



The Insider

Life Span Institute at Parsons

November 2009

Patty Black Moore, Editor

New KU Chancellor Visits Parsons

Chancellor Bernadette Gray-Little paid the Life Span Institute at Parsons a visit on October 23. While her visit was brief, every minute was packed with interaction and information about the many and varied projects, grants and programs that make up the Parsons Research Center and the Kansas University Center on Disabilities at Parsons. David Lindeman, director of the LSI at Parsons, welcomed Senator Dwayne Umbarger and introduced Chancellor Gray-Little to the staff and visitors in attendance.



In the picture: Chancellor Gray-Little (far right) is introduced by Dr. Kate Saunders to Dr. Yusuke Hayashi; back row from left: Mambu Sherman and Kathy Damon.

Drs. Kate Saunders and Dean Williams welcomed the Chancellor by meeting her at the airport. During the trip to town, they described their research. The morning's program opened with remarks from John Colombo, Director of the University of Kansas Life Span Institute explaining the LSI at Parsons in the context of the LSI and the University. Dr. Lindeman presented an overview of the KU Parsons Program, outlining the history, funding, collaborations and overview of projects. Dr. Mike Dixon and Teresa Parker, Parsons State Hospital and Training Center (PAH&TC) briefly addressed the history and current services provided by PSH&TC as well as

current research and collaborations with the University. The Chancellor walked through the Media/UCDD Building and learned about the wide-reaching use of the Early Childhood Resource Center from Dr. Lindeman and Kim Page, ECRC coordinator. *...continued on page 7*

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“Just the STATS”

Autism Across the Life Span, A Conference for Professionals and Families

- K-CART’s first statewide conference, supported by a number of KU Centers including Parsons and outside agencies
- More than 300 attendees
- 42 Presentations by 63 Presenters

PROJECT HIGHLIGHT



Weight Loss by Individuals with Physical Disabilities

Muriel Saunders received a new Field Initiated Research award “Weight Loss by Individuals with Physical Disabilities” from the National Institute on Disability and Rehabilitation Research (NIDRR) for the period 10/1/09-9/30/12.

Co-Principal Investigator is Amanda Reichard, Research and Training Center (RTC) on Independent Living.

Co-Investigators are Martha Hodgesmith (RTC); Joe Donnelly and Bryan Smith, Energy Balance Laboratory and Weight Management Center; Debra

Sullivan, Matt Mayo, and Cheryl Gibson, University of Kansas Medical Center (KUMC); and Richard Saunders, Life Span Institute at Parsons.



Project Summary

Weight Loss by Individuals with Physical Disabilities extends the encouraging results of a recent project involving adults with intellectual or developmental disabilities. Obesity is a condition that impacts all aspects of life. Individuals with physical disabilities (PD) have obesity rates that exceed those in the general population, consume energy dense diets, and perform very little physical activity (PA). Overweight and obesity are independent risk factors for chronic disease such as cancer, diabetes, hypertension, and cardiovascular disease in both the general population and those

with PD. However to date, limited research on weight management for individuals with PD has been completed.

Over the last 3 years, we conducted a pilot investigation on weight loss in 79 individuals with intellectual and developmental disabilities (IDD), including those with PD, that can serve as a model for an intervention with individuals with PD. We modified the Stop Light Diet (SLDm) to include reduced energy pre-packaged meals (PM), encouraged consumption of low energy shakes and 35 servings of fruits and vegetables (F/V) per week, and encouraged

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moderate intensity PA. The intervention resulted in a 6% reduction in weight at 6 months and increased F/V consumption. We continued to follow the participants for an additional 6 months and weight loss by those was 9% from baseline.

