

## *2. Social Development*

### **Social Development**

By Marcia Braden, PhD

Social development has been a longtime concern for parents and caregivers of those with fragile X syndrome. People with FXS want social contact, and those of us in provider roles have consistently advocated for their inclusion with normally developing peers. While this model has served them well and offered skill development in a natural environment, once these individuals reach adolescence, they face a new set of challenges in maintaining a broad array of friendships. Many of the more meaningful relationships result from therapeutic contact or friends of peers or parents.

In an attempt to provide a continuum of opportunities for those with FXS to build social relationships, this project has surveyed a number of parents of adolescent and adult males with the full mutation. The general consensus among respondents is that these males continue to want interaction and friendships as they grow older, but they often have difficulty sustaining friendships with typically developing peers. The gap widens when those peers have gone on to explore the world of work, college, and starting their own families. The changes in age-appropriate interests as adulthood commences often bring on a different focus, diluting earlier connections. For those with FXS, it appears that the majority of friendships—those that offer opportunities to enjoy recreation, camaraderie, and true reciprocity—more often include peers who face developmental challenges of their own. This appears to be where more meaningful relationships are built and social reciprocity develops. Thus, friendships with peers who have challenges should begin before adolescence, as should involvement with common recreational opportunities. These relationships should be treated as just as valuable as those with typical peers—particularly given that they frequently outlast them.

A variety of opportunities and venues were provided through the survey results. Often, faith-based support groups, Special Olympics, or local ARC recreational activities were listed as potentially effective in building friendships, community involvement, and recreation.

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## Socialization Survey and Results

A short questionnaire was developed by Jane Jones, Cindy Lunn, and Dr. Marcia Braden addressing the issues facing adults and adolescents with fragile X syndrome. The questions and a summary of the responses are below.

### SURVEY RESULTS

20 responses

- Youngest age: 3
- Oldest age: 48
- Average age: 24

*All answers are listed in order of frequency.*

1. Please list any/all of the social venues you have found to be a positive experience for your loved one affected by Fragile X:
    - Church/synagogue
    - Sports participation (Special Olympics, PAL, park & rec., school)
    - Social programs/camps specifically for those with disabilities
    - “Special Events” (family weddings, anniversaries, birthday parties)
    - Theater/movies
    - Horseback riding
    - Choir
    - Boy Scouts/Girl Scouts
    - School
    - Karate
  2. What have been the successful tools in preparing for transitions such as friends, siblings “moving on” (college, driver’s licenses, dating, etc.), new school (entering senior high, or group home), new home or blended family?
    - Verbally discussing the change in advance on several occasions.
    - Visiting new home/school/church etc. prior to change; familiarize.
    - Using pictures.
    - Reassurance on what will stay the same despite the changes.
    - Encouraging progression in their life and what to look forward to.
    - Accentuating the positive.
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3. What have been successful tools in promoting appropriate group behavior with peers and adults?
    - Using verbal cues and prompts.
    - Using non-verbal cues and prompts.
    - Talking about “what is expected” in these situations.
    - Providing opportunities to practice good behavior.
    - Praising/rewarding good “past behavior.”
    - Modeling appropriate behavior of others.
    - Providing a job or task.
    - Explaining and executing consequences/impact of “inappropriate behavior.”
    - Participating in social skills program/therapy.
    - Ignoring bad behavior.
  
  4. What types of sports or other extra-curricular activities (dance, martial arts, music, arts/crafts, scouts, etc.) have been successful for your loved one with fragile X syndrome? (Most of the answers were based on the individual's success and interest. However, Special Olympics was listed as the No. 1 sports program.)
    - Swimming
    - Basketball
    - Watching TV/movies
    - Baseball
    - Horseback riding/hippo therapy
    - Music (listening, singing)
    - Bike riding
    - Boy Scouts, Cub Scouts, Girl Scouts
    - Bowling
    - Choir (church and school)
    - Theatre for disabled individuals
    - Library
    - Gym/fitness center
    - Dance
    - Arts/crafts
    - Karate
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#### ADDITIONAL COMMENTS

1. Consistency in as many areas as possible is key.
2. Young adults prefer to be “observers” at dances and other interactive social occasions.
3. Keep exposing them to new things.
4. Personality of staff/teachers/therapists dictates success or failure of many programs.
5. There is a need for local resources to find programs promoting independence.
6. It is important to take part in activities with non-disabled population.
7. Some young adults like to spend time alone more than in groups.
8. Affected individuals have trouble enjoying social events with peers as much as they do with family or adults.
9. There is appreciation for the FX researchers and community for the educational opportunities available.
10. Sensory integration is an important component in success.
11. “Auditory Integration Training” eliminated use of Ritalin.
12. Exposure in community helps the community as well as the individual with FXS.
13. There is fear that child will be unable to make and maintain friendships with peers.
14. There is a need for more information and resources on females with FXS.

