



St. Andrew's Society of Toronto
P.2



#Spin4Autism
P.4

ISAND

Integrated Services for Autism & Neurodevelopmental Disorders

ISAND'S FOCUS ON FAMILY

ISAND recognizes the role that families play in the therapeutic successes of the children that we work with. Studies have shown that when a child is part of a family that “never gives up” they achieve positive outcomes from therapy more quickly and more deeply than those without the support.

ISAND works with many families who fit the definition, this is the story of only one family that “never gives up”

WHAT HAVE BEEN SOME OF THE BIGGEST CHALLENGES YOU FACE AS A FAMILY WITH A MEMBER WITH ASD?

One of the greatest challenges of having a child with special needs, and a child with ASD, is the constant struggle of interacting in a world that may not understand or perceive things through the lens and world of autism. These challenges can start with immediate family members who think your child is just misbehaving. Taking a walk in the neighbourhood or attempts at playing at the local park can become stressful events as you constantly navigate what others are thinking, and how others are reacting to your child. It is mentally draining to constantly have to teach everyone around you how to interact with your child in a way that makes that interaction successful.

It takes constant determination and strength to advocate for your child to have the same experiences as other children. Finding extra-curriculars that fit with our child's abilities was challenging for us. Swimming lessons are a good example of this. Swimming lessons are necessary to keep our child safe, but were not an option for us initially because swim schools

were not willing to have a parent present. The typically developed world, does not always understand that dropping off a child that cannot communicate and not physically being there for her/him was not an option for us. We continued to call swim schools and explain what we needed until we found a place that could accommodate us.

Finding supports and services that were a good match for our child, and for us as parents, was a huge undertaking. We researched different types of therapy for children with Autism and we visited different therapy centres. It took an enormous amount of time, research, and patience to navigate support systems, until we found ISAND.



WHAT HAVE BEEN SOURCES OF STRENGTH FOR YOU?

Establishing relationships with other families who are supporting children with special needs has been an incredible source of strength for us. Finding places to visit that are more inclusive has helped us build relationships with other families of children with special needs.

Having a team at ISAND to help us navigate supporting our child has also been an incredible source of strength.

HOW HAS ISAND HELPED YOUR FAMILY?

We get emotional writing about how ISAND has helped us because ISAND has changed all of our lives for the better.

Before ISAND, we were going to 5 or more appointments per week, sometimes two or three in one day, and all of them were in different places, with different individuals that were not communicating with each other. As parents, we had to be

the point of contact, the person explaining all of the other goals to every practitioner. It was exhausting, emotionally draining, and not very effective.

ISAND has given us so much. We've been able to watch our child make gains, and become a happier, more confident person. Equally important to us as parents, ISAND has given us time with our child to simply be a mom and dad. We know we can trust this team of professionals, to help our child and coach us, so that our child can continue to grow and learn. We don't have to figure out how to help our child ourselves anymore because we have a team that helps us figure it out.

In ISAND, we found a team of people that deliver high quality services in an environment that has become like a second family to us. We are able to go to one place for everything that we currently need for our child and for anything that we might need in the future. ISAND's model of service delivery should be the standard everywhere in Canada.

To the team of individuals that started ISAND and to everyone that contributes to making ISAND what it is today, from the bottom of our hearts, "Thank You!". Please know that the work you do every day makes such a profound difference to us as a family. Our child would not be where he is today without your expertise, assistance and dedication. You continue to provide strength and hope, and for that we are eternally grateful.

WHAT DO YOU WANT OTHER FAMILIES WHO HAVE CHILDREN WITH ASD TO KNOW? WHAT ADVICE WOULD YOU HAVE FOR THESE FAMILIES?

We know how overwhelming it can be, at times, to support a child with ASD.

Please never give up advocating for your child. When it comes to your child's ability, you know your child best. You are the expert. There isn't a 'one size fits all' approach to supporting children with ASD. You have to follow your instincts and find services and professionals that will help guide you, like the team here at ISAND.

