



New Jersey Center for Tourette Syndrome

AND ASSOCIATED DISORDERS, INC.

Collaborations and Partnerships for the Tourette Syndrome Community

Faith W. Rice
Executive Director

January 2010

NJCTS: Looking forward to 2010 and beyond

As we start a new decade, it's wonderful to look back and see just how far we've come. Back in 2000, NJCTS was simply a concept- today it is a world-class model for services and treatment for individuals with TS and their families. We've made great strides over the years and 2009 was certainly no exception.

Here's a list of just a few of things we were able to accomplish last year:

- NJCTS held 50 in-service presentations at school districts throughout New Jersey
- We spread awareness of TS to thousands upon thousands through our presence at eight New Jersey professional conferences
- Outreach to licensed and future professionals took place through college workshops, guest lectures in graduate schools, hospital grand rounds and presentations to doctors, psychologists, mental health workers and other professionals who treat our families
- Family outreach was expanded to include a young adult self advocacy program, educational webinars, and family support groups serving all 21 NJ counties
- Our people fielded over 1,000 calls from New Jersey families
- 26 scholarships and honorable mentions were awarded to graduating high school seniors diagnosed with TS
- The NJCTS Genetics Repository screened families and distributed samples to researchers at major universities
- And much, much more...

NJCTS continues to grow despite the current economic climate and cutbacks in Trenton.

We have a newly designed website, with a calendar that's updated regularly so visit www.njcts.org often and stay connected.

Below is a list of some of the programs and activities we have planned for first quarter 2010. We invite your family to stay connected, participate and grow with us.

2010 NJCTS Children's Scholarship- Application Available

Through the generosity of donors, NJCTS is now accepting applications for its 2010 Children's Scholarship Award. Eligible candidates must be college or trade school bound New Jersey residents in the 12th grade who have been diagnosed with Tourette Syndrome.

Application deadline is March 26, 2010.

Nominate an educator who makes a difference

It's time to recognize a teacher, guidance counselor or other education professional for the 2010 NJCTS Educator of the Year Award. Does your child have a teacher who has gone above and beyond to learn about TS? Do you know an educator who has made it a point to combat TS stigma? Go to the website to download the application and explain how this special person has made an impact in the life of a student with TS. Deadline for submission is March 26, 2010.

2010 Healthcare Professional of the Year Award

We're seeking nominations for the 2010 NJCTS Healthcare Professional of the Year Award. This honor goes to a professional who has made a significant difference in the life of a child with TS. This includes doctors, nurses, psychologists and other clinicians. Please go to the website, download the application and tell us why this practitioner stands out. Please submit applications by March 26, 2010.

Wednesday Webinar Series

NJCTS presents monthly webinars featuring leading experts and professionals with experience helping individuals and families with TS. Register by going to the website and look at Wednesday Is TS Day. All presentations are from 7:30-8:30 p.m. ET and are free.

January 27th

Cognitive Behavioral Therapy for Pediatric OCD and Related Conditions

Presenter: Martin E. Franklin, Ph.D.

Dr. Franklin will discuss the use of CBT techniques in clinical practice with children and adolescents with OCD, and will describe adaptations of CBT for use with related conditions.

February 10th

Can Strep Infection Cause TS: Is PANDAS Real?

Presenter: Roger Kurlan, MD

This webinar will cover PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections) and its possible link to TS.

Mark your calendars for the upcoming presentations and be sure visit NJCTS.org in the coming weeks to register:

March 3rd

Family Dynamics- Parenting a Child with TS and Co-Occurring Disorders

Presenter: Robert Zambrano, Psy.D.

March 17th

Medication and the Use of Botox in the Treatment of TS

Presenter: Roger Kurlan, MD

Dr. Kurlan will review current treatments for tics and associated ADHD, OCD and rage attacks. Discussed treatments will include psychotherapies, medications, Botox and brain surgery.