#### SPECIFIC PROGRAMS MENTIONED IN SURVEY

- Swim With the Dolphins, Discovery Cove, Orlando, FL, [www.discoverycove.com](http://www.discoverycove.com)
  - PAL Dynamites Recreational Program, [www.palsports.org](http://www.palsports.org)
  - Imagination Stage-Access to the Arts, 4908 Auburn Ave., Bethesda, MD 20814
  - Potomac Community Resources (social, recreational), [www.pcr-inc.org](http://www.pcr-inc.org)
  - Jewish Community Centers (nationwide), [www.gojcc.org](http://www.gojcc.org)
  - Special Olympics (worldwide), [www.specialolympics.org](http://www.specialolympics.org)
  - United Way, [www.uwsv.org](http://www.uwsv.org)
  - American Hippotherapy Association, [www.americanequestrian.com/hippotherapy.htm](http://www.americanequestrian.com/hippotherapy.htm)
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## Social Situations: Talking on the Telephone

### Developed by the Project Work Group

*(Note: There is a vignette on the DVD based on this material.●)*

Because of the anxiety associated with fragile X syndrome, many individuals with the condition have difficulty with simple phone conversations. It is important to help such individuals learn strategies to overcome this anxiety. In this example, Daniel and his helper will examine ways to become more successful in this important everyday skill.

*The phone rings.*

Helper: Hey Daniel, it's for you; I think it's your friend Ryan from school.

Daniel: I don't want to talk now.

Helper: Daniel is busy right now; can he call you back later? Okay, bye.

*A little later:*

Helper: Hey Daniel, remember Ryan called earlier—you should call him back.

Daniel: I don't want to.

*It can be hard for Daniel to use the phone even when the caller is a friend. He may not know what to say, so help him out by giving him a way to start the conversation.*

Helper: How about if I dial the number for you? When he answers, I'll say hi and then give you the phone, is that okay? I know you can do it!

Daniel: I'll try.

*When Daniel is on the phone, help facilitate the conversation with specific statements. You may need to take it sentence by sentence at first.*

Helper (to Daniel): You can start by telling him what you did today.

Daniel: I went to the gym. And I went to work.

Helper: Then ask him what he did today.

Daniel: Okay.

Helper: Ask him if he'd like to come over to watch the football game.

*If Daniel is still resistant to talking on the phone, you can model the flow of a phone conversation.*

Helper: I'll dial the number—you pick up the extension and listen while your friend and I talk. Will you try that for me?

Daniel: Don't tell him I'm on the phone.

Helper: All right. You talk when you're ready.

Daniel: Okay.

Another approach is to set up a call in which the other person is aware of Daniel's anxiety, and asks questions for Daniel to answer so that he doesn't have to initiate conversation himself. Over time and with practice, Daniel should become more comfortable talking on the phone.

## Social Situations: Sensory Issues

### Developed by the Project Work Group

*(Note: There is a vignette on the DVD based on this material.●)*

Many individuals who have fragile X syndrome can become overwhelmed by sensory stimuli. It is critical to help them learn techniques to deal with sensory issues, which will affect them for their entire lives.

*Nick and his helper are having dinner. The noise level is high, the area is crowded, and people keep bumping into Nick. To a person who has fragile X syndrome, an accidental bump can feel like someone rubbing sandpaper on him. It can make him want to run away, yell, or hit something.*

Helper: It is crowded in here. People keep bumping into me.

Nick: Me too—I don't like it. I've got to get out of here.

*Nick may not know how to ask for or secure his own space.*

Helper: Here are two things you can do: Tell the person, "Please don't bump into me."  
Or ask to sit at the end of the table.

Nick: Okay, good idea. Thanks.

*To help the individual with FXS, pre-plan social activities so you select restaurants that are not too small or too noisy.*

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## Social Situations: Anxiety Issues

### Developed by the Project Work Group

*(Note: There is a vignette on the DVD based on this material.●)*

Individuals who have fragile X syndrome can sometimes become anxious and nervous in social situations. It is important to help them learn to interact in appropriate ways, especially as they get older. One technique to address nervousness is deep breathing.

Helper: Nick, is everything all right? You look upset.

Nick: [Grunts]

*Large groups of people make Nick nervous, and he may not know how to ask to leave. In fact, he may be able to communicate in such situations only with a grunt or even by yelling.*

Helper: You know what? Large groups of people can make me a little nervous. Sometimes I feel confined and I want to yell. But usually all I need to do is take a few deep breaths—it really helps to calm me down. Do you want to try it?