Surround yourself with people and environments that accept your child for who he or she is. Everything becomes so much easier when you stop trying to make your child 'fit inside a box' and embrace them for who they are.

Take time for yourself. If you are in a relationship, make time for each other as well. You can't be helpful or supportive to your child if you are not taking care of yourself.

ST. ANDREW'S SOCIETY OF TORONTO

We would like to thank the St. Andrew's Society of Toronto for the generous donation they provided ISAND. The gift will ensure families can access parent coaching programs that will help families in supporting their child's therapy.

WHAT IS THE ST. ANDREW'S SOCIETY OF TORONTO?

The St. Andrew's Society of Toronto was established in 1836 to provide relief to families that were in distress. The Society played a significant role in the relief of need, especially by helping people of Scottish descent who fell on hard times in their new country.

The St. Andrew's Society of Toronto (SAST) has a rich and colourful history. During the First World War, Society members helped wounded service men convalesce by providing both time and money. George Brown, a Father of Confederation, Founder and Editor of the Toronto Globe, and MP for Lambton, was president of SAST twice. In 1891 St. Andrews Society provided funds and was instrumental in lobbying the government to form a new regiment – the 48th Highlanders.

Until 1979, membership was restricted to men. Since opening membership to women, there have been seven female presidents of the Society. SAST is governed by fourteen (14) volunteer board members and today, there are two hundred forty (240) active members with a regular audience of more than eleven hundred (1100).





COMMUNITY SUPPORT

The St. Andrew's Society celebrates Scottish-Canadian culture and heritage. It does this by hosting events and supporting Celtic music, Highland dance and Education in Scottish Studies. It also fundraises for causes in the Greater Toronto area. The SAST charitable giving strategy is primarily focused on supporting smaller, lesser funded agencies in Toronto serving people who are at risk of poverty, food insecurity, homelessness, racial and gender-based discrimination, crime, and poor educational, physical/mental health outcomes.

In 2021, the St. Andrew's Society, through its Charitable Foundation, has provided \$45,000 in grants to nine (9) agencies in Toronto serving women, youth and children who at risk, many of whom are new immigrants or refugees to Canada.

SAST also maintains a long-standing partnership with the Scotland based Christina Mary Hendrie Trust, the mandate of which is "to assist Scottish and Canadian charities specializing in work related to veterans, young people and the elderly". Each year SAST submits four to six applications to the Trust from deserving Toronto-based charities.

ISAND received a generous donation to subsidize the cost of our six week parent coaching program, Managing Challenging Behaviours. The St. Andrew's Society grant will subsidize up to three co-horts of this very important and necessary program. (For a full list of organizations supported by SAST in 2021, visit their website www.standrews-society.ca)

To raise funds that benefit Toronto citizens in need, the St. Andrew's Society hosts a number of annual events including:



- Burns Dinner and the Burns Statue celebration
- Whisky Tastings
- Curling
- Tartan day mixer – entertainment and refreshments at a Toronto Pub
- Spring Dinner
- Celtic Festival – Toronto Islands
- Fall Pub mixer
- St. Andrew's Church parade in November
- St. Andrew's Charity Ball

COVID has unfortunately forced the temporary cancellation of these events this year but the Society has scheduled some online events until everyone can meet in person again.

To learn more about the St. Andrew's Society of Toronto, to keep abreast of the activities or to inquire about membership, please visit the website at www.standrews-society.ca . if you want to receive the monthly e-newsletter, you can sign up through info@standrews-society.ca



To follow on social media:

www.facebook.com/standrewssocietyoftoronto
www.instagram.com/standrewstoronto
www.twitter.com/standrewtoronto



ISAND has partnered with Ausome Karma Opportunities Coaching to offer Brain in Hand services
<https://www.ausomekarma.com/life-skills-coaching>

what is brain in hand?

1. **PLANNING:** Create personalized goals and strategies for your Brain in Hand account through person-centre planning sessions with our Brain in Hand Specialist.
2. **DIGITAL SYSTEM:** Brain in Hand's software combines a personalized website linked to your smart phone or tablet with features to help reduce anxiety, increase independence, remind you of activities and events and to feel supported.
3. **SUPPORT:** the Brain in Hand system allows you to monitor your own progress independently, or to connect with a live support person 24 hours a day.