College Workshops set for 2010

NJCTS has partnered with colleges throughout the state to offer workshops for school professionals. Professional development credits will be offered:

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| <p>03/02 County College of Morris
Educator Workshop 6:00 - 9:00pm
Presenter: Julie Swenson M. ED</p> | <p>04/10 Bergen Community College
Educator Workshop 10:00am - 1:00pm
Presenter: Ann Deutsch, MSN</p> |
| <p>03/23 Middlesex County College
Educator Workshop 9:00am - 3:00
<i>TS & the HS Student</i> in a.m. & <i>Student Success Strategies</i> in p.m.
Presenter: Cheryl Ludwig, MA, CCC-SLP for a.m. session</p> | <p>04/13 Sussex County College
Educator Workshop 10:00am - 1:00pm
Presenter: Julie Swenson, M.Ed., CSW</p> |
| <p>04/01 Raritan Valley Community College
Educator Workshop: 6:00 - 9:00 pm
Presenter: Cheryl Ludwig, MA, CCC-SLP</p> | <p>04/29 Passaic County Community College
Educator Workshop - 9:00am - 12:00pm
Presenter: Robert Zambrano, Psy. D.</p> |
| <p>04/07 Ocean County College
Educator Workshop 4:00pm - 7:00pm
Presenter: Janine Howley, MA</p> | <p>04/30 Richard Stockton College
Educator Workshop: 9:00am - 12:00 pm
Presenter: Cheryl Ludwig, MA, CCC-SLP</p> |

Come to a Support Group Meeting

If you're the parent of a TS child, or an adult dealing with TS- please consider attending one of our Support Group meetings. These are a resource for you to get information and get to know others with similar experiences.

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| <p>01/25 Somerset/Hunterdon County Family Support Group 7 - 9 p.m.
Somerset Medical Center, Rm A & B</p> | <p>02/04 Sussex/Morris County Family Support Group 7-9 p.m.
St. Clare's Hospital, Denville Auditorium</p> |
| <p>02/01 Burlington/Camden Family Support Group 7:30 p.m.
Virtua Hospital, Voorhees</p> | <p>02/18 Cumberland County Family Support Group 7-9 p.m.
South Jersey Hospital's Fitness Connection, Vineland Board Room</p> |
| <p>02/04 Atlantic/Cape May County Family Support Group 7 p.m.
Atlantic City Medical Center, Pomona Rm: 1 North</p> | |

TS Family Retreat Weekends- Mark your calendars twice in 2010!

It's never too early to think about warmer weather...and our annual family weekend at Camp Bernie is set for June 4-6th. Located in the heart of Hunterdon County, YMCA Camp Bernie provides a wonderful setting for family-building activities. The weekend will include food, games, self-esteem and team building activities for kids and support-networking for parents. The talent show is an NJCTS tradition!

Go to the website www.njcts.org to download the registration. We ask for a \$100 donation per family to help NJCTS defray the cost of this experience.

In addition, NJCTS is planning a second family retreat weekend in South Jersey on October 8-11 at Appel Farm and Music Center in Elmer. This retreat will include fun, art, music and self-esteem building activities for kids as well as informative workshops for parents. More information will be posted to NJCTS.org in the months ahead.



New Jersey Center for Tourette Syndrome

AND ASSOCIATED DISORDERS, INC.

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**Help us to save on
postage by sending
your email address to info@njcts.org today!**

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908.575.7350 www.njcts.org

Thank you to those who make our outreach possible

Helpline volunteers are usually the first to console families with a new TS diagnosis. Our Support Group leaders are tireless in reaching out to families dealing with TS.

Support Groups

Beth Bliss- Brigantine
Roberta & Brad Israelsky- Cherry Hill
Susan Stephens- Millville
Lauren Lindenbaum- Marlboro
Lori Foster- Somerset
Donna Freidrich- Pompton Plains

Helpline

Dolores Colalillo- Flanders
Herman Jacobs- Monroe Township
Marian Stirpe- Berkeley Heights
Mary Kornick- Mendham
Mina Nace- Flemington
Elizabeth Danel Rice- Glen Gardner

If you'd like to help NJCTS expand its outreach to families, please call 908-575-7350.

Thank you for your generosity

Thank you to all who responded to the NJCTS Holiday Giving campaign. Your generosity comes at a very important time for our organization as we face further economic uncertainty.

Your contributions are making a world of difference in the lives of children and families with TS and making strides in TS research. Helping NJCTS is helping the entire TS community- in the Garden State and beyond.

Be part of the important work we do. Call 908 575 7350 or e-mail info@njcts.org now!