

AUTISM


RESOURCE CENTRE



GROWTH CHANGE INDEPENDENCE HOPE SOCIAL SKILLS PROGRESS SUPPORT



President's Report



The Autism Resource Centre (ARC) provides services to children with Autism Spectrum Disorders (ASD) within the Regina Qu'Appelle Health Region (RQHR). As well, ARC, through a rural position, provides training about ASD and appropriate interventions to communities in the five southern health regions in Saskatchewan.

As the number of children diagnosed with ASD continues to increase, so does the wait list at ARC. Our Therapeutic Summer Programs continue to be in high demand. This year, a Therapeutic Summer Program Planning committee was established to plan for the program (see ARC Summer Program Planning Committee Report).

The RQHR Autism Services Review (2007) recommended one point of entry for diagnosis and intervention. In December 2008,

Dave Hedlund and JoAnne Phillips from RQHR approached ARC and proposed an amalgamation of ARC into RQHR in light of the review recommendations. A membership meeting was held on January 15, 2009, to share information about the proposed amalgamation. The meeting was very well attended. Further membership meetings will be held in May 2009. Discussions about the proposed amalgamation are ongoing.

Theresa Savaria and the ARC staff continue to do outstanding work to provide as much support as they are able to children and youth with ASD, and their families. The volunteers on the Board of Directors and committees donate their time and expertise to keep the organization effective.



Respectfully Submitted,
Morgan Reed, President



Executive Director's Report



We have a saying at the Autism Resource Centre. It helps us realize that we could leave ARC and look for other employment; however, we know we would really miss the day-to-day work because, as the saying goes, "It is never boring here, because no two days are ever the same."

We say this to each other because despite careful planning, you just never know what you will face during a day, a month or a year as an employee of the Autism Resource Centre. The work at ARC is a rewarding adventure and definitely keeps us all on our toes.

The ARC Board and staff were honoured and excited this year to be asked by York University PhD candidates Julie Koudys and Kristen McPhee to have the ARC Therapeutic Summer Program as the place they could conduct their PhD thesis research on the Picture Exchange Communication System (PECS). ARC fully supports PECS as a best practice approach in providing children with ASD with a communication system. We had no doubts about the therapeutic value of PECS or the professionalism of the researchers. We knew that the ARC Therapeutic Summer Program would be an excellent environment for the PECS research, because PECS has been implemented intensely in the summer programs for a number of years.

Twenty-two families consented to have their sons or daughters participate in this research project. This was a huge undertaking for all

staff in Preschool Adventures and the Summer Program because of the need for extra training, supervision and daily data collection.

However, the extra work was all worthwhile because children with ASD and their families benefited. The preliminary data analysis shows that all students who participated improved. Ninety-seven per cent of students who participated in the research moved up one phase in PECS, and 57 per cent moved up two phases. The staff fidelity in training at the beginning of the summer was at 88 per cent, and at the end of the summer it was at 77 per cent. What wasn't measured in the research was the amount staff and parents learned from the expertise and knowledge of Julie and Kristen.

Seasonal Programs

This year we did not have a winter program or spring program, because we did not have sufficient space or staff to run these programs.

Therapeutic Summer Program

Autism Resource Centre has three Therapeutic Summer Programs: Preschool Adventures for children with ASD ages two to six years, Adventure Camp for individuals with Asperger's or high-functioning autism ages five and up, and the Summer Program for individuals with autism ages seven and up. In 2008, ARC had 104

students register in the programs. Sixty-seven of those who attended were from the ARC wait list. This is an increase of 10 students from 2007. We have 114 individuals registered for the 2009 summer programs, 62 are from the wait list.

In December 2008, Jo Anne Phillips (manager of Child & Youth) and Dave Hedlund (Director of Mental Health and Addictions) talked to the ARC Board about amalgamating ARC with RQHR in order to create an Autism Centre. The Autism Centre would house the diagnosticians as well as the service providers. At the time of writing this report, we are preparing for a membership meeting with RQHR and ARC members.

Program	2008	2009
Number of TIP receiving training	26	41
Number of clients on TIP program	45	61
Training for seasonal program staff TIP, other agencies and parent training	133	1,116
New individualized programs developed	83	108
Social skills groups	59	75
Therapeutic summer programs	104 participants	114 participants
Number of people attending ARC training workshops	545	1,275

Rural position

As the Rural Autism Consultant, Brenda Pedscalny has done consultation and training in the five southern regions. This year Brenda had 149 people attend her training sessions and she also did 261 consultations.

The Ministry of Health's autism framework has allocated funding for ASD consultant(s) and support staff to each health region. Therefore, this position will go through some changes next year.

Training

This year, the Autism Workshop Committee hosted a two-day basic PECS training. We were pleased to have many parents and staff attend this workshop. Our plans for next year are to provide some workshops on HFA/Asperger's Disorder during the high school years.

Staffing

Christa Baron and Amy Ewart returned from their maternity leaves in June 2008. In the fall, Lani

Siminoff left ARC for a position in Vancouver, and Marguerite Kryzanowski returned to university. Jennifer Huber also left ARC this fall to resume her teaching career. On September 9, 2008, we were happy to welcome Gizelle Gay as the new Developmental Consultant. Gizelle has worked at ARC as a part-time employee for four years while she earned her undergraduate degree.

