

# AUTISM NEWSLETTER

## BELONGING ~ Ten Dimensions of Belonging



Thoughts from Eric Carter, PhD Vanderbilt Kennedy Center.  
Printed in "Notables" May, 2019 <https://notables.vkcsites.org/category/may-2019/>

"When others encounter your gifts and contributions, they come to need you and your absence is suddenly missed. We know that when you're missed you can be certain that you belong."

1 ~ Present. Belonging requires presence. It is hard for people to be in relationship when they never or rarely encounter one another.

2 ~ Invited. An announcement is quite different from an invitation! An invitation says "we want you here!"

3 ~ Welcomed. We all hope to encounter hospitality and a warm welcome when we arrive to a community.

4 ~ Known. Spending time with someone and learning about their interests, stories, passions, and gifts helps them become known in new ways. When people are known, they go from "being present" to "having a presence".

5 ~ Accepted. Real acceptance comes through personal interactions over time. As someone becomes known deeply, true acceptance grows.

6 ~ Supported. Supports need to be individualized and sometime a bit more intensive.

7 ~ Cared for. Authentic communities are marked by generous care.

8 ~ Befriended. We flourish most in relationship with others.

9 ~ Needed. Society often struggles to see people with differences as possessing gifts and strengths that make them indispensable to a community.

10 ~ Loved. We can be certain we belong when we are loved.

**Supporting Strong Transitions for Youth With Disabilities**

<https://transitiontn.org/>



Welcome to Tennessee’s online home for training and resources on preparing students with disabilities for life after high school. Our goal is to improve transition outcomes for youth and young adults with disabilities by sharing research-based practices and policies.

**Our site is organized into different sections for educators, for providers, and for students. Each includes free video-based lessons, ideas, resources, and much more.**

*Transition Tennessee is a partnership among the Tennessee Department of Education, Tennessee Department of Human Services, Vanderbilt University, and the Vanderbilt Kennedy UCEDD.*

**OCALI  
(Ohio Center for Autism and Low Incidence)  
InSpired Virtual Learning Series**

The following InspirEd sessions are designed to connect educators and professionals with free information and resources to support accessibility, online learning, and more. From tips and ideas, to specific resources and strategies, we encourage you to use and share these InspirEd resources with the people in your own communities.

[HTTPS://WWW.OCALI.ORG/PROJECT/INSPIRED](https://www.ocali.org/project/inspired)

**STAR WEBINARS and Trainings**

Virtual Webinars - 3PM - 4PM  
March 1, 2022 and May 3, 2021

These webinars are open to all MN educators who are using or planning to use the STAR curriculum. In these quarterly webinars, we will provide guidance on the steps of implementing STAR as well as share resources and answer individual questions.

<https://metroecs.mn.gov/register/user/register.cfm?eventid=16436>

**Upcoming Trainings**

Practical Trauma-Informed Strategies to Reduce Anxiety in Students - March 8, 2022 AEP Connections [info@aepconnections.com](mailto:info@aepconnections.com)

MN Autism Conference - April 27 - 29, 2022

**ASD/DCD Cohort**

For the 2021-2022 school year, the ASD/DCD Cohort will be virtual and in a new format. We will meet from 8:00 - 8:30 or from 3:00 - 3:30. Substitutes are hard to find ~ so just pick one of those times and join us as we support each other through networking, sharing stories and asking questions. I will create a distribution list and send out the link, as well as a reminder email, a few days before the meeting. The final date is Tuesday, April 12th.. Thank you for all of your hard work ~ I appreciate each of you! Lynne Petersen