











The mission of Paws on ASD is to facilitate the growth and healing of the family as a whole.

Paws is unique in that we provide services for the entire family including neuro-typical siblings.

From our massage therapists, talk therapists, speech therapist, occupational therapist and certified therapy dog, we all have our paws on autism spectrum disorder.





Paws is a giant hug to families who seek our services.

www.pawsonasd.org

Facebook: paws on asd

Letter from the Founder & Director

2015 was a year of >>>big growth for Paws! <<



Michele Louzon
Founder, Director and
President of the Board of
Directors
Paws on ASD

In January 2015, we started small with just three volunteers serving two families in our home. At the end of 2015, we have grown to a client base of around **40 people** (adults and children on the spectrum and neurotypical adults and children) and **15 volunteers**.

Our service offerings have expanded from massage, massage instruction and counseling to include acupuncture, occupational therapy with a therapy dog, a communications skills group lead by our speech pathologist and occupational therapist, TRAP (The Rhythmic Arts Project providing percussion and drumbased learning) and a mentoring program that pairs an adult on the spectrum with a child on the spectrum.

In addition to expanding our programming, we made our presence in the Asheville area well known through three fund/awareness raisers:

Loretta's Big Hug Super Saturday on May 9 where we received 10% of the day's take

Pawsaroo on June 7 – our big music, food and silent auction event "The Boys Next Door" performed by Different Strokes! Performing Arts Collective throughout the month of October – we were the beneficiary of that show

₹ Partnered with:

Wishbone Tiny Homes (WTH gives their clients an option of choosing one of four nonprofits to receive \$500 – we were chosen three times)

AND

Lucent Green Technology (LGT

provided us with a \$1300 Power Perfect box which reduces our monthly electric bills and more importantly, mitigates the humming of our appliances – a sensory trigger for those on the spectrum

₹= Presence at:

rice or beans

The **Autism Walk/Run** in September: bake sale with proceeds benefiting our mentoring program

mentoring program

Girls on the Run event in December

where our table was slammed with girls

making stress balls out of balloons and

Media and Community Outreach



Paws on ASD and I were featured as the WLOS Person of the Week in June



Sophie Magazine ran a feature article in September, leading to more views than any article Sophie has ever published



Questionnaires were developed and sent to clients in order to gather data for future grants and assess feedback on their PAWs experience.

Thank you for your continued support of Paws on ASD. We're looking forward to another big year in 2016!



New Programs in 2015

Animal-Assisted Occupational Therapy

Paws on ASD began OT with animal-assisted therapy with one client in September for a period of 8 weeks.



Aspergers Teens United

Paws also began hosting the monthly meeting of Aspergers Teens United, an offshoot group under the umbrella of Autistics United. ATU and AU are slowly growing a mentoring program which pairs an adult on the spectrum with a child or adolescent on the spectrum.

The occupational therapist and a certified therapy dog work directly with the child, providing spirit-mind-body interconnectedness. Just being around animals can increase a child's attention, enhance their thinking, help them learn faster and retain information longer.

Communication Skills Group

The speech pathologist and occupational therapist lead an ongoing communication skills group of up to six participants. The group strives to improve social relatedness and self-regulation.



Massage Therapy

Professional massage therapist provides massage for the entire family and instructs care givers in massage techniques to enable them to provide therapy at home. Both the giver and receiver of massage experience the restorative, healing benefits of massage.

Talk Therapy

Clearly structured individual, group and relationship conversational therapy with the focus on current problems and practical solutions.