Assessments and admissions

In January 2007, the provincial government gave ARC funding to move 40 individuals with ASD off our waiting list. As of March 31, 2009, we have accomplished the goal of moving the 40 off the waiting list. Unfortunately, as of March 31, 2009, we have 214 individuals on our waiting list.

Parent network group

As a support group for parents of children with ASD, this group meets once a month. This year, we have had guest speakers from CDS and a financial analyst.

Fundraising

We decided to put all our fundraising efforts into the baseball tournament. However, we were surprised and excited when the Chartered

Financial Analysts of Saskatchewan and Marbella Clothing, along with Coco Nail Lounge also held events in which ARC was the beneficiary.

Challenges

The waiting list continues to grow, and this is causing concern for everyone. We will continue to meet with RQHR to plan for the proposed amalgamation with RQHR.

Gratitude

I would like to thank the ARC Board for their leadership and support. I would especially like to thank Morgan Reed, the Board President. I also want to thank all our employees for their tremendous commitment and hard work over this past year. Thanks to all the families who participated in the PECS research, and all families who trust ARC staff to provide programs for their children. Everyone's hard work and commitment has contributed to a successful year.

Respectfully Submitted,
Theresa Savaria, Executive Director



Admissions & review committee



Committee Members:

Tammy Ferguson (Ministry of Education), Joan Marshall (C&Y), Dennis Nestegard (Parent and ARC Board Member), Marion Nestegard (Parent), Michael Piluk (Community Living Division, DSS) Shelley Tamaki (Ehrlo Community Services and ARC Board Member) and Theresa Savaria (ARC)

The A&R Committee is a volunteer committee consisting of parents, community representatives, ARC Board members and the ARC Executive Director. The committee's mandate is to review the ARC Developmental Consultants' recommendations for intensive, consultative, aftercare and membership services.

First, the individuals with ASD must have a formal diagnosis of an autism spectrum disorder (autism, Asperger's disorder, childhood disintegrative disorder, or pervasive developmental disorder not otherwise specified (PDD-NOS)). Most of the new referrals ARC receives are from Wascana Rehabilitation Centre and Child and Youth Services in Regina. The ARC Developmental Consultants provide an overview of the ARC functional assessments and outline recommendations for the child and family. The committee members are very impressed by the thoroughness and expertise of the ARC Developmental Consultants and by the overall quality of their reports.



This year, the A&R committee met six times. ARC funding resources limit the number of admissions we can accommodate; this year funding allowed for the admission of 22 individuals. There were 20 individuals admitted between the ages three and 10 under intensive services, one individual age 9 admitted under consultative services and one individual age 13 into intensive services. Three individuals moved from intensive services to consultative services, and four individuals were discharged from ARC's services. The waitlist continues to grow, and more financial resources are needed to continue the provision of quality services for families and individuals with autism spectrum disorders.

Thank you to the committee members for taking time out of their busy schedules to serve on the A&R committee, and to the professional work of the Developmental Consultants and Executive Director who make our work uncomplicated.

Respectfully Submitted,
Shelley Tamaki, Chairperson



Baseball committee report — 2008



Committee Members:

Darin Degenstein, Jennifer Huber, Don Morrell, Amy Ewart, Allison Ekdahl, Trudi Ihme, Rod Petrinchuk, Rip Smith, Lani Siminoff and Brenda Pedscalny

The Autism Resource Centre's 11th Annual Charity Softball Tournament presented by Bayer CropScience was our most successful tournament to date. We are very pleased to announce that over \$45,700 was raised to support the Therapeutic Summer Programs.

The tournament was held June 14, 2008, at Rambler Park. Bayer CropScience generously donated \$5000, as well as many prizes, to become the title sponsor for the second year. Bayer CropScience also entered three teams into the tournament. These teams proved to have great

sportsmanship and were generous contributors to the overall total.

Electronic Data Systems (EDS) were once again co-organizers of the tournament and diamond sponsors. We are always very thankful for the support received from EDS to put on this tournament, and for the long-term relationship that has been built between the companies.

Peter and Joanne Tyerman's mail out proved to be very successful again. We appreciate the effort the Tyerman's give to the tournament. This year, over \$6,600 was raised through the Tyerman mail out and personal contributions. Thank you, Peter and Joanne.

It is also very important to acknowledge and thank our main corporate sponsors: CTV and



Rawlco Radio were the media sponsors; Diamond sponsors included Audio Warehouse, Tyerman Investments Inc., and Aquarius Plumbing and Heating. Gold sponsors were Bellamy Kia, Builders Choice, Hipperson Construction, Leader-Post, Saskatchewan Lotteries, Saskferco Products, Sun Life Financial, Farm Credit Canada, and Prestige Construction. Silver and Bronze sponsors include Brown Communications, Broken Rack Billiards, Microsoft Canada, Ramada Hotel, Molson, Cindercrete Products, Shooting Star Foundation, Harrow Sports Canada, End of the Roll, McNally's Tavern, Ackland Grainger, Artistic Design Gift Baskets, Croft Electric, Enbridge Pipelines, JML Properties Ltd., MacPherson Engineering, Paradigm Consulting Group, Saskatchewan Roughriders, Sask Energy, Sutton Realty, and 3D Real Estate Investments.