Nick: [Taking deep breaths] That feels better.

Helper: If you need to, you can tell me, “There are too many people around. I want to leave for a while.” We can go outside for a bit, or even go for a short walk.

Nick: I'll try it. Thanks!

*Nick may need to practice these skills with his helper when he is at home. His helper may need to prompt him the first few times he is in a large group. Eventually, Nick will do it on his own. This is a great skill for him to develop, and is important in developing his independence.*

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## Tips for Making Social Outings Safe

### Developed by the Project Work Group

These tips are the same as you would discuss with any young adult, but when the person has a disability, you need to repeat the tips more often and maybe even do some role playing to make the point more clear.

The parent or care provider should know these things about the outing:

- Who exactly is going?
- Where specifically are they going?
- Are there others whom they will be meeting?
- What are the activity plans?
- What is the length of the planned outing?
- What is the expected time of return?
- What means of transportation will they be using?

Additional points to clarify:

- How much money is being taken and how is it being carried?
- Is the individual's attire appropriate?
- Is the individual's hygiene appropriate?
- Is the young adult comfortable with all of the plans for the outing?
- Is the young adult's cell phone charged? Make sure that they take their cell phone and that I.C.E. (in case of emergency) is programmed into the phone.

Reminders for the young adults:

- Make sure to follow the reported plans. If any of the plans change, or you are going to be later than expected, make sure to call a designated person and update your whereabouts.
- Make sure to order your own drink and never let it out of your sight, including soft drinks and water.
- Stay with your group—never go out/leave on your own. Always stay with a buddy.
- Don't hesitate to call if you become concerned or afraid.

Have a good, safe time!

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## Camps/Opportunities for Socialization

It is important to find ongoing socialization opportunities for young adults as they get older. The lists below are separated into two categories: 1) general websites, and 2) camps listed by state found on the Internet (this list provides only a sample of what is available).

All of the websites have additional information that is not shown or discussed here—everything from how to pick a camp, to what to bring. Some of the sites list a variety of different camps, and there is some repetition of camps between the websites. Most listings have website links, but some have only phone numbers. Only camps for children with developmental disabilities are listed below.

### GENERAL WEBSITES

#### 1. The ARC of the United States

[www.thearc.org](http://www.thearc.org). Click on Resources, then Related Links, then General information for Families, then Family Village, then Recreation & Leisure, then Camps. There is a list of other websites that have lists of camps and there are also camps listed for the following states: AL, AZ, AR, CA, CT, FL, GA, IO, ME, MD, MA, MI, MN, MO, NH, NM, NY, NC, OH, PN, SD, TX, VT, AND VA.

If there are no camps listed in your state, go to Locations (at the home page of this website), type in your city and state or your zip code, and it will give the nearest chapter. Each chapter will have its own set of activities, and you can contact it directly for more information.

Your local ARC will also be able to help you with organizations that provide ongoing social activities on a year-round basis.

#### 2. National Dissemination Center for Children with Disabilities (NICHCY) [www.nichcy.org](http://www.nichcy.org). Click on Our Publications, then General Info, then Summer Camps for Children with Disabilities.

There is a list of other websites that have lists of camps, and they also have books with the same information for sale.

### CAMP WEBSITES

The following information is subject to change. See each website for the most up-to-date listings.

#### 1. Allen's Guide

[www.allensguide.com](http://www.allensguide.com). Click on Special Needs Programs, then on Developmental Disability Camps. There are camps listed for the following states: AZ, CA, FL, PA, VA, and VT.

#### 2. American Camp Association

[www.acacamps.org](http://www.acacamps.org). Click on Find a Camp, then Special Needs/Specialty Clientele, and then you search by either of the latter. There are camps listed for the following states: AL, AR, CA, CT, IA, IL, OH, MN, NJ, PA, TN, TX, and VA.

**3. CampDepot.com**

www.campdepot.com. This is a free registration site. Click on Special Connection, then Search Camps, then Category Search, then under Special Needs: Mental Retardation. There are camps listed for the following states: AL, AR, AZ, CO, CT, FL, GA, IL, IN, IO, KY, MD, ME, MI, MN, MO, NC, NH, NJ, NV, NY, OH, PA, SD, TX, VT, WA, and WI.

**4. CampResource.com**

www.campresource.com. Click on Special Needs Camps, then on Developmental Disabilities. There are camps listed for the following states: CA, CO, IA, IL, MD, MN, MO, NC, NY, OH, OR, PA, TX, UT, VA, VT, WA, and WI.