Acupuncture

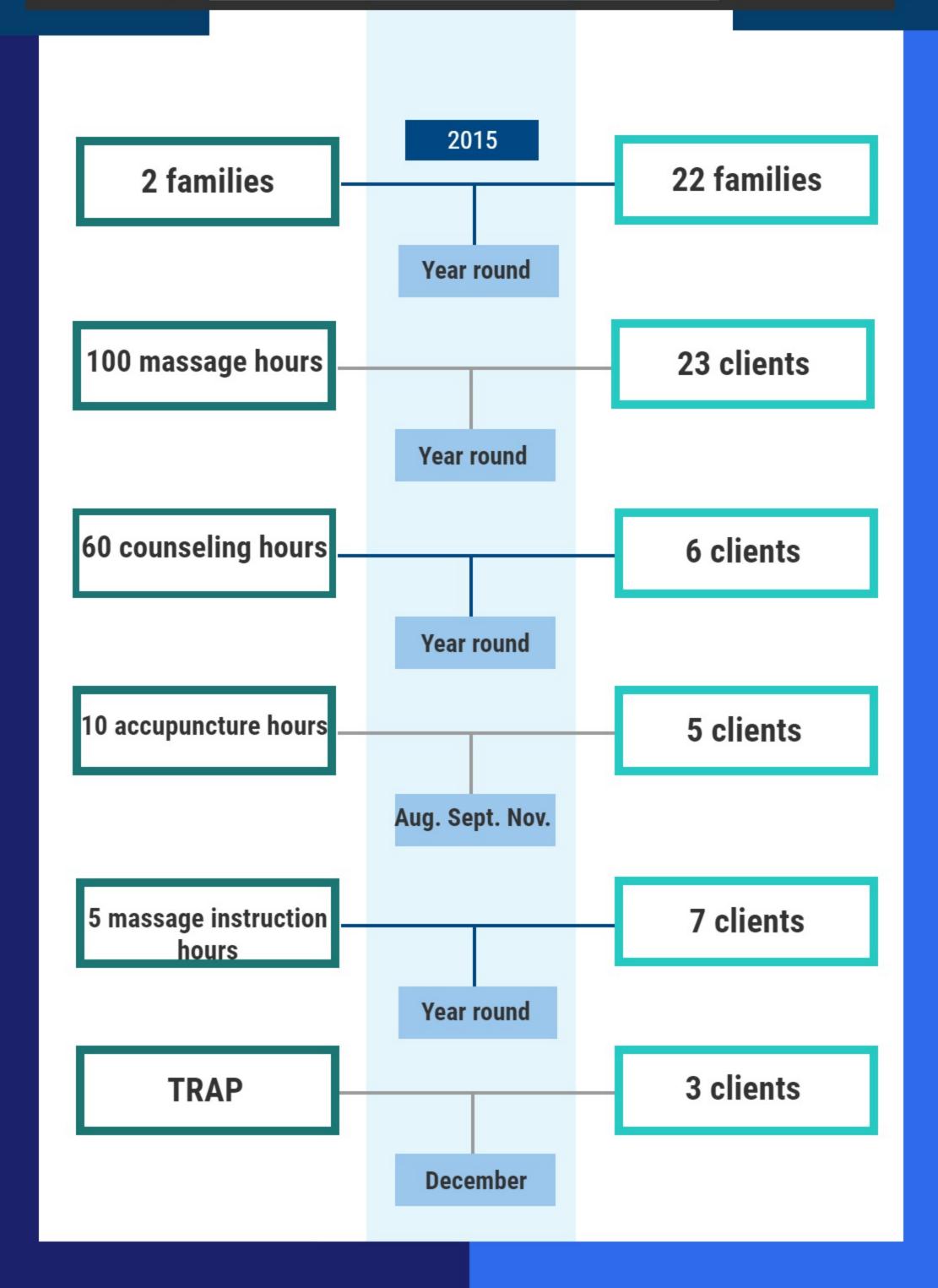
A gentle, skilled practitioner applies five-element acupuncture with emphasis on treating the client's mind and spirit in a serene environment.

TRAP (The Rhythmic Art Project)

An innovative educational program teaching a wide range of subjects through percussion and drums. TRAP's primary objective is to promote the inclusion of people with intellectual and developmental disabilities and their typical peers in all aspects of everyday life.