What made such a difference this year was the individual and team contributions from our players. Thanks to all the teams that participated and all of those individuals who worked so hard for ARC. It was the individual donations that made our total rise, and we appreciate the dedication from our fundraiser and players that make this tournament so successful. The top 10 individual fundraisers were: Cory Huber, Rip Smith, Lindsay Ast, Katelyn Holt, Christina Noubarian, Erin Delgaty, Jan Ihme, Kendra Hofforth, Richie Hornoi, and Katelyn Lee.

A very big thank you goes out to all from the 2008 Ball Tournament Committee.

Respectfully Submitted,
Brenda Pedscalny, Senior Consultant



Personnel & policy committee report

Committee Members:

Brenda Pedscalny, Theresa Savaria, Peter Grasdal

The Personnel and Policy Committee continues to review, update and create new polices on behalf of the board of directors. As the Autism Resource Centre expands, old polices must be updated and new ones created. In the 2008/09 year the committee has met on two occasions to discuss the policies that need reviewing. No new policies have been implemented as of this moment. However, those that have been seriously discussed include: the job description of the executive director, the summer program

implementation, as well as many others. I would like to thank all the committee members for the effort spent making sure that the ARC is successively providing services for those in need. I would also like to thank the staff of the ARC for their dedicated endeavours to build programs that help augment the development of such special children.

Respectfully Submitted,
Peter Grasdal, Chairperson



ARC Therapeutic Summer Program Planning Committee



Committee Members:

Judy Milner (Parent), Amy Ewart (ARC), Christa Baron (ARC), Erin Delgaty (ARC), Kim Kennedy (ARC Board Member and Parent), Theresa Savaria (ARC)

The 2008 – 09 fiscal year was the first year for the ARC Therapeutic Summer Program Planning Committee. Previously, planning for the ARC Therapeutic Summer Programs was done under the ARC Strategic Planning Committee. In 2008 the Strategic Planning Committee recommended to the ARC Board of Directors that it would be in the best interest to families to develop a separate committee dedicated to planning for the upcoming Therapeutic Summer Programs.

The Summer Program Committee met four times this year.

The goal of the committee was to plan for the three 2009 Therapeutic Summer Programs. The main issues we addressed were: a) how to accommodate more participants and still maintain the therapeutic value of the summer programs, b) how to address the concerns parents reported in the 2008 ARC Therapeutic Summer Program Survey c) how to

organize registration for the summer programs in a fair and transparent manner and d) how to keep the cost for families down. It is important to note that in addition to members of ARC's fulltime caseload, the ARC also invites families on the waiting list who have a confirmed diagnosis of ASD and who pay the annual membership fee to register their son(s) or daughter(s) in the summer programs.

As the number of individuals diagnosed with ASD is on the rise, so are the numbers on the ARC waitlist.

In the winter of 2008, ARC Therapeutic Summer Program Planning Committee sent out a survey to families whose son/daughter meet the criteria for the Summer Program or Preschool Adventures. This objective of this survey was to determine the needs of families during the summer months.

In 2008, 104 participants attended the Therapeutic Summer Program. Our projections as a result of the surveys for 2009 were for 129 participants. In order accommodate the increase in participants, the following recommendations were made:

- The daily cost of the camps was increased to \$60.00/day from \$55.00/day.
- The Summer Program and Preschool Adventures will now run for a total of 7 weeks. Individuals on active caseload will be able to register for a maximum of six weeks and individuals on the waitlist can register for a maximum of five weeks.
- Adventure Camp will run for 6 weeks and each individual can register for 2 weeks.
- Adventure Camp will be organized by two-week age groups, so that participants can attend with same-age peers.
- A list of other available camps in and around Regina was developed for those who were interested.
- Registration for the Therapeutic Summer Programs would be held at the beginning of April 2009, in order to provide enough time to hire approximately 46 part-time staff to work in the programs.

I would like to thank all the committee members for their dedication and hard work, and Rachelle Chartier, ARC's Kinesiology student for working on a list of alternative summer camp options. I would also like to thank all the families who took the time to fill out the 2008 Therapeutic Summer Program Surveys. These surveys are invaluable in planning for the summer programs. Last year, 104 participants attended the summer programs, yet we only received 35 pre and post surveys from families. I would like to encourage every family whose son(s)/daughter(s) attend the summer programs this year to fill out the 2009 ARC pre and post Therapeutic Summer Program Surveys. It is vital for thoughtful planning to have families' comments on what needs improvement and what families find valuable in the summer programs as we continue to strive to meet the needs of individuals with ASD and their families.

Respectfully Submitted
Kim Kennedy, Chairperson



Finance committee report



Committee Members:

Heather Collins, Tim Gebert, Morgan Reed, Chris Worby, Theresa Savaria, Trudi Ihme, Dennis Nestegard

As Chairman of the Finance Committee, I am pleased to report another successful year for the Autism Resource Centre. Despite the many challenges, we continue to provide quality services to the Autistic community while responsibly managing our finances and planning for the future of our organization, which is a challenge.