**5. Easter Seals Camping and Recreation List**

www.easterseals.com. National directory of day and residential camps. There are camps listed for the following states: AL, AR, AZ, CA, CO, CT, FL, GA, HI, IA, IL, IN, KS, KY, MA, MD, MI, NE, NH, NJ, NM, NY, OH, OK, OR, PA, SD, TN, TX, VA, VT, WA, WI, and WV.

**6. Family Support Network of North Carolina**

www.fsnnc.org/Resources/2006\_SummerCampDirectory.pdf. There is a lot of good camp information on this site, though the listings are mostly in North Carolina and are for a variety of disabilities.

**7. goCamps.com**

www.gocamps.com. Click on Special Needs. There are camps listed for the following states: IA, MN, NC, NH, OH, OR, and PA.

**8. KidsCamps.com**

www.kidscamps.com. Under the Special Needs Camps, click on Developmental Disabilities, and the camps are listed by state. There are camps listed for the following states: AL, AZ, CA, CO, CT, FL, IL, IN, IO, KY, MA, MD, ME, MI, MN, MO, NC, NH, NJ, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, and WV.

**9. Summercamps.com**

www.summercamps.com. Click on Special Needs, then Developmental Disabilities. There are camps listed for the following states: AL, MA, MN, MO, NC, NJ, PA, VA, and VT.

**CAMPS/ORGANIZATIONS LISTED BY STATE**

Additional camps are found in the following states. This is not meant to be a complete list.

ALASKA  
GCDSE  
PO Box 240249  
Anchorage, AK 99524  
907-344-7222 / 800-430-2783  
www.challenge.ak.org

CALIFORNIA  
Bay Area Joni and Friends  
www.joniandfriends.org/bayarea

COLORADO  
Adam's Camp (1-24)  
Greenwood Triangle  
5251 South Quebec, Ste. 150  
Greenwood Village, CO 80111  
303-563-8290  
www.adamscamp.org

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### GEORGIA

Camp Barney Medintz (8-16)  
 Marcus Jewish Community Center  
 5342 Tilly Mill Rd.  
 Atlanta, GA 30338  
 770-395-2542  
[www.campbarney.org](http://www.campbarney.org)

### ILLINOIS

PACE: Independent living skills and  
 development of age-appropriate social skills  
 National-Louis University  
 2840 Sheridan Rd.  
 Evanston, IL 60201  
 847-256-5150 Ext. 2670  
 Carol Burns--cburns@nl.edu  
 Judah Community Senior Center  
 (18 and over)  
 413 Seiler Rd.  
 Godfrey, IL 62035  
 618-466-2134  
[pallen@beverlyfarm.org](mailto:pallen@beverlyfarm.org)

### MASSACHUSETTS

Melmark  
 2600 Wayland Rd.  
 Berwyn, PA 19312  
 1-888-MELMARK  
[www.melmark.org](http://www.melmark.org)

### NEW JERSEY

ARC of Gloucester County:  
 Camp Happy Times  
 1555 Gateway Blvd.  
 Woodbury, NJ 08096  
 609-848-8648  
 The Arc of Somerset County  
 141 South Main St.  
 Manville, NJ 08835  
 908-725-8544  
[www.thearcofsomerset.org](http://www.thearcofsomerset.org)

### NEW YORK

You and I Program  
 YAI/National Institute for People  
 with Disabilities  
 460 West 34th St.  
 New York, NY 10001-2382  
 212-273-6182  
[www.yai.org](http://www.yai.org)

### NORTH DAKOTA

Anne Carlsen Center for Children  
 701 Third St. NW  
 Jamestown, ND 58401  
 800-568-5175  
[www.annecenter.org](http://www.annecenter.org)

### PENNSYLVANIA

Melmark  
 2600 Wayland Rd.  
 Berwyn, PA 19312  
 1-888-MELMARK  
[www.melmark.org](http://www.melmark.org)

## Other Types of Social Opportunities

### HIPPOTHERAPY

*(Therapeutic Riding)*

[www.netpets.org/horses/horsclub/narha/narhacenters15.html](http://www.netpets.org/horses/horsclub/narha/narhacenters15.html)

Search under your state and “hippotherapy”

Examples:

1. Michigan—[www.rightsteptherapy.com](http://www.rightsteptherapy.com)
2. Colorado—[www.heartsandhorses.org](http://www.heartsandhorses.org)

### INDEPENDENT TRAVEL

1. [www.tripsinc.com](http://www.tripsinc.com)
2. [www.guidedtours.com](http://www.guidedtours.com)
3. [www.newdirectionstravel.com](http://www.newdirectionstravel.com)
4. [www.venturestravel.org](http://www.venturestravel.org)
5. [www.gosprou.com](http://www.gosprou.com)