Growth in Numbers





Family Profile

R.H., mother of A. (9) on the spectrum



Despite the Paws on ASD offices being a 30-minute drive from their home, the family uses services that Paws provides because of access.

"The first issue is just finding services available that insurance will pay for. Our insurance won't pay for occupational therapy outside of school. In fact, none of these therapies are covered by insurance and they are therefore cost prohibitive."

Another reason they make the trek across town is about clicking with the provider. R's son often refuses to work with a given occupational therapist but with Donna Schutt he found his match. Donna's no nonsense approach to therapy had A. engaged and focused by week 2 of the 8-week cycle.

A. has a dual diagnosis of Down Syndrome and Autism (he's partially verbal)

"After our son participated in occupational therapy, we saw an increase in skills in just 8 weeks. The music therapy has done a lot in terms of concentration; he still has problems with distraction but it's easier to redirect him."



R. loves massage and acupuncture



"Having access to massage has done wonders for me and my husband. It has helped me relax. Acupuncture has also helped me to relax and detox."

Talk therapy as a couple

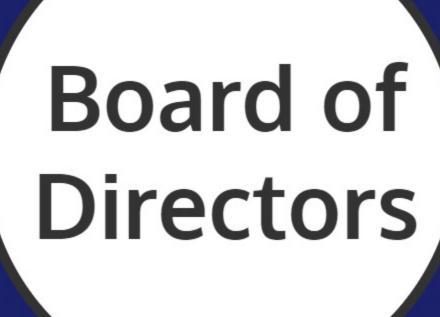
Regarding talk therapy, "As a couple, we are talking more, fighting less and getting more issues resolved."

But it was the massage instruction that really blew her away.

"Learning cranial sacral massage from Bonnie was excellent. When my son allows massage, it really works. He falls asleep and stays asleep. He won't always allow it because he knows it will relax him and put him to sleep! I have also used it on my husband and a friend (in the autism community) to relax them and get rid of migraines."







Our 2015 Paws on ASD Family



Volunteers

Occupational Therapist
Donna Schutt OTR/L

Speech Pathologist
Sharon Van Dyke MS, CCCSLP



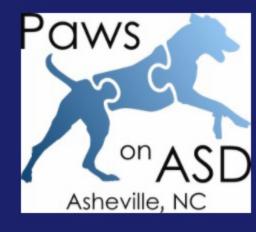
Counseling Michele Louzon MS counseling psychology

Massage Therapists
Ashley Campbell LMBT
Bonnie Fenton LMBT
Travis Jackson LMBT
Vicki Peters LMBT

TRAP Scott Middleton - TRAP Certified

Autistics United Mentoring
Coordinator
Daniel Landry









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Therapy Dog Gus (Certified Registered Therapy dog) Madeleine Maxwell (owner/handler)





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Executive Director Paws on ASD

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Researcher and child advocate for twice
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Cheryl and Wayne Backes