This past year, ARC served 83 clients who participated in various programs. Due to lack of government funding, ARC'S waiting list has grown over the years to its present level of 214. The Autism Resource Centre continues to provide its excellent services to clients while stretching as much as possible to involve families waiting to access the services that ARC provides.

The commitment shown by ARC staff and management to the clients they serve is unquestionable. The highly qualified staff that ARC has retained receives salaries and benefits at a rate far below the level of individuals with similar training and responsibilities in other organizations, even after receiving a 2.3 per cent cost of living increase on our base funding. In October, ARC received an additional 7 per cent on our base funding. Total increase is \$28,673 for the year, making our total budget allocation \$643,512. This extra funding helps,



but it still leaves our staff's remuneration under funded.

We raised \$345,000 for the Therapeutic Summer Programs. Expenses were approximately \$307,000, leaving a surplus for the 2009 Therapeutic Summer Programs. This came from the ARC Charity Softball Tournament raising an unexpected \$45,700. A note of gratitude should be paid to the ARC staff and volunteers involved in this fund-raising event. If it were not for them, this event would not be the success that it is.

In order to deliver services to as many clients as possible, ARC continually reviews how it can deliver these services more efficiently. The Finance Committee has received exceptional support from the Board and the other committees in efforts to maximize the organization's effectiveness. As noted before, we are concerned about the extent of the waiting list, while providing quality service to the full time clients.

Despite these challenges – plus a larger challenge looming in the immediate future – I want to thank the staff and the Executive Director for the excellent job they have done and for their positive attitudes in delivering services so valuable to our families. I also want to thank the committee members for their due diligence to ARC'S financial matters.

Respectfully Submitted,
Dennis Nestegard, Chairperson



Auditors' report



To the Members of Autism Resource Centre Inc. I have audited the statement of financial position of Autism Resource Centre Inc. (ARC) as at March 31, 2009 and the statements of operations and changes in net assets and cash flow for the year then ended. These financial statements are the responsibility of the ARC's Board of Directors. My responsibility is to express an opinion on these financial statements based on my audit.

Except as explained in the following paragraph, I conducted my audit in accordance with Canadian generally accepted auditing standards. Those standards require that I plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In common with many non-profit organizations, Autism Resource Centre Inc. derives part of its revenue from cash receipts, donations, raffles and special program fees, the completeness and classification of which are not susceptible to



satisfactory audit verification. Accordingly my verification of these transactions was limited to the amounts recorded in the records of the ARC and I was not able to determine whether any adjustments might be necessary to the revenues, expenses, assets and net assets.

In my opinion, except for the effect of adjustments, if any, which I may have determined to be necessary had I been able to satisfy myself concerning the completeness of all revenues, these financial statements present fairly, in all material respects, the financial position of the organization as at March 31, 2009 and the results of its operations and cash flow for the year then ended in accordance with Canadian generally accepted accounting principles.

Regina, Saskatchewan
May 14, 2009

Marcia Herback
Chartered Accountant



Statement of financial position



Statement of Financial Position as at March 31, 2009 – Statement A

Assets	Operating	Restricted	2009	2008
Current				
Cash	\$ 16,287	\$ 77,863	\$ 94,123	\$ 234,836
Accounts receivable	4,346	–	4,346	7,862
Prepaid expenses	8,002	–	8,002	8,824
Due from (due to) funds	15,905	(15,905)	–	–
Term deposits (Note 3)	–	210,000	210,000	126,568
	44,540	271,931	316,471	378,090
Capital Assets				
(Note 4)	17,665	–	17,665	21,978
	\$ 62,205	\$ 271,931	\$ 334,136	\$ 400,068

Financial position statement



Statement of Financial Position as at March 31, 2009 – Statement A

Liabilities	Operating	Restricted	2009	2008
Current				
Accounts payable	\$ 16,222	–	\$ 16,222	\$ 8,020
Deferred revenue (Note 5)	27,259	–	27,259	152,994
	43,481	–	43,481	161,014
Net Assets				
	Operating	Restricted	2009	2008
Net Assets				
Reserves	–	241,931	241,931	210,306
Summer program reserve	–	30,000	30,000	–
Operating	1,059	–	1,059	6,770
Equity in Capital Assets	17,665	–	17,665	21,978
	18,724	271,931	290,655	239,054
	\$ 62,205	\$ 271,931	\$ 334,136	\$ 400,068