### SURFING

[www.surfershealing.org/index.html](http://www.surfershealing.org/index.html)

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## Ongoing Social Opportunities

Most communities provide ongoing opportunities for social interaction, on varying schedules. Check with the following for more information:

1. Local YMCA
2. Local parks and recreation departments—check regular programs or therapeutic recreation
3. Local ARCs
4. Local disability organizations
5. State/local Special Olympics

Some examples:

### ALABAMA

Montgomery Therapeutic Center  
604 Augusta St.  
Montgomery, AL 36111  
334-240-4595  
[parks.ci.montgomery.al.us/therapeutic/index.asp](http://parks.ci.montgomery.al.us/therapeutic/index.asp)

### ALASKA

Challenge Alaska  
3350 Commercial Dr. Ste. 208  
Anchorage, AK 99501  
907-344-7399  
[www.challengealaska.org](http://www.challengealaska.org)

### ARIZONA

Therapeutic Recreation Center I  
1860 N. Turquoise Dr.  
Flagstaff, AZ 86001  
928-774-1681  
[www.flagstaffcentral.com/Subjects/Nature/park+rec.htm](http://www.flagstaffcentral.com/Subjects/Nature/park+rec.htm)

### ARKANSAS

Little Rock Parks & Recreation  
Therapeutic Recreation  
500 W. Markham, Rm. 108  
Little Rock, AR 72201  
501-244-5489  
[www.littlerock.org/ParksRecreation/rec\\_centers/TherapeuticRec/](http://www.littlerock.org/ParksRecreation/rec_centers/TherapeuticRec/)

### CALIFORNIA

Creativity Explored—San Francisco  
[www.creativityexplored.org](http://www.creativityexplored.org)  
  
National Institute of Art and Disabilities (NIAD)—San Francisco  
[www.niadart.org](http://www.niadart.org)

Orange County ARC  
225 W. Carl Karcher Way  
Anaheim, CA 92801  
714-744-5301

Project Independence  
3505 Cadillac, Ste. P101  
Costa Mesa, CA 92626  
714-549-3464

Sacramento County Parks  
Therapeutic Recreation Services  
[www.sacparks.net](http://www.sacparks.net)

San Diego Park & Recreation Department  
Therapeutic Recreation Services  
[www.sandiego.gov/park-and-recreation/activities/dsa.shtml](http://www.sandiego.gov/park-and-recreation/activities/dsa.shtml)

### COLORADO

EXPAND  
Boulder Parks and Recreation  
[www.bouldercolorado.gov/index.php?option=com\\_content&task=view&id=1472&Itemid=848](http://www.bouldercolorado.gov/index.php?option=com_content&task=view&id=1472&Itemid=848)

List of statewide recreation opportunities  
[www.autismcolorado.org/resrec.htm](http://www.autismcolorado.org/resrec.htm)

### CONNECTICUT

Connecticut Recreation and Parks Association, Inc.  
1800 Silas Deane Hwy. Ste. 172  
Rocky Hill, CT 06067  
860-721-0384  
[www.carpa.com/edutrain/therapeutic\\_recreation.html](http://www.carpa.com/edutrain/therapeutic_recreation.html)

### DELAWARE

Autism Society of Delaware  
Resources for Recreational Activities  
[www.delautism.org/recreation\\_resources.htm](http://www.delautism.org/recreation_resources.htm)

Delaware Special Olympics  
619 S. College Ave.  
University of Delaware  
Newark, DE 19716-1901  
302-831-4653  
[www.sode.org](http://www.sode.org)

Farm of Dreams  
(therapeutic horseback riding)  
2325 S. DuPont Hwy.  
Smyrna, DE 19977  
302-653-6731

Challenger Division Little League for Youth with Disabilities  
[www.littleleague.org/divisions/challenger.asp](http://www.littleleague.org/divisions/challenger.asp)

### FLORIDA

Palm Beach County  
General Therapeutic Programs  
2700 6th Ave. So.  
Lake Worth, FL 33461  
561-066-7015  
[www.pbcbgov.com/parks/therapeutic\\_recreation/generalprograms.htm](http://www.pbcbgov.com/parks/therapeutic_recreation/generalprograms.htm)

### GEORGIA

Clayton County Parks and Recreation Department  
2300 Hwy. 138, S.E.  
Jonesboro, GA 30236  
770-477-3766  
[www.co.clayton.ga.us/parks\\_and\\_recreation/therapeutic.htm](http://www.co.clayton.ga.us/parks_and_recreation/therapeutic.htm)

