

# The Institute for Child Development Presents

## The 4th Annual Binghamton Regional Center for ASD Spring Conference for Families, Educators, & Providers

### Evidence-Based Supports for Children, Adolescents, & Young Adults with Autism Spectrum Disorder

Regional Centers for Autism  
Spectrum Disorders



Friday, March 12, 2021  
VIRTUAL CONFERENCE  
*Livestream and On Demand*

### 2021 Conference Theme: Promoting Health and Physical Activity

**8:30 AM Welcome & Updates ~ Dr. Gillis Mattson, Director- BRCASD**

**8:45 AM Workshop I**

**Navigating Access: Modifying the Environment to Leverage the Strengths of Autistic Youth**  
**Andrew M. Colombo-Dougovito, Ph.D., CAPE**  
Assistant Professor of Motor Behavior & Sport Pedagogy  
University of North Texas

Physical activity is a key modifiable factor in the pursuit of positive health comes for all individuals as they age. Unfortunately, autistic individuals have been shown to engage in less physical activity and are more likely to have poorer health outcomes compared to non-autistic peers. For many autistic individuals, their lower engagement in physical activity is not due to a lack of motivation or a limited understanding of its importance, but is a result of issues related to access. In this presentation, we will explore the barriers for access to physical activity for many autistic individuals, then examine practical, evidenced strategies that leverage individual strengths to provide successful opportunities.

**9:30 AM Break**

**9:45 AM Workshop II**

**The Relationship Between Physical Activity and Sleep in Children and Adolescents with Autism Spectrum Disorder**  
**Melissa Pangelinan, Ph.D.**  
Assistant Professor & Director of the Pediatric Movement and Physical Activity Lab  
School of Kinesiology - Auburn University

The CDC recommends that children and adolescents achieve 60 minutes or more of moderate-to-vigorous physical activity (MVPA) each day to positively impact health, which has been associated with improved sleep in typically-developing children and adolescents. However, children and adolescents with ASD are less likely to participate in regular physical activity and exercise than their peers and between 40-80% of children and adolescents with ASD report sleep problems. Only recently have studies examined the relationship between physical activity and sleep in individuals with ASD. This presentation will describe the development, implementation, and effects of adapted physical activity, sport, and exercise programs for children and adolescents with ASD. Data will be presented to support that it is necessary to achieve high levels of daily MVPA (i.e., at least the recommended daily amount of MVPA) to have immediate and consistent effects on sleep outcomes in children and adolescents with and without ASD. Practical strategies for helping individuals with ASD meet daily physical activity recommendations and improve sleep will be shared. Finally, perspectives will be provided on necessary directions for future research, particularly related to the interaction between medications and sleep outcomes for children and adolescents with ASD.

**10:30 AM Break**

**10:45 AM Presenter Panel Discussion Moderated by Dr. Gillis Mattson**

**12:15 PM Conference Adjourns**

# BRCASD Spring 2021 Conference Speakers



**Andrew M. Colombo-Dougovito, Ph.D., CAPE**  
Assistant Professor of Motor Behavior & Sport Pedagogy  
University of North Texas

Dr. Colombo-Dougovito is an Assistant Professor of Sport Pedagogy and Motor Behavior in the Department of Kinesiology, Health Promotion, and Recreation at University of North Texas. He serves as the Director of the UNT Physical Activity and Motor Skill program and Faculty Liaison to the Kristin Farmer Autism Center at UNT. Colombo-Dougovito's research focuses on understanding the motor abilities and development characteristics of individuals on the autism spectrum and how the development motor skills impact social and adaptive skill development, as well as physical activity participation across the lifespan. Through this research, he strives to develop intervention, assessment and teaching strategies to better improve the quality of physical activity participation of autistic individuals.



**Melissa Pangelinan, Ph.D.**  
Assistant Professor & Director of the Pediatric Movement and Physical Activity Lab  
School of Kinesiology - Auburn University

Dr. Pangelinan is an Assistant Professor in the School of Kinesiology at Auburn University. She also serves as the Director of the Pediatric Movement and Physical Activity Lab, which uses state-of-the-art brain and body imaging, as well as neurocognitive and movement assessments, to better understand how movement ability and physical activity participation affect brain and motor development in children and adolescents. The goal of her research is to develop age-appropriate interventions that will promote motor competence and physical activity participation, which will in turn impact the long-term development of brain and physical health in those with and without movement difficulties. The lab investigates how children with developmental disabilities such as Down syndrome, autism, or multiple

sclerosis learn certain motor skills and how the brain communicates with the body. Furthermore, they look at how physical activity and nutrition interventions may improve motor development in special populations.

*A special thank you to the BRCASD Regional Advisory Group for their input on county needs!*



**Annemarie Mattison**  
*Tompkins & Tioga*



**Leslie Reid**  
*Tompkins & Broome*



**Loretta Mason-Williams**  
*Broome*



**Amanda Hoover**  
*Delaware, Otsego, Chenango*



**Katie Bassity**  
*Cortland*

Follow us on  
Facebook!



The Institute for Child Development is committed to transforming the lives of children with ASD, their families, and their communities through compassionate partnerships and high-quality, person-centered, evidence-based practice. One of ICD's many affiliated programs is the Binghamton Regional Center for Autism Spectrum Disorders. The BRCASD, located on the Binghamton University campus in Binghamton, NY, is one of the seven regional centers affiliated with the New York State Regional Centers for Autism Spectrum Disorders (NYSRCASD). BRCASD's mission is to provide low-to-no cost evidence-based education and training for families, educators, and community professionals to improve services and outcomes for youth with ASD (ages 4-21). We serve Broome, Chemung, Chenango, Cortland, Delaware, Otsego, Tioga, and Tompkins counties.

Find us online!