Operations statement

Statement of Operations Year Ended March 31, 2009 – Statement B

	Operating	Restricted	Total 2009	2009 Budget	Total 2008
Revenue					
Health Region grants	\$ 675,723	–	\$ 675,723	\$ 588,512	\$ 472,553
Ronald McDonald House Charities	–	–	–	–	21,697
Client fitness program	–	3,627	3,627	5,376	4,623
Conference fees and sponsorships	–	–	–	–	20,210
Donations and fundraising	2,528	–	2,528	1,000	1,065
Memberships	6,675	–	6,675	6,000	6,155
Programming revenue (Schedule 1)	5,245	–	5,245	2,000	3,360
Interest	5,360	–	5,360	2,400	4,770
Seasonal programs					
• Winter program	–	–	–	–	5,200
• Spring program	–	–	–	–	12,700
• Summer program	–	263,207	263,207	233,210	95,346
Grants for seasonal programs					
• Student employment	–	12,500	12,500	12,500	9,500
• Community Initiatives	–	15,000	15,000	15,000	10,000
• HRDC	–	2,219	2,219	2,000	16,335
• RQ Health Region	–	55,000	55,000	55,000	55,000
Other income	2,269	3,214	5,483	3,269	1,788
	697,800	354,767	1,052,567	926,267	740,302

Operations statement



Statement of Operations Year Ended March 31, 2009 – Statement B

	Operating	Restricted	Total 2009	2009 Budget	Total 2008
Expenses					
Advertising	2,136	–	2,136	2,000	1,350
Audit	3,010	–	3,010	3,100	3,024
Employee benefits	78,375	–	78,375	80,961	63,728
Building occupancy	4,116	–	4,116	9,150	9,941
Client fitness program	–	3,627	3,627	5,377	4,623
Conference	–	–	–	–	23,499
Equipment amortization	4,849	–	4,849	3,000	5,016
Interest and bank charges	1,992	–	1,992	1,100	1,310
Office expenses	35,443	–	35,443	20,700	37,776
Rural training	98,587	–	98,587	101,500	12,789
Salaries	408,934	–	408,934	389,689	289,451
Staff development	3,260	–	3,260	12,000	5,031
Transportation	20,893	–	20,893	22,000	12,538
Meeting expense	2,586	–	2,586	1,250	2,578
Insurance	3,611	–	3,611	4,500	3,645

Operations statement



Statement of Operations Year Ended March 31, 2009 – Statement B

	Operating	Restricted	Total 2009	2009 Budget	Total 2008
Expenses cont.					
Library	957	–	957	1,000	2,087
Programming expense (Schedule 1)	14,075	–	14,075	23,000	10,727
Seasonal programs					
• Winter program	–	–	–	–	20,172
• Spring program	–	–	–	–	7,212
• Summer program	–	314,515	314,515	338,410	160,798
	682,824	318,142	1,000,966	1,018,737	677,295
Excess of Revenues over Expenses	\$ 14,976	\$ 36,625	\$ 51,601	\$ (92,470)	\$ 63,007

See accompanying notes

Changes in net assets statement



Statement of Changes in Net Assets Year Ended March 31, 2009 – Statement C

	General Reserve	Salary Reserve	Summer Program Reserve	Equity in Capital Assets	Operating	2009 Total	2008 Total
Balance – beginning of year	\$195,306	\$15,000	–	\$21,978	\$6,770	\$239,054	\$176,047
Interfund Transfers	(30,000)	25,000	30,000	536	(25,536)	–	–
Excess of revenues over Expenses	36,625	–	–	–	14,976	51,601	63,007
Amortization	–	–	–	(4,849)	4,849	–	–
Balance – end of year	\$201,931	\$40,000	\$30,000	\$17,665	\$1,059	\$290,655	\$239,054
RESTRICTED							

Cash flow statement



Statement of Cash Flow Year Ended March 31, 2009 – Statement D

Operating Activities	2009	2008
Excess of revenue over expenses	\$ 51,601	\$ 63,007
Items not involving an outlay (receipt) of cash		
Amortization	4,849	5,016
	56,450	68,023
Net change in non-cash working capital balances		
Accounts receivable	3,516	(5,432)
Prepaid expenses	822	7,215
Accounts payable	8,202	(6,501)
Deferred revenue	(125,735)	128,402
Cash provided by operating activities	(56,745)	191,707
Investing Activities		
Purchase of capital assets	(536)	(16,818)
Cash used in investing activities	(536)	(16,818)
Increase in cash	(57,281)	174,889
Cash position, beginning of year	361,404	186,515
Cash position, end of year	\$ 304,123	\$ 361,404

See accompanying notes

Cash flow statement



Statement of Cash Flow Year Ended March 31, 2009 – Statement D

Cash consists of:

Cash	\$ 16,287	\$ 49,873
Reserves		
• cash	77,836	184,963
• term deposits	210,000	126,568
	\$ 304,123	\$ 361,404

During the year ARC had cash flows arising from interest and income taxes paid as follows:

	2009	2008
Interest paid	1,992	1,310
Income taxes paid	–	–

See accompanying notes

Financial statement notes



Notes to the Financial Statements – March 31, 2009

1. Status and nature of organization

The Autism Resource Centre (ARC) is a not-for-profit organization funded by the Regina Qu'Appelle Health Region. The ARC assists individuals with Autism Spectrum Disorder (ASD) to achieve a meaningful, independent and safe life through access to public and community services, individualized supports and learning opportunities throughout life. Training and consultation services include the five southern health regions on a limited basis.

ARC is a registered charity and is exempt from income taxes.