To see Brain in Hand in action, please visit new Toronto BiH user Anthony's YouTube Page:

Anthony has gained the skills to select a recipe, go grocery shopping followed by cooking the chosen meal with very limited support... please watch Anthony's various cooking videos

https://www.youtube.com/channel/UCAJQi-VM_ba6g1vHtIPAQUQ

For more information, please call Shawn Kendal at 416-200-6713 or visit the links below:

<https://www.ausomekarma.com/life-skills-coaching>

Brain in Hand leads to success at University:
<https://www.youtube.com/watch?v=FJEwtmDinmM>

Introduction to Brain in Hand
<https://www.youtube.com/watch?v=0P9xGABkFfQ>

The Impact of Brain in Hand:
<https://www.youtube.com/watch?v=gfKq40VNHJ8&t=19s>

BBC News Coverage:
<https://www.youtube.com/watch?v=hsfyAbNagKY>

“Autism is a part of my child. It is not everything he is. my child is much more than a diagnosis.”
—S.L Coelho

GOODBYE

JUNE WEEKES, COORDINATOR OF PROGRAMS

June started with ISAND as a Clinical Front Desk Assistant in May 2018 and moved to the newly created position of Coordinator of Programs in 2019. June's pleasant personality and caring for clients will be missed. June wanted to provide some thoughts on her time with ISAND: *I am going to miss working at ISAND and seeing clients grow and reach their potential!*

It has honestly been so inspiring and motivating to see the gains that families make week to week throughout their time here. I am going to miss being part of their stories and getting the calls and emails of excitement from parents that 'their son was able to sit through a whole day of classes with no calls from the schools because of behaviour sessions here', or that 'their daughter was finally said 'mama' after speech sessions here', or that 'the participants in one of our social groups are now friends and are setting up playdates outside of their ISAND program'... we truly work with a talented team here and each story is a representation of the work we do – in sessions and behind the scenes. It fills my heart with joy.

BETH GOSWELL, COORDINATOR OF CLINICAL SERVICES AND INTAKE

Beth has worked with ISAND in this role since 2016. Her sense of humour and understanding of clinical services will be missed. Beth's thoughts on her experiences at ISAND include: *I have loved watching the kids grow, learn and develop.*

It has been a privilege to work with a team that truly understand autism and wants to make it a better world for families. Learnt so much every single day by looking at the world through a different lens and how valuable it is to be able to do that.
Fond memories....too many to list....

ALYSSA JOHNSTON, OT REG. (ONT.)

Alyssa joined ISAND as a newly graduated Occupational Therapist in December 2019. Alyssa left ISAND in early September 2021 to pursue opportunities in Calgary AB. Through her time with ISAND, Alyssa was instrumental in creating and offering several movement and exercise programs both in person and virtually. In addition, she worked closely with McMaster University in overseeing the placement of two Occupational Therapy students from McMaster. Wishing Alyssa success and happiness in her new surroundings. ..

HELLO

STEFANIE MARIN, EARLY INTERVENTION THERAPIST

Stefanie Marin worked with individuals with Autism Spectrum Disorder (ASD) for 5 years and began volunteering with organizations such as Project Autism. Stefanie Marin grew a passion for the field and began working as a Group Services worker where she worked in the respite department and did respite with individuals of all ages..

BAWAN GOSAL, BSC., MPED, BCBA

Bawan joined the ISAND team in August 2021, bringing more than five years' experience as a behaviour consultant working in a variety of settings including clinics, homes, day care, and schools. Bawan has utilized her ESDM and PEAK training to provide naturalistic therapy to pre-school and school aged children. The multidisciplinary approach drew Bawan to ISAND as she enjoys working collaboratively with clinicians from various backgrounds to provide integrated therapy to clients.

