



Hussman Center for
Adults with Autism

Institute for Well-Being
7400 York Road,
Towson, MD 21204
Phone: 410 704-7300
hcaa@towson.edu

Hussman Center for Adults with Autism Summer 2024 Programs

General information for all programs: If you have never attended a program at the Hussman Center or have not attended in over 2 years, you must attend a Hussman Center Intake Meeting with the Hussman Center Staff. Sign up for an intake meeting here: <https://tinyurl.com/intakessummer24> Please proceed to complete the program interest process before your scheduled intake meeting.

All Hussman Center programs include interaction with Towson University students who are there to learn about autism by engaging with program participants. Participants must be able to join program activities without help from a 1-1 support person. For advice about program selection, please contact Matthew Burger at mburger@towson.edu or call 410.704.7300.

[CLICK TO FILL OUT THE PROGRAM INTEREST FORM](#) - LIVE Early June- Email and Facebook will be updated with information.

Please note that programs are not filled on a first come first-serve basis. Staff consider many factors when filling programs. We will do our best to get you a spot in your first and/or second choice. You will be notified by email by June 11th as to which program has room for you.



<i>Community Integration Programs</i>	
Program Details	Program Description
<p>Recreation Club Program Facilitator: Joshua Donaldson, M.S. Program Supervisor: Matthew Burger, M.S., OTR/L</p> <p>Day: Tuesday Time: 4:00-5:30 PM Dates: June 18, 25 July 2, 9</p> <p>Program Fee: \$ 130 Location: Burdick Hall- ON CAMPUS (June 18, 25, July 9) Hussman Center (July 2)</p>	<p>This program is specifically designed as an opportunity for individuals to engage in recreational activities both indoors and outdoors on the campus of Towson University and the Hussman Center. Three groups will take place in Burdick Hall or on Burdick Field, one at the Hussman Center. Participants must have an interest in engaging in rock climbing. Participants should have an interest in joining conversations, activities, and socializing with others.</p>
<p>Trivia Program Facilitator: Cheryl Lyn Errichetti, MPS Program Supervisor: Matthew Burger, M.S., OTR/L</p> <p>Day: Tuesday Time: 5:00-6:30PM Dates: July 9, 16, 23, 30</p> <p>Program Fee: \$130 Location: Hussman Center</p>	<p>This program provides participants with an opportunity to test their knowledge in a fun, friendly and semi-competitive environment. By engaging in team-based trivia activities together, participants will learn with their peers and learn about their peers. They will make decisions which benefit the group. Participants should have an interest in joining the trivia-based activities and socializing with others.</p>
<p>Healthy Relationships Program Facilitator: Destiny Varnedoe, B.S. Program Supervisor: Matthew Burger, M.S., OTR/L</p> <p>Day: Tuesdays Time: 5:00-6:30 PM Dates: July 9, 16, 23, 30</p> <p>Program Fee: \$130 Location: Hussman Center</p>	<p>Participants work collaboratively to learn about relationships within various contexts to include effective communication, healthy conflict, establishing boundaries, the impact of substance use on relationships, navigating intimacy, and investing in self-care along the way through discussion and experiential activities.</p>



<i>Community Integration Programs</i>	
Program Details	Program Description
<p>Fitness Program Facilitator: Randy Holter, B.A. Program Supervisor: Matthew Burger, M.S., OTR/L</p> <p>Day: Wednesday Time: 4:30-6:00 PM Dates: July 10, 17, 24, 31</p> <p>Program Fee: \$ 100 Location: Hussman Center</p>	<p>Participants in this program will have the opportunity to socialize with peers while increasing motor skills, improving balance and coordination, increasing self-confidence in daily life skills, developing a stronger core and better trunk stability, and achieving (if desired) possible weight loss and/or weight control. Participants should be interested in getting a great workout.</p>
<p>Art Club Program Facilitator: Kari Curtis, M.S. Program Supervisor: Matthew Burger, M.S., OTR/L</p> <p>Day: Wednesday Time: 4:30-6:00PM Dates: July 10, 17, 24, 31</p> <p>Program Fee: \$130 Location: Hussman Center</p>	<p>Participants in this art program work on art projects to express themselves and connect with others. Projects might include watercolor; drawing; collage; or art made from found objects. The emphasis of the program is on artistic expression, sharing ideas, compromising, and creating an artistic space together. No prior art experience necessary.</p>
<p>Self-Management Program Facilitator: Matthew Burger, MS, OTR/L Program Supervisor: Matthew Burger, MS, OTR/L</p> <p>Day: Wednesday Time: 2:00 – 3:30 PM Dates: July 10, 17, 24, and 31</p> <p>Program Fee: \$ 130 Location: Hussman Center</p>	<p>This program will support participants with managing their self-confidence and self-esteem across different areas of life. We will use fun and playful activities combined with structured group lessons and relaxation exercises to teach skills for living life with less stress. We will explore common challenges, discuss potential vulnerabilities, and share suggestions and guidance related to managing feelings, emotions and behaviors when encountering difficult situations.</p>