2. Significant accounting policies

These financial statements are prepared in accordance with Canadian generally accepted accounting principles and the most significant policies are as follows:

Revenue Recognition

ARC follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions are recognized as revenue of the appropriate fund when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

Fund Accounting

The accounts of ARC are maintained using fund accounting where internally (or externally) allocated amounts are reflected in a set of self-balancing funds. The major categories are:

- **General and Salary Reserves** – Where ARC derives revenue from donations or fundraising activities, any residue at the end of each year is set aside in these reserves for spending at the discretion of the Board.
- **Equity in Capital Assets** – This fund represents ARC's net investment in the capital assets.
- **Operating** – This fund reflects the day-to-day operations of ARC funded by the Regina Qu'Appelle Health Region.

Financial statement notes — continued



Notes to the Financial Statements – March 31, 2009

Capital Assets

Capital assets are recorded at cost. Capital assets are amortized following the straight-line method over their estimated useful lives indicated in Note 4. Full year amortization is claimed in the year of acquisition.

Investments

Investments are valued at cost.

Contributed goods and services

Autism Resource Centre Inc. records contributed goods and services received during the year as revenue with an offsetting expenditure, when the fair values can be reasonably ascertained. It is important to recognize that this organization relies significantly on volunteer labour.

ARC currently occupies rented premises for administrative and seasonal program purposes that is below market rate for equivalent facilities on a year to year basis.

Measurement uncertainty

The preparation of the financial statements in conformity with generally accepted accounting principles requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities at the date of the financial statements and the reported amount of revenues and expenditures during the reporting period. By their nature, these estimates are subject to measurement uncertainty and the effect on the financial statements of changes in such estimates in future periods could be significant.

3. Investments

Investments consist of term deposits totalling \$210,000 (2008 – \$126,568). At year-end, market value is equal to cost.

Financial statement notes — continued

Notes to the Financial Statements – March 31, 2009

4. Capital assets

	2009			2008 Net Book Value	Rates
	Cost	Accumulated Amortization	Net Book Value		
Office equipment	\$ 15,496	\$ 7,921	\$ 7,575	\$ 8,015	10 yr. SL
Computer	11,997	7,669	4,328	6,208	5 yr. SL
Computer (Summer program)	11,837	6,075	5,762	7,755	5 yr. SL
	\$ 39,330	\$ 21,665	\$ 17,665	\$ 21,978	

5. Deferred revenue

The following receipts have been deferred and will be recognized as revenue in the year the related program or event occurs.

	2009	2008
Operating grant	\$ –	\$ 87,211
Program fees and donations	20,479	63,048
Prepaid conference fees	2,250	–
Membership fees	4,530	2,735
	\$ 27,259	\$ 152,994

Financial statement notes — continued

6. Financial instruments

The program's financial instruments consist of cash, accounts receivable, investments, accounts payable and accrued liabilities. Unless otherwise noted, it is management's opinion that the company is not exposed to significant interest, currency or credit risks arising from these

financial instruments. The fair value of these financial instruments approximate their carrying values.

7. Comparative figures

Certain figures have been reclassified to conform with the current year's presentation.

Segmented data

For the year ended March 31, 2008

	2009 Programming	2008 Schedule 1
Revenues		
Family Support Workers	\$ 1,845	\$ 1,390
Social Skills Groups	3,400	1,970
	\$ 5,245	3,360
Expenses		
Assessment tools	241	1,487
Family Support Workers	11,006	6,733
Parent Training programs	1,090	1,056
Regina training/workshops	20	—
Social Skills Groups	1,718	1,451
	14,075	10,727
Excess of Revenues over Expenses	\$ (8,830)	\$ (7,367)

ARC programs & services overview



Applying for ARC programs and services

An individual with a confirmed diagnosis of an Autism Spectrum Disorder (ASD) must go through an admissions and review process to receive intensive or consultative services from ARC. The first step in the process is for the family to complete a release of information, so that background information and a confirmation of the diagnosis can be reviewed. Next, we send out an ARC application package complete with an application form, checklists, medical history, and other pertinent information that will help the ARC Developmental Consultants (DCs) better understand the strengths and needs of the individual with ASD and the family.

The functional assessment

The next step in the process is receiving a call from an ARC DC to set up an appointment for the individual with ASD to participate in a functional assessment. A functional assessment usually consists of three main parts:

- (1) a parent/caregiver interview;
- (2) classroom observations and an interview with the individual's teacher (also performed in day care or group home situations if applicable); and

- (3) the functional assessment testing conducted by the ARC staff. ARC uses assessment tools like the Psychoeducational Profile Revised (PEP-3) and the Adolescent and Adult Psychoeducational Profile (AAPEP). These series of observations, checklists, tests and interviews allow the ARC DCs to gain a better understanding of where the individual is functioning in different developmental areas.

When all of the tests, interviews and observations are complete, the ARC DCs responsible for the assessment gather all of the information collected and write an assessment report. This report provides background information on the diagnosis and the history of the individual. It reports and describes the assessment tools and strategies used during the assessment process; more importantly, it reports the results of the assessment and the recommendations from the ARC DCs.