SAHILA SANDHU, BA (PSYCH) MPED, BCBA

Sahila joined ISAND in August 2021, bringing more than four years' experience as a therapist, senior therapist, and classroom teacher working in a variety of settings including clinics, homes, day care, and schools. Most recently, Sahila was responsible for assessing, goal setting and teaching a class of eight students with ASD. In addition to teaching, Sahila coordinated the collaboration of clinicians from multiple disciplines, and oversaw the work of ABA Therapists and Educational Assistants..

AMY VOON, RBT, SOCIAL PEERS FACILITATOR

Amy joined the ISAND team in August 2021, bringing more than five years' experience working with children with ASD in a variety of settings including clinics, homes, day care, and schools, in British Columbia and Ontario. Amy has utilized her PEAK and Relational Frame Theory for Intensive Behavioural Intervention training to provide communication, emotional regulation, social and daily living skills to children between the ages of four and thirteen.

KIRON RODRICK BA, MA, BED, MED, SOCIAL PEERS FACILITATOR

Kiron joined the ISAND team in August 2021 and has more than twelve years' experience working with children with ASD working as a counselor, teacher and therapist. She has also worked as a coordinator and supervisor for special education in several schools. Kiron's experience as a lecturer in a local College's Educational Assistant program has also helped hone her group facilitation skills.

DR. BOB KING

Dr. King has over thirty years of experience providing psychiatric assessments and supports to individuals with Autism Spectrum Disorders, Intellectual Disabilities, Fetal Alcohol Spectrum Disorders and co-morbid mental health concerns. He has extensive experience designing and building systems of supports for marginalized individuals in under-resourced areas and is currently very interested in harm reduction approaches to substance use and the assessment and treatment of mental illness and addictions in Canada's Indigenous population. ..

BOARD OF DIRECTORS 2021/2022

Tina Capobianco
(Chair)
Vice President,
JD Factors Corporation

Shane Nixon,
CFP, CIM, CLU, BBA
(HONS)
(Treasurer)
Director at Caledon Hills
Private Wealth

Jason Arbuck, LLB, MBA
(Secretary)
Partner,
Cassels Brock &
Blackwell LLP

Philip Babbitt
President & CEO,
Novajet Aviation Group

Moti Jungreis, MBA, BA
Vice Chair & Head of Global
Markets, TD Securities

Steve McDonald,
President eCapital

Myra Sourkes, MD, FRCPC
Neurologist



#SPIN4AUTISM

NOMINATE, DONATE, SPIN & SPRINT

#SPIN4AUTISM

ISAND ran the **Spin 'N Sprint** social media challenge from the long weekend in May until Canada Day. For some participants, the challenge could have been named **Spin 'N Stumble**. Thank you to all Spinners and donors as more than \$7,000 was raised through this family friendly and fun activity.

Thank the following individuals, and corporations for their contributions:

Adam Elliott
Allison Neill-White
Anna Bifulchi-Belli
Bob Butella
Caledon Hills Private Wealth
Charisma Lohony
Cindy Howlett- Waugh
Dawn Gibson-Billings
Dawna Cooper
Dean Jin
Dennis Galloway
Dina Savaglio

Digi Hype (in kind & financial)
Elsa DiLuca
Gabriella Di Donato
Juanita Wheeler
JD Factors
Jeannie Clark
Jewish Community Fund
Krishna Sastri
Kathy & Mike Way
Kathy & Ian Cullingham
Leah Miltchin
Michael Zischek

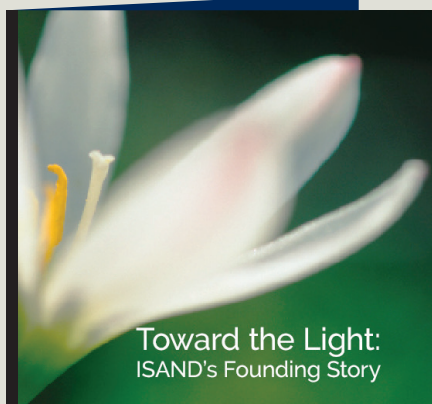
Michelle Volpatti
Nancey Nixon
Renelle Roy
Rhona Cogan
Shane Nixon
Sam & Mirella Bucci
Sam DiLoreto
Tina Capobianco
Tracy Hellquist
Upjit Kansal
Valerie Cooper
Vinnie Coluccio



S. Wendy
Roberts,
MD, FRCPC
Developmental
Paediatrician

Toward the Light: ISAND's Founding Story.

