunities. This is leveled by age—young adult and 35+. This is a community-based program (there are still some online activities, which are open to all adults).

ADULTING 1, 2, and 3. These are 8-10 week programs that meet weekly for a group session, and the participants complete quests between sessions to master adulting skills. There are 3 modules and are taken in sequence: Taking Care of Myself; Moving toward Independence; Relationships and Dating. These programs are for individuals who have a 6th grade reading level or above, interest in independent living, and no aggression. This is a hybrid program.

INTEROCEPTION: This is a program based on Kelly Mahler’s Interoception program. They include a “soles of feet” component of self-awareness with this. This is about 26 sessions. This is a hybrid or online program.

MINDFULNESS MATTERS: This is a mindfulness training program that is 7 weeks long and focuses on strategies for self-regulation, anxiety management and mindfulness. This is conducted online.

THE COLLABORATIVE: This is a support group for college students on the spectrum. It is mainly online, but some meet ups in Orlando.

EXECUTIVE FUNCTIONING FOR COLLEGE: This is a one semester no-credit course for college students with ASD. It is conducted online.

NO LIMITS: These are stand-alone get togethers in the community for adults who have higher support needs. They may attend with a caregiver or companion or peer, and the focus of the events are activities that are appropriate for individuals at all levels on the spectrum, but primarily designed to support the needs of individuals with significant support needs. These occur across counties throughout the school year (there is a break in summer).

ADULT FORUM: This is a bi-monthly online support group that features topical discussions and joint problem solving around issues of concerns or topics raised by the participants. This is a virtual offering and requires participation (verbally and with camera on).

SOCIAL THINKING AT WORK: This is a book group for adults who are either working or seeking work and have had issues at prior jobs. This is about four weeks, and they meet online once a week to discuss the book content and how it relates to them.

EMPLOYMENT BOOT CAMP: This is a VR approved program of 20 hours of coaching on skills needed to obtain a job. It is offered when enough constituents express interest and are registered with VR.

CAMP TWO CAN: This camp provides our constituents with a 30 hr a week camp experience and goes to age 24. This camp is primarily for children and adults who would not be successful in a traditional camp or have aged out of camps—they just do fun stuff together, field trips, pool, etc. They must be toilet trained and be able to be successful in a group of 10 with a 1:4 ratio. This camp is run by PALS and there is a cost, although PALS heavily subsidizes the cost.

DRIVER EDUCATION: This is a partnership with Doug Flutie to provide limited driver education and driving lessons to individuals who have obtained their permits. This is grant, CARD and parent funded as it requires specialized driving instructors.

DEFENSIVE DRIVING CLINIC: Partnership with Orange County to offer a once-a-year defensive driving clinic.

Occasionally offer PEERS and SeeMyVoice, an artist mentoring program.

Individualized consultation for adults and their caregivers.

UNIVERSITY OF FLORIDA – UF CARD

Point person: Ann-Marie Orlando

UF Gainesville CARD has a webpage with information about adult services. In addition, they offer support groups for adults on the spectrum as well as women on the spectrum. Annually, they offer an Employment Boot Camp for underemployed and

unemployed adults with autism to facilitate the development of professional and personal goals toward employment. Their staff also works closely with the UF Health Adult Psychiatry Developmental Disabilities Outpatient Clinic to support their patients with ASD.

FLORIDA ATLANTIC UNIVERSITY – FAU CARD

Point person: Jennifer Percival

Offers adult hangout groups across the five counties they serve for adults beyond age 25. They have no upper age cap for the groups. Participants need to be registered with FAU CARD.

Palm Beach: Meetings are held monthly, primarily online with some in-person events each year. Virtual Hangouts are centered around an interactive online activity, such as games, trivia, escape rooms or creative arts. In-person Hangouts are held within the community for activities such as miniature golf, pizza nights, campus and community events.

Treasure Coast: Meetings are held monthly in-person at various locations within the community. Events may include miniature golf, pizza nights, sporting and community events.

Please note: *Individual's must be able to attend safely and independently. Constant supervision cannot be guaranteed throughout in-person events. The individual must be able to navigate the community with little support and must remain in the area. If the individual does not meet this requirement, a support person must also attend.*

One of their community resources for social activities is Sea Turtle Adventures. They have social groups and programs specifically for adults. This is the organization that started Club K, which is a nightclub experience. Here is the link to their program: <https://www.seaturtleadventures.com/events/icare-june-2024-social-events>

Club K: <https://www.seaturtleadventures.com/clubk>

UF Jacksonville

Point person: Brett Walden and Bernardo Cuadra

CARD Adult Resources and Support Group:

1st Wednesday of each month. Adults with autism spectrum disorder will have the opportunity to engage in facilitated social conversations via Zoom. They will be having a varying rotation of topic discussions, that include adaptive, life and social skills. For additional information on how to register, please contact bernardo.cuadra@jax.ufl.edu or gwenivere.mauro@jax.ufl.edu.

CARD Retro Diner:

They will host Retro Diner in person at a different location every month. As they continue to explore working relationships within the community in rotating locations to facilitate access to all of our constituents.

They will continue to host it from 5:00PM until approximately 7:00PM to accommodate for those that may have difficulty arriving by 5PM. It will remain on the regularly scheduled 2nd Wednesday of the month.

Parents or transportation must be present and remain on location for Retro Diner unless the adult is responsible for their own transportation. Parents can meet other parents and enjoy themselves together during the time of the group.

Additionally, they will be having their usual topic discussions, and will be putting into practice life and social skills. Individuals will be fully responsible for ordering, requesting, paying and socializing for themselves.

For additional information on how to register, please contact bernardo.cuadra@jax.ufl.edu or gwenivere.mauro@jax.ufl.edu.