



tourette syndrome association, inc.
rocky mountain region

NOVEMBER 2007 NEWSLETTER

Presidents Welcome

Welcome to the third edition of the Tourette Syndrome Association Rocky Mountain Region (TSA-RMR) e-mail newsletter. We hope everyone is enjoying the fall weather and that those members with children are enjoying a new school year. I would also like to introduce myself as the new President of TSA-RMR, **Sally Mescher Allen**.

Our former president, Loree Vanderhye, has led our association for seventeen years. She was exemplary in her role as leader, advocate, liaison to the educational community, as well as the medical community. She has been tireless in supporting those newly diagnosed of any age.

Loree is greatly missed, and we wish her well in her new endeavors. We appreciate the countless hours and her energy in support of people with Tourette Syndrome. Thank you, Loree, you have made a tremendous difference in the lives of others.

I am a pediatric nurse in Denver, married with two children. My 15 year old son, John, has Tourette Syndrome. My main role will continue to be that of an advocate in schools or workplace, to be a resource for educational presentations, to represent the Rocky Mountain Region at the national conference every April, to lead our monthly meetings in Denver, and to support the outlying support group leaders in Wyoming, Nevada, Colorado Springs and Monument, Co.

I am excited to continue Loree's wonderful work for this organization, and to help our organization in its effort to provide support and friendship to all those living with Tourette Syndrome.

MEDICAL UPDATES

Physicians Referral List

Do you know that TSA-RMR maintains a physicians referral list? Well we do, so if you are trying to find a new neurologist, psychiatrist, psychologist , or legal help please contact us at info@tsarmr.com and we can send the referral list to you. Also, if you currently have a doctor that you think should be on the list, please contact us at the above address and TSA-RMR can start the procedures to determine if they would be a good addition to the current referral list.

10-Year Review: Tourette Disorder and Tic Disorders

The August 2007 edition of the Journal of the American Academy of Child and Adolescent Psychiatry includes a ten year review of Tourette's and Tics. As stated in the abstract for this article the study had the following objective: This is a review of progress made in the understanding of Tourette Syndrome during the past decade including models of pathogenesis, state-of-the-art assessment techniques and treatment. This informative article is geared to the medical professional but it contains information on the following topics: comorbidity, assessment, treatment of tics, medications, and future perspectives. If you are interested in reading the article you can find the journal at many larger libraries or talk to your medical professional.

EDUCATIONAL UPDATES

Colorado Options

The Colorado Department of Education (CDE) has recently published the book Colorado Options, a handbook of post secondary Educational Services for students with disabilities. The book, 150 pages long, includes sections entitled: Getting Started, Area Vocational Schools, Two Year Institutions, and Four Year Institutions and includes a helpful questionnaire about the

student's goals, an explanation of testing accommodations, how to document a disability, a Section 504 overview and a list of additional resources. Consider this book to help you and your student make informed choices for after high school.

If you are interested in obtaining a copy of the informative book, you may contact Wendy Ulibarri at CDE at (303)866-6799 or ulibarri_w@cde.state.co.us. Please note that there is an \$8.00 fee for this book.

ADVOCACY

Education

Our president, Sally Mescher Allen has had two opportunities to present to school groups so far for the new school year. In July, Sally presented to approximately 20 teachers and staff at an elementary school in Castle Rock and also spoke to 120 sixth graders at a Jefferson County School in September. In both settings, 5-10 minutes of the DVD, "I have Tourettes but Tourettes Doesn't have Me" followed the educational presentation and was very effective.

She would like to extend such educational presentations or advocacy meetings to all who have students who would benefit. The spectrum of Tourette includes tics, attention deficit disorder, obsessive compulsive disorder, learning disabilities, sensory integration problems, depression, rage and oppositional-defiant problems.

Raising Awareness about TS

A local Spanish television station has expressed interest in interviewing a family that has a child with TS. A local physician who specializes in neurology will also participate in this interview. The purpose of the interview is to raise awareness about TS and children with TS. Our chairperson, Sally Mescher Allen, has been asked if she knows a family that

may be interested in participating in this interview. If your family is interested in participating, please e-mail us at info@tsarmr.com.

CONFERENCES OF INTEREST FOR MEMBERS

National Conference

The National Conference on Tourette Syndrome is scheduled for April 6 – 8th, 2008 in Alexandria Virginia. This annual conference is open to all and is a great way to gather information, make contacts, and see what is being done to raise awareness for TS. If you would like more information please log onto to www.tsa-usa.org and click on the national conference information registration page.

TS Camps

The Tourette Syndrome Camping Organization located 30 miles outside of Chicago, Ill. has set its 2008 schedule .

Our Winter Mini Camp will be from 10:30AM on Saturday 2/9/08 till Sunday 2/10/08 10:00 AM. The cost is \$90. We have limited space and given our records number of campers this year, be sure to register early. The application is available on our website at www.tourettecamp.com.

Tourette Syndrome Camp USA, our summer camp will be from Sunday, June 22, 2008 till Saturday, June 28, 2008. More details to follow later this year.

LOCAL SUPPORT GROUPS

Denver Area

The Denver area groups had an active and fun-filled summer. First there was the family golf outing in June which was a tremendous success. All parties involved enjoyed a beautiful summer day while learning great tips on putting and driving a ball. A big thank you to Kacie, our junior Denver board member, for setting up this event.

The Denver group also has established a get together known as the Mom's and Teen's dinner. Mom's can socialize and network and teens with TS can enjoy a fun evening with other teens. Our next Mom's and Teen's dinner will be [Thursday January 3rd 2008](#). Time and location will be announced in December.

SUGGESTION CORNER



Welcome to our first "Suggestion Corner." We want to pass on ideas and suggestions that come our way. Vicki Cook, the Northern Wyoming Support Group Leader contributed an idea about children and teens with TS participating in sports. From personal experience Vicki has found it may be easier for kids with TS to participate in individual sports such as track, fencing, swimming, and golf, rather than a team sport such as basketball or football. There are fewer people to coordinate with when doing an individual sport, and the individual goals and practice may be more clearly defined and easier to plan. Happy sporting!!!

