

Union Station Clubhouse, Written by Clubhouse Members

Newsletter

A Tree for Every Holiday - by April B.

Every year at the Clubhouse, we put up a tree to celebrate the winter holidays. However, the Clubhouse has come together and decided to do something different for the year of 2018. The members decided to keep the tree up all year rather than taking it down. We plan to decorate it for every holiday of the year. The Clubhouse program director asked Mrs. Dana Hughes from our advisory board (who is very crafty!) to assist us with making decorations and putting them on the tree. The first holiday that we decorated for was Valentine's Day. Then we got to decorate for St. Patrick's Day and Easter. I really enjoy these activities. So far the tree has been very beautiful, bright, and filled with color. We can't wait to decorate for Memorial Day, and the Fourth of July!



Member Spotlight: Charles H. - by George H.

Charles H. has been a member of Union Station Clubhouse since July of 2012. What he enjoys about the program is the fact that the staff are extremely understanding, easy-going, and positive with individuals who attend the program. This helped him to learn how to earn trust between his self, staff, and the other members of the program. The skills that Charles has learned have empowered him to graduate from trade school, and now that he has his degree, he would like to become a residential electrician. Also, Charles was able to obtain his own place of residence and is currently seeking competitive employment out in the community.



A Story of Success - by Charles J.

Hi! My Name is Charles. I am a recovering schizophrenic (paranoid), bi-polar-manic depressive. I diagnosed myself at the age of 12. My doctors were in awe that I had known so much about my diagnosis. Some of the successes in my life story are:

- (1) I was in armed forces
- (2) I attended military college
- (3) I attended a four year college

If you put your mind to a challenge you can certainly achieve success: One day at a time.

Autism Acceptance Month - by Dustin M.

April is Autism Acceptance Month. During Autism Acceptance Month, we focus on sharing positive, respectful, and accurate information about autism and autistic people.

Autism Acceptance Month promotes acceptance and celebration of autistic people as family members, friends, classmates, co-workers, and community members making valuable contributions to our world. Autism is a natural variation of the human experience, and we can all create a world which values, includes, and celebrates all kinds of minds.

In a nutshell, Autism Acceptance Month is about treating autistic people with respect, listening to what we have to say about ourselves, and making us feel welcomed in the world.

Statistics:

- About 1 percent of the world population has autism spectrum disorder. (CDC, 2014)
- Prevalence in the United States is estimated at 1 in 68 births. (CDC, 2014)
- More than 3.5 million Americans live with an autism spectrum disorder. (Buescher et al., 2014)
- Prevalence of autism in U.S. children increased by 119.4 percent from 2000 (1 in 150) to 2010 (1 in 68). (CDC, 2014) Autism is the fastest-growing developmental disability. (CDC, 2008)
- Prevalence has increased by 6-15 percent each year from 2002 to 2010. (Based on biennial numbers from the CDC)
- Autism services cost U.S. citizens \$236-262 billion annually. (Buescher et al., 2014)
- A majority of costs in the U.S. are in adult services – \$175-196 billion, compared to \$61-66 billion for children. (Buescher et al., 2014)
- Cost of lifelong care can be reduced by 2/3 with early diagnosis and intervention. (Autism. 2007 Sep;11(5):453-63; The economic consequences of autistic spectrum disorder among children in a Swedish municipality. Järbrink K1.)
- 1 percent of the adult population of the United Kingdom has autism spectrum disorder. (Brugha T.S. et al., 2011)
- The U.S. cost of autism over the lifespan is about \$2.4 million for a person with an intellectual disability, or \$1.4 million for a person without intellectual disability. (Buescher et al., 2014)
- 35 percent of young adults (ages 19-23) with autism have not had a job or received postgraduate education after leaving high school. (Shattuck et al., 2012)
- It costs more than \$8,600 extra per year to educate a student with autism. (Lavelle et al., 2014) (The average cost of educating a student is about \$12,000 – NCES, 2014)
- In June 2014, only 19.3 percent of people with disabilities in the U.S. were participating in the labor force – working or seeking work. Of those, 12.9 percent were unemployed, meaning only 16.8 percent of the population with disabilities was employed. (By contrast, 69.3 percent of people without disabilities were in the labor force, and 65 percent of the population without disabilities was employed.) (Bureau of Labor Statistics, 2014)

Sources:

<http://www.autismacceptancemonth.com/about/>

<http://www.autism-society.org/what-is/facts-and-statistics/>