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Department of Parks and Recreation  
Therapeutic Recreation Unit  
1000 Uluohia St. Ste. 309  
Kapolei, HI 96707  
808-692-5585  
[www.honolulu.gov/parks/programs/trunit.htm](http://www.honolulu.gov/parks/programs/trunit.htm)

**IDAHO**

Sun Valley Adaptive Sports (SVAS)  
120 2nd Ave. Ste. 207  
Ketchum, ID 83340  
208-726-9298  
[www.svasp.org](http://www.svasp.org)

**ILLINOIS**

Downers Grove Park District  
SEASPAR  
4500 Belmont  
Downers Grove, IL 60515  
630-960-7600  
[www.dgparks.org/catalog.cfm?dest=dir&linkon=Section&linkid=15](http://www.dgparks.org/catalog.cfm?dest=dir&linkon=Section&linkid=15)

**INDIANA**

Indy Parks Therapeutic Recreation Division  
601 E. 17th St.  
Indianapolis, IN 46204  
317-327-7251  
[www.indygov.org/eGov/City/DPR/Programs/Therapeutic+Recreation.htm](http://www.indygov.org/eGov/City/DPR/Programs/Therapeutic+Recreation.htm)

**IOWA**

Special Olympics Iowa  
551 DoveTAIL Rd.  
PO Box 620  
Grimes, IA 50111  
515-986-5520  
[www.soiowa.org/](http://www.soiowa.org/)

**KANSAS**

Parks and Recreation Department  
Special Populations  
City-County Building  
300 W. Ash St. Rm. 100  
Salina, KS  
785-309-5765  
[www.ci.salina.ks.us/Recreation/SpecialPops.htm](http://www.ci.salina.ks.us/Recreation/SpecialPops.htm)

**KENTUCKY**

Division of Parks & Recreation  
469 Parkway Dr.  
Lexington, KY 40504  
859-288-2900

**LOUISIANA**

Special Olympics Louisiana  
1000 East Morris Ave.  
Hammond, LA 70403  
985-345-6644 / 800-345-6644 (*in Louisiana*)  
[www.laso.org/main/index.php?page=contact\\_us](http://www.laso.org/main/index.php?page=contact_us)

**MAINE**

Access Maine  
Center for Therapeutic Recreation  
207-772-0504  
[www.accessmaine.org](http://www.accessmaine.org)

**MARYLAND**

Baltimore County Department of Recreation and Parks  
Office of Therapeutic Recreation Services  
301 Washington Ave.  
Baltimore, MD 21204  
410-887-5370  
[www.co.ba.md.us/Agencies/recreation/therapeutic.html](http://www.co.ba.md.us/Agencies/recreation/therapeutic.html)

Harford County Parks & Recreation  
Therapeutic Recreation  
[www.harfordcountymd.gov/parks\\_rec/Programs.cfm?Group=Therapeutic](http://www.harfordcountymd.gov/parks_rec/Programs.cfm?Group=Therapeutic)  
St. Mary's County  
Department of Recreation, Parks and Community Services  
301-475-4200 Ext. 1802  
[www.co.saint-marys.md.us/recreate/TR/index.asp](http://www.co.saint-marys.md.us/recreate/TR/index.asp)

**MASSACHUSETTS**

Melmark  
2600 Wayland Rd.  
Berwyn, PA 19312  
888-MELMARK  
[www.melmark.org](http://www.melmark.org)

**MICHIGAN**

Canton Leisure Services  
1150 Canton Center Rd. So.  
Canton, MI 48188  
734-394-5460  
[leisure.canton-mi.org/programs/therapeutic.asp](http://leisure.canton-mi.org/programs/therapeutic.asp)

**MINNESOTA**

Bloomington Parks and Recreation  
Adaptive Recreation  
952-563-8899  
[www.ci.bloomington.mn.us/cityhall/dept/commserv/parkrec/programs/arle/arle.htm](http://www.ci.bloomington.mn.us/cityhall/dept/commserv/parkrec/programs/arle/arle.htm)

**MISSISSIPPI**

Clinton Parks and Recreation Department  
200 Soccer Row  
Clinton, MS 39056  
601-924-6082  
[www.clintonparksandrec.com/therapeutic\\_programs.htm](http://www.clintonparksandrec.com/therapeutic_programs.htm)

**MISSOURI**

Special Olympics  
SOMO Headquarters  
520 Dix Rd. Ste. C  
Jefferson City, MO 65109  
573-635-1660  
[www.somo.org](http://www.somo.org)

**MONTANA**

Special Olympics Montana  
PO Box 3507  
Great Falls, MT 59403  
800-242-6876 / 406-268-6759  
[www.somt.org/](http://www.somt.org/)