Chimney Rock Stephanie's Id Cici Nails

Dan Keller

Dan't Libert

Daniel Lebenstein

Darcy Holly

Dave Earnhardt

Designs by Dara
Diva Deluxe Design

Divine Spa & Nails

Donna and Tom Blankinship

Dr. Jojo Yonce Mellow Mushroom Different Strokes! PAC

Ebb & Flow

Edible Arrangements

Elements Real Food

Enter the Earth Evan Landau

Firehouse Subs

Frank's Roman Pizza on Tunnel Road

Fresh Market



Friends of the WNC Nature Center

Geraldine's Bakery

Greenlife

Harris Teeter

Harvest Records

Heath Towson

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Hip Re-mix

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Kelley

Oowee Products
Orange Peel



Ori Bengal

Oskar Blues

Pamela McGill and Pamela Culp

Pastimes

Patryce & Vern Eleazer

Perspective Photographs

Plant

Posana

Razberry Threads

Rick Matteson

Rita Lenderman

River Ridge Chiropractic

Robin Davis

Rodney Smith

Roses

Sally Butcher

Sensibilities

Shannon Ledford

Stephen Louis Lange

Steven Vaughan-Nichols

Studio 30 Maney

Sue Belu

Sunflower Tie Dyes

Suzanne Arthur

Tammy Jones

The Hop

Tom Gadsden

Tom Wright

Toni Steenstra

Toy Box

Trader Joe's

Travis Jackson

Tropical Gardens

Ursula Powers

Vortex Donuts

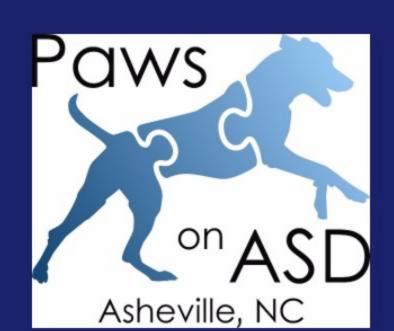
Whit's

Willow's Dream

Wishbone Tiny Homes

ZaPow

Zen Tubing



Family Profile

One family helped by Paws in 2015 participated in several therapies, including the communication skills group, massage and talk therapy.

S.M. (47) mother of S. (13) on the spectrum and S. (11) neurotypical

The M. Family started with Paws as part of the pilot program. 🤼

"We're just so thrilled to have the opportunity to work with Paws on ASD this past year. It has definitely made a positive impact on our lives.'

They got in on the ground floor, road testing some of the therapies as they were developing.

"In particular, the communication skills group has boosted our daughter's inner confidence and increased her executive skill functions to the point where we are now able to leave her at home for short periods of time. She is responsible for herself and her environment.

The confidence boost comes from having the opportunity to speak with her peers in a safe environment. Having a peer group, a support group of like-minded teenagers has been huge for

But Paws on ASD isn't just for people on the spectrum.



Paws supports the entire family by including them in the receiving of services.

"Massage has been wonderful for all of us (including husband R - 48) for our coping strategies and having a resource for our neurotypical daughter to discuss being a sibling of someone on the spectrum has been invaluable." 🚜

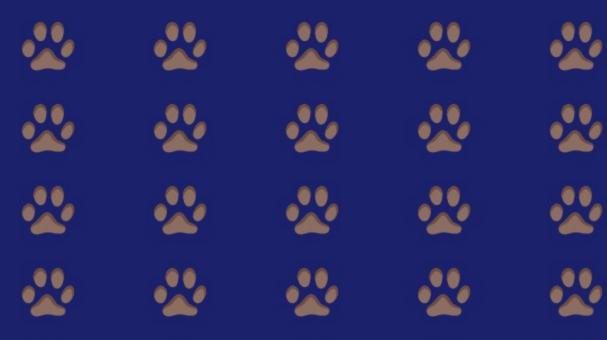
"All of this would have been cost prohibitive if



Paws had not been available. Everything we have done with the program has been wonderful. As a parent it's fantastic to know Paws on ASD is there. It's a lifeline." 🚜







