

# CENTER FOR YOUTH DEVELOPMENT AND INTERVENTION (CYDI)

SPRING 2024 NEWSLETTER

**CYDI IS NOW RECRUITING FOR VARIOUS PROJECTS!**

## EASE UP

### The Emotion Awareness and Skills Enhancement (EASE) Program & Unified Protocol (UP)

We are enrolling autistic teens and adults aged 12-25 to receive one of two therapies developed to help people manage their emotions and involve 16 weekly therapy sessions. Sessions can be in-person or telehealth providers from partnering community health clinics.

Contact Anna-Lisa Pflaum:

[emotiontherapy@ua.edu](mailto:emotiontherapy@ua.edu) | (205) 348-2472

IRB protocol #22-07-5746



Join our  
registry for  
details on  
future events  
and research  
opportunities!

## THANK YOU TO OUR PARTNERING AGENCIES:

- Arts 'n Autism
- Bridgeway Services
- Triumph Services
- The Faulkner Center
- The Riley Center
- North Georgia Autism Foundation (NGAF)

## STEPS

### Stepped Transition to Employment & Postsecondary Education Success (STEPS)

Autistic individuals aged 16-25 and a parent or informant are needed for an 18-week study testing the impact of a new program called STEPS, which is designed to support transition to growing independence among autistic adolescents and young adults.

Contact Amaya McClain:

[abmcclain@ua.edu](mailto:abmcclain@ua.edu) | (205) 348-4201

IRB protocol #22-07-5746

<https://cydi.ua.edu> | (205) 348-3535 | [cydi@ua.edu](mailto:cydi@ua.edu)

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## NOW RECRUITING!

### FAST

#### Helping Children Recognize Feelings and Emotions

Do you have concerns about your child's behavior and emotions?

- Children ages 6-11 years old
- 10 sessions; parents earn up to \$600
- Computerized activities

Scan QR code to complete a short survey!



Does your child qualify?

### HEARTS

#### Healthy Relationships on the Autism Spectrum (HEARTS)

Intervention for 18+ autistic adults looking for information about how to have healthy and rewarding friendships, dating relationships and marriages.

Contact Dr. Emily Rothman:  
[erothman@bu.edu](mailto:erothman@bu.edu)

IRB protocol #6800-E

### I-CAN

#### Optimizing CBT Implementation Among Community Providers Through Internet-Based Consultation and Networking (i-CAN)

- **Eligibility:** Providers who practice in any setting and treat anxious youth in the state of Alabama
- Providers are paid for all assessments (up to \$140)
- Study is completely online (no travel needed)

For more information visit:

<https://cydi.ua.edu/i-can.html>

IRB protocol #22-06-5680

### Facial Emotional Awareness in Children

We are studying how children understand emotion through facial expressions.

- Children ages 6-11 years old
- 2 hour in-person session; earn \$85
- Computer tasks and questionnaires

Scan QR code to learn more!



## READ MORE

[cydi.ua.edu](https://cydi.ua.edu)