The assessment report is then presented to the parents/caregivers, the teachers and any other parties that are involved with the individual. When the assessment process is complete, a DC presents the individual (anonymously) to the ARC Admissions and Review Committee

with recommendations for ARC services. If the case is accepted, the individual gains access to the various ARC programs and services and is assigned to one of the ARC DCs.

Individualized planned program (IPP)

Results of the assessment provide an overview of the functioning levels of the individual's skills and emerging skills. Based upon the results of the functional assessment report, an IPP is then developed as a base for future programs. The information found in an IPP is used to develop programs to increase independence, functional life-skills and valuable pre-vocational skills that complement school programs and individual strengths.

A basic IPP outlines both the goals of the program, and the numerous strategies to achieve these goals. An individual's IPP can focus on a number of skills and areas that the individual can work on. Examples of programs include life-skills programs (meal making, money concepts, toilet training, etc.), vocational programs (simple office skills, janitorial duties, retail skills, etc.), social programs (controlling behaviour in public, learning phone skills, etc.), and any other areas in which parents/, caregivers/, or teachers believe the individual with ASD needs development. Each ARC client has an IPP developed for them based on their individual skills and functioning level; the IPP is customized to the individual in an attempt to maximize her

or his potential in acquiring or improving independence.

ARC programs and services

When an individual with ASD has gone through the process of applying, participated in the functional assessment, been admitted to full-time status, and received their personal IPP, they are eligible for a number of services and programs offered by ARC. Depending on a review with the DC and input from the parents or caregivers, the individual may then participate in the ARC family support worker program, attend weekly social skills groups (if compatible), and be eligible to attend the ARC winter, spring and summer programs. A focus of ARC is to become a part of the team responsible for ensuring that all of the needs of individuals with ASD are met. ARC staff are available, at parent/caregiver request, to participate in consultations with schools, day cares, group homes, day programs, and other agencies involved with the individual. Individuals involved with ARC have the right to effective services and treatment. If needed, ARC will advocate on behalf of the individual to receive the best resources available.

Therapeutic Intervention Program (TIP)

If desired by the parents or caregivers, each full-time ARC client is paired with an Therapeutic

Interventionist. The individual with ASD is allotted a maximum of three hours per week to work with the TI, depending on her or his needs. ARC DCs train the TI; the ARC DC introduces the TI to the family and then accompanies the individual and TI on some outings as part of training. The ARC Program Coordinator and DC work together to supervise the TI and ensure proper training has been given and that the TI is adhering to their contract. Each TI is trained to follow the individual's IPP, behaviour interventions and communication methods.

The TI works with the individual in a variety of settings including the community and the TI's or the client's home. Detailed recordings of outings are written by the TI and submitted monthly to the ARC DC for review. The direction of each TIP is provided through collaboration with the ARC DC and the individual's parents or guardians. Strict confidentiality is maintained pertaining to any information about the ARC client and her or his family.

The basis of the TIP Program is to deliver a structured and meaningful IPP to the individual with ASD. An important aspect of the program is the emphasis on skill development in the community and home. Persons with ASD do not learn well in isolation. Therefore, the TIP Program orients towards situational learning. The ARC DC and the individual's parents or caregivers establish the goals of

the IPP. The TI and the family carry out the IPP when possible. If the IPP is to be restructured, the ARC DC is to be contacted prior to implementing the changes in the program. The client's IPP is reviewed regularly and changes with the needs of the individual.

Social skills groups (SSGs)

Another service provided to ARC clients in the consultative and intensive service category, as well as some waitlist clients, are the SSGs. SSGs are an integral part of ARC's services. The general goal of these groups is to provide individuals with HFA and Asperger's Syndrome with a positive, supportive atmosphere where social situations, rules, and norms can be introduced, explained, and taught with the hope of helping individuals with ASD understand and function in society.

Due to space restrictions, ARC currently conducts 11 SSGs held after school from 4 p.m. to 5:30 p.m., Monday through Thursday at ARC. Each group is made up of participants of similar functioning level and age, and are matched for their abilities, interests, individual issues and idiosyncratic behaviours. Considering these issues and finding somewhat compatible participants helps to make a friendly atmosphere and environment for everyone involved. A maximum of six clients are permitted per

group, with two adult facilitators, to ensure that groups are personal and that supports are in place. The SSGs follow the school year beginning in October and continue until April.

Although each of the 11 SSGs held at ARC will vary in curriculum, all 11 groups follow a similar routine and structure. This structure is designed to provide stability for the participants and to promote independence. Participants go over: (1) Why do we have group? (2) group rules (3) snack and chat (4) skill of the week (5) conversations/role playing (6) what I did in group today and (7) group game.

It is during Skill of the Week that certain social skills or issues are introduced, taught and discussed with the participants. Skill of the Week is on average 20 to 30 minutes long and is the main thrust of group. Often a skill or issue is presented in a visual and verbal form. This is often accompanied by social stories, comic strips, role-playing and games to help reinforce the theme. The curriculum that is presented in this section will vary between groups and is in constant development. Examples of topics that are touched upon include: understanding social amenities, understanding questions, understanding same/different and appropriate/inappropriate, circles of personal space, public vs. private, emotions, facial expressions, empathy/feeling for others, and interacting and dealing with everyday situations.