**NEBRASKA**

Special Olympics Nebraska  
8801 F St.  
Omaha, NE 68127  
402-331-5545 / 800-247-0105  
[www.sone.org](http://www.sone.org)

**NEVADA**

Special Olympics Nevada  
4680 S. Polaris Ave. Ste. 250  
Las Vegas, NV 89103  
[www.sonv.org](http://www.sonv.org)  
City of Reno Parks, Recreation and Community Services  
Therapeutic/Inclusive Recreation  
190 E. Liberty St.  
Reno, NV 89505  
775-334-2260  
[www.cityofreno.com/res/com\\_service/inclusion/](http://www.cityofreno.com/res/com_service/inclusion/)

**NEW HAMPSHIRE**

Special Olympics New Hampshire  
650 Elm St.  
Manchester, NH 03101  
800-639-2608 / 603-624-1250  
[www.sonh.org](http://www.sonh.org)

**NEW JERSEY**

Special Olympics New Jersey  
3 Princess Rd.  
Lawrenceville, NJ 08648  
800-650-SONJ in New Jersey  
609-896-8000 out of New Jersey  
[www.sonj.org](http://www.sonj.org)

Hunterdon County  
 Department of Parks & Recreation  
 PO Box 2900  
 Flemington, NJ 08822-2900  
 908-782-1158  
[www.co.hunterdon.nj.us/depts/parks/parks.htm](http://www.co.hunterdon.nj.us/depts/parks/parks.htm)

**NEW MEXICO**  
 Roswell Recreation Department  
 Offices at: 1101 W. 4th (in Cahoon Park)  
 PO Drawer 1838  
 Roswell, NM 88202  
 505-624-6720  
[roswell-usa.com/city/recreation/index.htm](http://roswell-usa.com/city/recreation/index.htm)

Special Olympics New Mexico  
 6600 Palomas NE, Ste. 207  
 Albuquerque, NM 87109  
 800-371-5525 / 505-856-0342  
[www.specialolympicsnewmexico.org](http://www.specialolympicsnewmexico.org)

**NEW YORK**  
 Special Olympics New York  
 504 Balltown Rd.  
 Schenectady, NY 12304  
 518-388-0790 / 800-836- 6976  
[www.nyso.org](http://www.nyso.org)

**NORTH CAROLINA**  
 Chapel Hill Parks and Recreation  
 200 Plant Rd.  
 Chapel Hill, NC 27514  
 919-968-2787 Ext. 213  
[chapelhillparks.org/therapeutic.php](http://chapelhillparks.org/therapeutic.php)

**NORTH DAKOTA**  
 Special Olympics North Dakota  
 2616 South 26th St.  
 Grand Forks, ND 58201  
 701-746-0331  
[www.specialolympics.org/Special+Olympics+Public+Website/English/Program\\_Locator/North\\_America/North\\_Dakota/default.htm](http://www.specialolympics.org/Special+Olympics+Public+Website/English/Program_Locator/North_America/North_Dakota/default.htm)

**OHIO**  
 Cincinnati Recreation Commission  
 Division of Therapeutic Recreation  
 513-352-4028  
[www.cincinnati-oh.gov/crc/pages/-5721-/](http://www.cincinnati-oh.gov/crc/pages/-5721-/)

**OREGON**  
 Pearl Buck Center, Inc.  
 5100 W. Amazon Dr.  
 Eugene, OR 97405  
 541-345-8506  
[www.pearlbuckcenter.com/](http://www.pearlbuckcenter.com/)

Disabled Citizens Recreation  
 Portland Parks & Recreation  
 1120 SW Fifth Ave. Ste. 1302  
 Portland, OR 97204  
 503-823-PLAY  
[www.portlandonline.com/parks/index.cfm?c=djida](http://www.portlandonline.com/parks/index.cfm?c=djida)

**OKLAHOMA**  
 Special Olympics Oklahoma State Office  
 6835 S. Canton Ave.  
 Tulsa, OK 74136  
 918-481-1234 / 800-722-9004  
[www.sook.org](http://www.sook.org)

**OREGON**  
 Portland Parks & Recreation  
 Disabled Citizens Recreation  
 1120 SW 5th Ave. Ste. 1302  
 Portland, OR 97204-1933  
 503-823-PLAY (7529)  
[www.portlandonline.com/parks/index.cfm?c=djida](http://www.portlandonline.com/parks/index.cfm?c=djida)

Special Olympics Oregon  
 5901 SW Macadam Ave. Ste. 100  
 Portland, OR 97239  
 503-248-0600 / 800-452-6079 (*in Oregon*)  
[www.soor.org](http://www.soor.org)

**PENNSYLVANIA**  
 Melmark  
 2600 Wayland Rd.  
 Berwyn, PA 19312  
 1-888-MELMARK  
[www.melmark.org](http://www.melmark.org)