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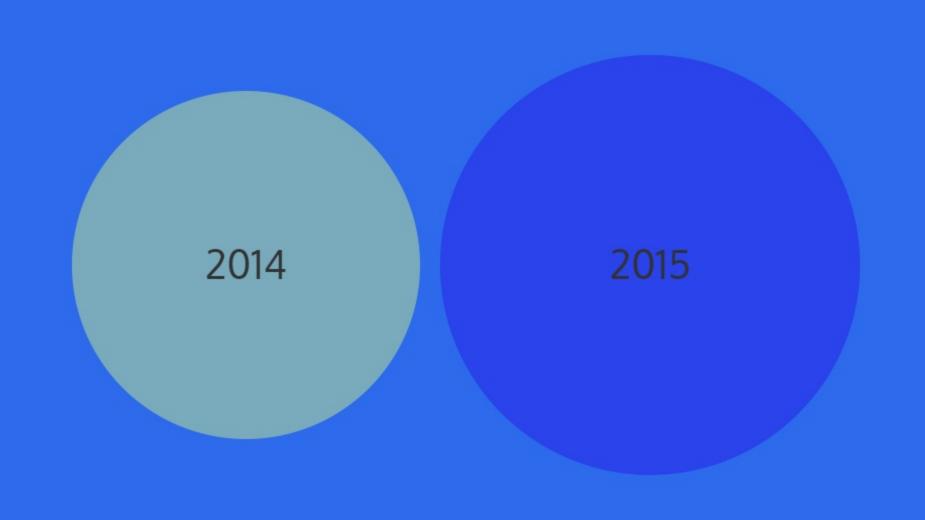
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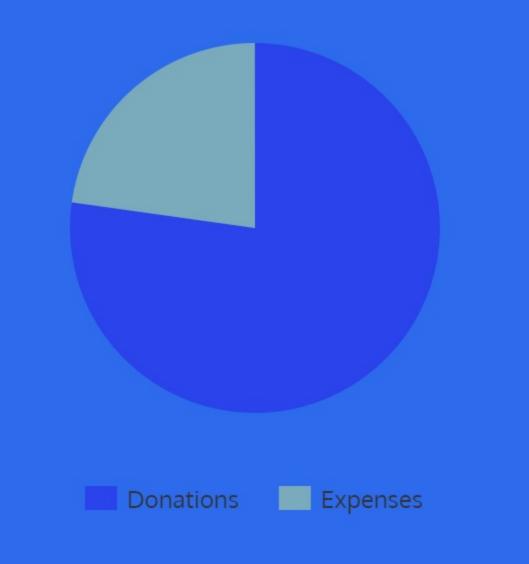
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We've All Got Our Paws on **ASD**

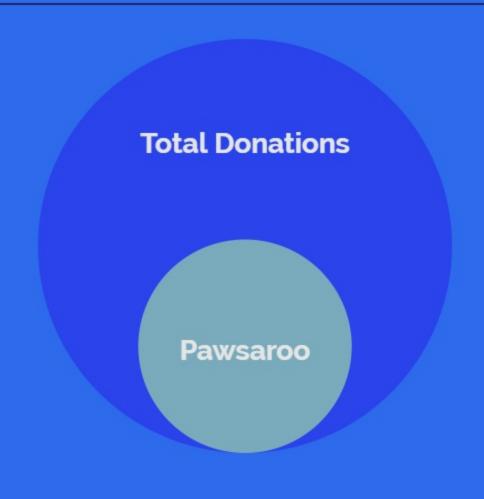
2015 Financial Information



 Donations to Paws on ASD increased 21% from 2014 to 2015



 A total of 30% of Paws on ASD donations were used for operating expenses and fundraising



 Of total donations in 2015, 52% were generated by Pawsaroo



Call To Action

Now that you know what Paws on ASD has accomplished in just one year with a teeny tiny budget and a crew of dedicated, volunteer professionals, here's what you can do in 2016 and beyond:

Donate

We accept it all:

Money

Books on autism (to build our lending library)

Yoga mats

Money

Stocks

Property (2016 is the year we get our own

space)

Money (have I mentioned money?)

Volunteer

Always needed:
Massage therapists
Counselors
Play therapists
Music therapists
Art therapists
Occupational therapists
Speech and language
pathologists
Mentors
Acupunturists
Guided meditation leaders
Yoga teachers



3

Spread the Word

If you know of a company, restaurant, business or non-profit that has any opportunities for fund or awareness raisers, Paws on ASD is IN!

We love getting out in the community and spreading the word. Help us do just that by creating an opportunity or letting us know of an occasion to get our message out there.

Share Knowledge

What YOU do can make a difference!

Perhaps you're really good with finances and budgets and equally good at helping others understand the finer points of such. Maybe taking photos with your smart phone is your thing. Want to teach adolescents on the spectrum phone photography composition? Know a lot about nutrition? Want to share the love?

There's always room in our schedule for mini-sessions, groups and classes.





www.pawsonasd.org

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