While these pilot results are encouraging, the study did not include a comparison group. Therefore, in extending this intervention to individuals with PD, we propose to conduct a randomized trial to evaluate weight loss and weight maintenance using both sides of the energy balance equation (i.e. energy intake and energy expenditure) in overweight and obese individuals with PD who have impaired mobility. We will compare participants who use the SLDm with participants who follow the National Heart, Lung and Blood Institute

(NHLBI) Step 1 Diet (i.e., standard nutrition and intake recommendations or usual care (UC)). Following a 6 month period of reduced energy intake (weight loss), both groups will be placed on a diet with sufficient energy to maintain weight (i.e., weight maintenance) for an additional 12 months. Both groups will be encouraged to participate in a physical activity program appropriate for their physical abilities throughout the 18 months. We expect the SLDm group to have greater weight loss at 6 months and less weight regained from 6 to 18 months post intervention compared to UC. We will evaluate the program intervention and participant acceptance through extensive process analysis of quantitative and qualitative data. We will also track and analyze the health care utilization patterns and secondary health outcomes of participants in both the SLDm and UC diets using secondary data analysis of Kansas Medicaid claims data.

PROJECT NEWS

KANSAS EQUIPMENT EXCHANGE

Kansas Equipment Exchange (KEE) coordinator Sharon Morton and her husband Brian recently returned from a photo safari in Kenya, Africa, celebrating their 25th wedding anniversary. During their travels they were in a serious vehicle accident, were hospitalized in Kenya and upon their return home, Sharon faces back surgery in the next few weeks as a result of the accident.

During their treatment at the Kijabe Hospital in Kenya, Sharon became aware of the hospital's need for durable medical equipment. KEE, the reuse side of Assistive Technology for Kansans (ATK), collects used durable medical equipment, refurbishes it and provides it to Kansans who need it. Some donated equipment, if not needed by KEE customers, is passed on to another equipment reuse program or loan closet in Kansas or is given to another program in the U.S. or a program that works internationally.

Sharon is on a mission to send needed durable medical equipment to the Kijabe Hospital, however, she has found this to be easier promised than accomplished. Sharon is seeking information from anyone who knows of a means to get the equipment through to the Kenyan hospital. Sharon can be contacted at smorton@ku.edu.



COMMUNITY ACTIVITIES

The University of Kansas Life Span Institute at Parsons supported the recent KU sponsored dinner for 55 high school seniors from Cherokee and Labette Counties on October 5 at Labette County High School in Altamont. The students were recognized for their academic achievement and named Kansas Honor Scholars.



Sara Sack, LSI Senior Research Professor, attended the event and had this to say about the evening, “The KU Banquet is an excellent way to honor the scholastic achievements of the students and to demonstrate the University’s respect for the student’s performance regardless of where they chose to go to pursue additional education. It’s fun to talk to the students and hear the pride in their voices and to watch the parents appreciate the recognition that their student receives. I’ve been attending the KU Honors Banquets for years—since the days that Dr. Joe and Rita Spradlin organized the event in southeast Kansas—and rural Kansans are always surprised and impressed that KU reaches out and comes to the rural sections of the state.”

STAFF PROFILE

MEGAN STEIN: POSTER WINS “BEST IN SHOW” HONORS

Megan Stein’s poster presentation, *Recombinative Generalization of Onsets and Rimes: CVC and CVCe Words*, was recognized as “Best-in-Show” at the Annual Meeting of the Mid-American Association for Behavior Analysis, Davenport, Iowa in October, 2009. Megan is a Graduate Research Assistant. Currently her job responsibilities include conducting research, doing data analysis, and writing for her thesis on recombinative generalization of consonant-vowel-consonant (CVC) and consonant-vowel-consonant-vowel (CVCe) words; office manager of the Recombinative Generalization Lab; and research assistant supervisor.



About her research, Megan says, “Our research on CVC and CVCe words extends previous research that has examined reading acquisition in adults with intellectual disabilities using matrix-training and computerized spelling procedures. Our research examines more complex words, specifically words containing a silent 'e' as the final letter. The use of the matrix-training and spelling procedures facilitate acquisition of the alphabetic principle, a key to autonomous reading. Participants learn to spell several words and also learn to break words down into units that may then be recombined to form new words that have not been explicitly taught. This innovative and integrative line of research is critical to advancing literacy, especially in adults with intellectual and developmental disabilities.”

Megan’s hometown is Salina, KS. She received her A.A.S. in Early Childhood Education from Cloud County Community College in 2002. After teaching preschool for several years, she spent one year in Americorps*VISTA and one year in Americorps*NCCC. Following her time in Americorps, she returned to school and received her B.A. in Applied Behavioral Science from KU in 2006. After graduation, she worked for a year in Kate Saunders' Lawrence lab and subsequently entered graduate school at KU. Megan’s future plans include pursuing her Ph.D.