ISAND's coffee table book, a story of Wendy Roberts and the brave founders of ISAND is now available for purchase.



To purchase your copy
email or call us at:
info@isand.ca
(416) 224-5959
www.isand.ca

"if they can't learn the way we teach,
we teach the way they learn."

—Dr. O. Ivar Lovaas



On April 24, 2021 Michael Nitsopoulos and Daniella Laise held a Fundraising Event to raise awareness of Autism Spectrum Disorder and to benefit

ISAND. The pizzas were made from scratch following an authentic Napolenta recipe using DOP (Denominazione d'Origine Protetta) ingredients. More than fifty people purchased pizzas or made donations totalling almost \$4,000. ISAND would like to express our thanks Michael, Daniella and the sixty people who supported the event.

Adriana Sluga
Alex Theroux
Andrea Maggisano
Andrew Papadimitropoulos
Anna Albrekht
Anita Chang
Barb Majerski
Brad Hewitt
Bita Doagoo
Brian Marchand
Cameron Wykes
Carmela Liggio
Cara Moroney
Carol Craigen
Clare Laise
Connie Romano
Daniela Liggio
Darren Barreca
Diana Jovanovski
Edna Chu
Giovanni Caschera
Jamie Sarner
Jane Chung
Jennifer Montesano
Jessica Lamanna
John Lacey
Jonmichael Moy

Joseph Im
Juanita Wheeler
Julie Perl
Kathy Kruck
Kevin Mills
Laura Liggio
Leanne Lepore
Lisa Mantello
Marcus Thompson
Marko Popovic
Melissa Tayar
Michael Boccia
Michael Shearer
Neil Banerjee
Nicholas Cheslow
Paula Fairlie
Petros Yannakis
Preetam Banerjee
Sandra Di Leo
Scott Masters
Shimon Shnaidman
Sonia Groe
Steve Alberto
Steven Nitsopoulos
Steven Oliveira
Steven Toulch
Tamanna Ghazvini

List of Donors 2021/2022

ISAND's 2021/2022 fiscal year started on July 1, 2021 and, in addition to the Spin N Sprint and Be Kind Pizza events, has received donations from community groups, individuals and corporations to help support the work that we do.

We would like to sincerely thank the following individuals, community groups, and corporations for their financial support of ISAND.

Individuals

Dave Way
Dean Jin
Iltisham Qureshi
Olesya Zarembo
Tat Read

Community Groups

Charities Aid Foundation
St. Andrew's Society
Toronto Foundation

Corporations

Goodhope Management
Costco
Warehouse 535

ISAND offers unique integrated approach to care

Do you know a child or young person who may benefit from ISAND services and programs? Our clinical team of professionals includes developmental pediatricians, psychologists and clinicians from a variety of disciplines.

They work together as a team to provide a comprehensive range of services to ensure families receive fully coordinated, integrated and continuous care.

Our professional services and programs include:

- Behaviour (*Consultation, Assessment & Therapy*)
- Counselling & Support (*Individual & Family*)
- Diet & Nutrition
- Developmental Medical Care
- Early Intervention (*ESDM / NDBI*)
- Education Consultation
- Occupational Therapy (*Consultation, Assessment & Intervention*)
- Parent Education & Parent Coaching
- Psychology (*Consultation, Diagnostic & Psychoeducational Assessment*)
- Psychology (*Cognitive Based Therapy & Mindfulness Based Therapies*)
- Social Programs
- Speech-Language Therapy (*Consultation, Assessment, Intervention & AAC Support*)
- Therapeutic Yoga & Rhythmic Movement Training

We embrace the uniqueness of everyone. To learn more please call **(416) 224-5959** or visit us at **www.isand.ca**

