

CENTER FOR YOUTH

DEVELOPMENT & INTERVENTION

NEWSLETTER



SUMMER
2024

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 | (205) 348-2472



JOIN OUR REGISTRY!



Scan QR code 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:
abmclain@ua.edu | (205) 348-4201



CONTACT US:

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

200 Hackberry Lane,
McMillan Building
Tuscaloosa, AL 35487



PART
OF THE



University of
Alabama System.

CENTER FOR YOUTH DEVELOPMENT AND INTERVENTION (CYDI) SUMMER 2024

NOW RECRUITING!



FAST

Helping Children Recognize Feelings and Emotions

Do you have concerns about your child's behavior and emotions? This is a study of NEW training intervention.

- For children ages 6-11 years old
- 10 FAST sessions over 5 weeks for children
- 3 assessment sessions for children and parents
- Children earn prizes as they learn
- Families received up to \$600 for participation!

Contact Olivia Gifford:
ongifford@crimson.ua.edu

READ MORE:
CYDI.UA.EDU



DOES YOUR CHILD QUALIFY?



Scan QR code to complete a short survey!

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

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)

Contact Shanta' Hardrick-Burrell: sburrell@ua.edu | (205) 348-3438

<https://cydi.ua.edu/internet-based-consultation-and-networking-for-youth-mental-health-providers-i-can.html>