STATEWIDE AUTISM CONFERENCE GREAT SUCCESS!



More than 300 conference goers, including families and professionals, gathered in Wichita on a weekend in November to focus on evidence-based practices in supporting children and adults with autism. Autism Across the Life Span is the first conference hosted by the Kansas Center for Autism Research and Training. K-CART, a new multidisciplinary center at the University of Kansas promotes research and training on the causes, nature, and management of autism spectrum disorders. Dr. Kathy Olson, conference coordinator said, “K-CART includes investigators from across the KU campuses including the Life Span Institute at Parsons.

Planning, funding, marketing, and implementing the conference provided an excellent opportunity for cross-campus collaboration. Hopefully, the professional relationships strengthened by this conference will continue to grow.” The comprehensive program included out-of-state speakers Drs. Paul Wehman, Phil Strain, Pat Rogan, and Susan Wilczynski along with more than fifty presenters from KU and the Kansas community. **Pictured above left, Phil Strain, Ph.D., University of Colorado at Denver presents his keynote to conference attendees. Inset, Sara Sack, Senior Research Professor (right) at the registration table.**

PRESENTATIONS, TRAININGS, & OTHER ACTIVITIES

- Affholder, C., Hays, S., Rinkel, P., & Steffens. (2009, November). *Effective practices for transitioning preschoolers with autism spectrum disorders to kindergarten*. Autism Across the Life Span Conference, Wichita, KS.
- Brewer, A., Stein, J., Johnson, P., Francisco, M., Saunders, K., Williams, D., & Madden, G. (2009, October). *Extended Pausing at Signaled Rich-Lean Transitions with Variable-Ration Schedules*. Poster presented at the 26th Annual Meeting of the Southeastern Association for Behavior Analysis, Wilmington, NC.
- Chambers, L.B., Hoffmeier, S., Rinkel, P., & Zortman, J. (2009, November). *Talking about autism with parents of young children*. Autism Across the Life Span Conference, Wichita, KS.
- Hauser, W. A. (2009, October). *Prevalence of developmental disabilities among children with epilepsy in rural populations: A research project*. Coffeyville Memorial Hospital Medical Society, Coffeyville, KS.
- Hauser, W. A. (2009, October). *Prevalence of developmental disabilities among children with epilepsy in rural populations: A research project*. Labette Health Medical Society, Parsons, KS.

