

FITSTAFF



Nicole Gerami received her master's degree from Case Western Reserve University. Ms. Gerami is fully licensed by both the Ohio Board of Speech Pathology and Audiology and the Ohio Department of Education, and she is a certified member of the American Speech

Language- Hearing Association (ASHA). Ms. Gerami is a frequent lecturer for the Ohio Speech-Language-Hearing Association, Milestones, and the Cuyahoga County Special Education Service Center. She lectures on treating children on the autism spectrum and provides in-service training to teachers who offer social skills instruction to children and adolescents in the public schools.



Erick Anderson is the Adaptive Physical Educator for the Shaker Heights City School District. Mr. Anderson earned his BA from the University of Michigan while playing football. He won the 1991 Butkus Award and was drafted and played for the Kansas City Chiefs and the Washington Redskins. Mr.

Anderson earned his multi-age physical education license from Cleveland State University. His vision is to provide students the skills they need in order to lead a physically active lifestyle within their communities. Mr. Anderson's skills-based approach to physical education coupled with his enthusiastic teaching style is a natural complement to the clinical services provided by our therapists.



Katie Murphy received her master's degree from Case Western Reserve University in 2007. Ms. Murphy is fully licensed by the Ohio Department of Speech-Language Pathology and Audiology and the Ohio Department of Education. She is a certified member of the American Speech-Language-Hearing

Association (ASHA). Ms. Murphy provides treatment to children with a wide range of delays and disorders and is developing specialties in early intervention and autism spectrum disorders (ASD). During her clinical training and her first year of professional practice, she provided evaluation and treatment to children in five different private and public institutions that serve children with ASD.

FITINFO

Pre-enrollment Consultation

WRSLP takes pride in its record of placing students in appropriate social skills programs. As such, we ask families to complete a brief pre enrollment social skills consultation before their children participate in FIT.

General Information about Fees

All fees are self-pay and will not be filed with insurance carriers. Eligible families may receive reimbursement from other third payors (e.g., autism scholarship, ESY, MRDD). We are happy to assist with required paperwork.



How do I know
which FIT
is the right fit
for
my child?

To schedule a
consultation or
inquiries about
FIT call

Hilary Anderson
216-292-7370

ext. 105



western reserve **speech + language** partners

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FIT

friendship in teams

An Integration of Social Skills Therapy & Adapted Physical Education



SPEECH-LANGUAGE PATHOLOGISTS
Nicole Gerami, MA, CCC-SLP Katie Murphy, MA, CCC-SLP
ADAPTIVE PHYSICAL EDUCATOR
Erick Anderson

“Individual growth
with strength
in numbers”



western reserve speech + language partners

The FIT Program @ WRSLP

friendship
FIT
in teams



FRIENDSHIP IN TEAMS (FIT™) is one of WRSLP's compelling year round therapy programs. It combines social skills intervention with adapted physical education. The program was born out of a need to provide children who had some training in our Program for Establishing and Enhancing Relationship through Social Skills (PEERSS™) with a fun, interactive way to develop those skills further in a setting that closely resembles the school environment.

Nicole Gerami and Nancy Theofrastous, speech-language pathologists and co-owners of WRSLP, have been fortunate to team up with Erick Anderson, former professional football player and adaptive PE educator for the Shaker Heights City Schools. Mr. Anderson has a passion for helping children engage in and enjoy fitness and recreation activities. His style of instruction emphasizes individual growth within the context of a group and provides Ms. Gerami and Ms. Theofrastous with an ideal environment in which to provide social skills intervention.

FIT combines social skills therapy and skills driven adapted physical education. Unlike traditional sports programs, there is little competition and no elimination, time on the sidelines is minimal, and activities are adapted to each student's physical skill level.

We offer social skills therapy year-round to children and adolescents with autism spectrum disorder, ADHD (both types), anxiety disorders, and other conditions that affect social communication in one-on-one, small-group, and large-group settings.

Year-Round FIT Services:



Children receive one-hour weekly therapy sessions on 4-week cycles. FIT Jr. focuses on social skills that young children typically use at recess, in classroom centers, playdates and during organized activities in the gym.

Session length: 1 hour
Age range: 3-7



Children receive weekly therapy. This model provides students with intensive social skills training in a PE environment that closely matches what they experience at school.

Session length: 1 hour per week
Age range: 8-12



Advanced FIT instruction emphasizes application of specific social skills in the context of PE and sports activities with peers.

Session length: 1 hour per week
Age range: 12-18



Students receive weekly therapy. This is for patients who require extra staff assistance, and increased language support. Each student is assigned a peer, the staff-to-student ratio is 1:1, and extensive visual support is provided.

Session length: 1 hour per week
Age range: 4-12



Children and adolescents receive individual sports training with adaptive physical educator Erick Anderson.

Session length: 1-2 hours per week
Age range: 4-18



Summer Only:

FIT Camp:

1 or 2 week(s) camp(s)
2009: July 27 – July 31 and/or August 3 - August 7
9:00 am to 2:00 pm
2010: TBD

The camp offers extensive opportunities for children to learn and use social skills while enjoying a variety of sports, art, leisure skill centers, science and music.

Session length: 25 hours per week
Age range: 4-12



The Purpose of FIT

FIT Services are designed to foster the following in each student:

- use of concrete strategies for interacting in groups;
- confidence in his or her ability to join and interact effectively in groups of peers;
- the intrinsic satisfaction and sense of belonging one can derive from participation in PE and sports activities;
- a positive attitude about his or her physical abilities;
- achievement of realistic physical goals; and
- use of stress reduction and self-calming strategies.