**RHODE ISLAND**  
 Special Olympics Rhode Island  
 33 College Hill Rd. Bldg. 31  
 Warwick, RI 02886  
 401-823-7411  
[www.specialolympicsri.org](http://www.specialolympicsri.org)

**SOUTH CAROLINA**  
 Special Olympics South Carolina  
 Dutch Plaza  
 810 Dutch Square Blvd. Ste. 204  
 Columbia, SC 29210  
 803-772-1555 / 800-765-7276  
[www.so-sc.org](http://www.so-sc.org)

**SOUTH DAKOTA**  
 Special Olympics South Dakota  
 305 West 39th St.  
 Sioux Falls, SD 57105  
 605-331-4117 / 800-585-2114  
[www.sosd.org](http://www.sosd.org)

**TENNESSEE**  
 Williamson County Parks & Recreation  
 1120 Hillsboro Rd.  
 Franklin, TN 37064  
 615-790-5719  
[www.wcparksandrec.com/programs/therapeutic/](http://www.wcparksandrec.com/programs/therapeutic/)

Special Olympics Tennessee  
 1900 12th Ave. So.  
 Nashville, TN 37203  
 615-329-1375 / 800-288-5225  
[www.specialolympicstn.org](http://www.specialolympicstn.org)

**TEXAS**  
 Special Olympics Texas  
 Lewisville, TX  
 972-571-8092  
[lidspecialolympics.homestead.com](http://lidspecialolympics.homestead.com)

**UTAH**  
 Special Olympics Utah  
 243 East 400 So. Ste. 111  
 Salt Lake City, UT 84111  
 801-363-1111 / 800-722-1589  
[ww.sout.org](http://ww.sout.org)

**VERMONT**  
 Special Olympics Vermont  
 368 Ave. D, Ste. 30  
 Williston, VT 05495  
 802-863-5222 / 800-639-1603  
[www.vtso.org](http://www.vtso.org)

**VIRGINIA**  
 Arlington Virginia Parks & Recreation  
 Therapeutic Recreation  
 Lubber Run Center  
 300 North Park Dr.  
 Arlington, VA 22203  
 703-228-4740  
[www.arlingtonva.us/departments/ParksRecreation/scripts/assistance/ParksRecreationScriptsAssistanceAssistance.aspx](http://www.arlingtonva.us/departments/ParksRecreation/scripts/assistance/ParksRecreationScriptsAssistanceAssistance.aspx)

**WASHINGTON**  
 Footloose Sailing Association  
 4509 Interlake Ave N. #142  
 Seattle, WA 98103  
 206-382-2680  
[www.footloosesailing.org](http://www.footloosesailing.org)

SKIFORALL Foundation  
 1621 114th Ave. SE, Ste. 132  
 Bellevue, WA 98004-6905  
 425-462-0978  
[www.skiforall.org](http://www.skiforall.org)

*Social Development***WEST VIRGINIA**

Special Olympics West Virginia  
1206 Virginia St. E., Ste. 100  
Charleston, WV 25301  
304-345-9310  
www.wvweb.com/wvso

River Cities Therapeutic Riding Center  
3037 Wallace Cir.  
Huntington, WV 25705  
304-522-3037

**WISCONSIN**

Milwaukee Recreation  
Therapeutic Recreation Programs for  
Individuals with Disabilities  
414-475-8180  
www.milwaukeeerecreation.net/therapeutic/  
index.htm

**WYOMING**

Heels Down Riding Program  
PO Box 326  
Big Horn, WY 82833  
307-683-2514

**References****BOOKS**

The following books are available from The National Fragile X Foundation, 800-688-8765, [www.FragileX.org](http://www.FragileX.org).

Braden, Marcia L. PhD, *Fragile: Handle With Care, Understanding Fragile X Syndrome*, Avanta, 2000.

Hagerman, Randi, MD and Hagerman, Paul J., MD, PhD, *Fragile X Syndrome: Diagnosis, Treatment, and Research*. Third Ed. Baltimore: The Johns Hopkins University Press, 2002.

Harris-Schmidt, Gail PhD, & Fast, Dale. *The Source for Fragile X Syndrome*. 2004.

**SCHOOLS**

Gavilan College

Vocational Training Program for Adults with Developmental Disabilities

Main Campus - Gilroy

5055 Santa Teresa Blvd.

Gilroy, CA 95020

408-848-4800

831-637-1158 (*when calling from Hollister—toll free*)

408-848-4750 (*evening office—SC112*)

[www.gavilan.edu/dsps/classes.html](http://www.gavilan.edu/dsps/classes.html)