- Hauser, W. A. (2009, October). *Prevalence of developmental disabilities among children with epilepsy in rural populations: A research project*. Midwest Region Health Professions Conference: Health Care Challenges of Today, Pittsburg, KS.
- Hauser, W. A. (2009, October). *Prevalence of developmental disabilities among children with epilepsy in rural populations: A research project*. Mt. Carmel Medical Society, Pittsburg, KS.
- Hauser, W. A. (2009, October). *Telemedicine kick-off: Epidemiology of epilepsy*. Pediatric Epilepsy and Telemedicine Grant Kick-off and Advisory Group Meeting, Pittsburg, KS.
- Hornback, M. (2009, September). *Drift in early childhood outcomes: Pilot training*. Inservice training, Liberal, KS.
- Kedrowski, S., & Miksch, P. (2009, October). *Early intervention in Wyandotte County: Implementing evidence-based practices*. Presentation to KUMC Grand Rounds, Kansas City, KS.
- Lindeman, D. P. (2009, October). *Kansas State Department of Education – Kansas Statewide Technical Assistance Resource System Projects (KSTARS)*. Poster presented at Autism Across the Life Span, Wichita, KS.
- Lindeman, D., & Rinkel, P. (2009, October). *A statewide system of professional development designed for all, some and few*. Poster presentation at Division for Early Childhood Conference, Albuquerque, NM.
- Miksch, P. (2009, September). *Ages & stages questionnaire 3/social emotional*. Inservice training, Junction City, KS.
- Pellock, J. M. (2009, October). *Managing pediatric epilepsy*. Pediatric Epilepsy and Telemedicine Grant Kick-off and Advisory Group Meeting, Pittsburg, KS.
- Rinkel, P. (2009, September). *Using the AEPS to improve our practices*. Inservice training, Kansas City, KS.
- Rinkel, P. (2009, October). *KITS project tiered model for providing technical assistance and training with an emphasis on supports for Part C providers*. Presentation to Legislative Educational Planning Committee (LEPC), Topeka, KS.
- Sack, S. (2009, November). *Assistive Technology for Kansans: Helping people find technology solutions to enhance learning, participation and safety*. Autism Across the Life Span Conference, Wichita, KS.
- Saunders, K. J. (2009, October). *The role of abstraction in the development of early reading skills*. Presentation at the Annual Meeting of the Mid-American Association for Behavior Analysis, Davenport, IA.
- Sherman, M. S. (2009, October). Served as Chair for a session at the 26th Annual Meeting of the Southeastern Association for Behavior Analysis, Wilmington, NC.
- Sherman, M. S., Yates, G., Tierney, S., Hayashi, Y., & Williams, D. C. (2009, October). *Reductions in disruptive and destructive behaviors in laboratory and naturalistic settings as a function of increasing intercomponent-interval*. Poster presented at the Annual Meeting of the Mid-American Association for Behavior Analysis, Davenport, IA.
- Sherman, M. S., Yates, G., Tierney, S., Hayashi, Y., & Williams, D. C. (2009, October). *Translational research bench to bedside: Applied significance of the postreinforcement pause*. Poster presented at the Annual Meeting of the Southeastern Association for Behavior Analysis, Wilmington, NC.
- Stein, M. N., Alligood, C. A., Richardson, N. M., & Saunders, K. J. (2009, October). *Recombinative generalization of onsets and rimes: CVC and CVCe words*. “Best in Show” Poster presented at the Annual Meeting of the Mid-American Association for Behavior Analysis, Davenport, IA.
- Williams D. C. (2009, October). *Opening Remarks*, President of the Southeastern Association for Behavior Analysis at the 26th Annual Meeting of the Southeastern Association for Behavior Analysis, Wilmington, NC.

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Community Services explanations began with Allen Crim describing his work involving crisis intervention through the CRSS; Diane Salyers talked about the family services provided by the Southeast Kansas Respite Care program and the Payee Program. Other projects discussed were Telehealth – Autism and the new

Epilepsy Telehealth. Training Projects were next with Dr. Lindeman talking about the extensive Early Childhood programs including the Kansas Inservice Training System (KITS) as well as partner projects, Birth to Three and the Alzheimers Breakfast Clubs program. Dr. Kathy Olson described the staff training program, College of Direct Support.



In the picture above: Chancellor Gray-Little talks with Diane Salyers (far left) and Dr. Lindeman (center).



Dr. Sara Sack, director of the Assistive Technology for Kansans program, and Sheila Simmons, ATK coordinator, welcomed Chancellor Gray-Little to the ATK Tech Center and outlined the impact the ATK programs have statewide. Dr. Dean Williams and Dr. Kate Saunders led a walk-through their research labs. Dr. Katie Hine described the successes of the Foster Care Treatment Project. Dr. Richard Saunders and Dr. Muriel Saunders talked about their research projects involving Communication and Weight Loss.

Approximately two hours later, having given the Chancellor a warm welcome and a sincere “come visit us again,” the Chancellor and her party departed.

In the picture: from left, Chancellor Gray-Little, Dr. Colombo and Dr. Sack.

PUBLICATIONS

Anderson, C. M., Doughty, S. S., Doughty, A. H., Williams, D. C., & Saunders, K. J. (in press).

Evaluation of stimulus control over a communication response as an intervention for stereotypical responding. *Journal of Applied Behavior Analysis*.

Goosen, M. (2009, Fall). Cooperation, coordination, collaboration: Asking the hard questions. *Kansas Inservice Training System Newsletter*, 18(4), 1-3, 6-7, 9.

Moore, P. (2009, Fall). Making a difference for Kansans: The Kansas Equipment Exchange (KEE). *The Connection, the Kansas Occupational Therapy Association Newsletter*, 2(3), 7-8.