Within each of the many topics, the facilitator of the group uses a variety of resources to explain, teach and demonstrate these areas. Another major part of the curriculum is dealing with the daily situations and problems that the participants may experience such as bullying, teasing, dating, friendships, understanding ASD and others.

An extremely important part of a successful socialization group is knowing when successes are achieved. Evaluation tools help the facilitators know when success is being achieved and assist to develop the curriculum in a positive manner. ARC uses a questionnaire that is filled out at the beginning and end of the year by parents, teachers and caregivers. This questionnaire is evaluated at the end of the year. The facilitators in each group also complete observation checklists. These help record the behaviour and interactions of each individual and may provide insight for future groups. The participants themselves are also used to help bring insight into the groups. Constant review and feedback from the participants are used to help develop the group and provide positive programming. At the end of each year, all the material accumulated through the season is reviewed with parents, staff and participants.

ARC Therapeutic Seasonal Programs

Individuals with ASD benefit and thrive when they are able to follow a structured program that is consistent and provides them with routine. For the majority of the year, these individuals receive structure at their school or day program placements. However, when these individuals have a break from school, their consistency, structure and routine break down, possibly resulting in a regression of acquired skills.

ARC offers its clients, as well as waitlist clients who have an ASD diagnosis and are members of ARC, access to the ARC summer, winter and spring programs that run during school and day program breaks. These programs provide the needed structure, consistency and routine for individuals with ASD when they are on holidays from their regular programs. Providing consistency and continuing on with daily programming is an essential part of maintaining and learning new skills.

ARC program participants are provided with one-on-one support throughout the program

day (lasting approximately six hours). Each worker is trained in ASD and their client's IPP. Depending on individual abilities, ARC program participants' IPPs may focus on communication skills, social interactions, vocational skills, functional activities and life skills. Participants are also exposed to many recreational and community-based activities that allow for concrete skill building in a fun and positive manner. For many individuals and their families, these programs are essential to their socialization and well-being.

The ARC winter and spring programs coincide with school system breaks during those holidays. The ARC summer program runs for seven to eight weeks from July through August, allowing the participants some time to get back into the routine of going to a day program every morning. Numerous families and teachers have reported that the transition back into school after participating in an ARC program tends to be a lot smoother than if the individual received no programming during that time.

Additional ARC services

There are a number of other services and duties that ARC provides when an individual is on intensive services. DCs work as a team with schools, day cares, group homes and any other agencies that are involved with the individual with ASD. ARC also puts on a number of workshops and training seminars for families, TIs, interested professionals and the public.

ARC also has a resource library that provides information regarding ASD, treatment approaches and current research. Our library is open to the public during business hours. However, interested individuals must phone the ARC office to book a specific time to use the library.

Summary of ARC programs and services

Age range of clients

3 to 21 years

ARC may also provide aftercare services to those over 21 if requested by the individual's family or caregiver (on a case-by-case basis).

Fees for Programs and Services

For a general ARC membership, individuals can vote at the ARC Annual General Meeting, be invited to workshops and conferences, and be on the ARC mailing list.

The general ARC membership fee is \$15 per year. The fee for intensive services is the \$15 membership fee, plus \$75/year, consultative services is \$15 membership fee plus \$50/year and aftercare is \$15 membership fee plus \$50/year.



ARC Board of Directors



ARC Board of Directors 2008-09

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Peter Grasdal, Vice-President

Judy MacMahon, Secretary

Dennis Nestegard

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Brenda Pedscalny, Senior Consultant

Amy Ewart, Developmental Consultant

Christa Baron, Developmental Consultant

Erin Delgaty, Program Coordinator

Allison Ekdahl, Developmental Consultant

Gizelle Gay, Developmental Consultant

Trudi Ihme, Administrative Assistant



Thank you to our supporters . . .



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- All Saints Anglican Church & Staff
- Audio Warehouse
- Bayer CropScience
- Brown Communications Group Inc.
- Builders Choice Products Ltd.
- Canada Summer Jobs Grant from Human Resources Development
- Canadian Progress Club – Assiniboine
- Canadian Progress Club – Regina Centre
- Chartered Financial Analysts (CFA) of Saskatchewan
- Coco Nail Lounge
- Conexus
- Connie Brick for providing the autism puzzle pins
- Cognitive Disability Strategy
- CJME
- CTV Regina
- City of Regina and Saskatchewan Lotteries Community Grant
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- St. Martin de Porres Parish and staff
- Student Employment Experience Grant
- Thyssen Mining
- Tyerman Investments LTD
- United Commercial Travelers of America Regina Council 266
- West Jet
- Westar

Contact Information



If you have any questions or comments regarding ARC programs and services, please call, write or e-mail any of the ARC staff.

Autism Resource Centre

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2009

Annual Report

The Autism Resource Centre is a non-profit organization. Since 1977, the members of ARC have sought to achieve a meaningful and independent life for individuals with ASD through education, awareness and programming.

Our friends at Farm Credit Canada (FCC) donated the printing and design of this annual report.



Autism Resource
Centre

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