



Discover Autism
Adrienne Kmet
12140 Cherrywood Drive, Maple Ridge, BC V2X 9K4
adrienne@discoverautism.ca | 604-365-2412

January 2024

Autism Funding Unit
PO Box 9776 STN PROV GOVT Victoria, BC V8W 9S5
1 877 777-3530

Subject: Funding and Approval Request for the Being With™ Course for Carers and Professionals Supporting Autistic and Neurodivergent Children

To Whom It May Concern at the Autism Funding Unit,

I hope this letter finds you well. I am Adrienne Kmet, a local Service Provider. I formally request your support and approval for implementing the Being With™ Course for this family. This course is designed to assist parents and carers of Autistic and Neurodivergent children. The course aims to equip parents and carers with valuable evidence-based information, transformative tools, and experiences that address the unique needs of their Autistic and Neurodivergent child. A primary goal is reducing challenging behaviours, enhancing self- and emotional regulation, increasing social skills, and improving overall child and family functioning.

Covering essential topics such as understanding the sensitized nervous system, managing overwhelm and sensory overload, and adapting lifestyles to accommodate a child's unique needs, this evidence-based course addresses common challenges faced by both parents and their Autistic children. Specific education and skills taught include:

1. Basic Brain Development
2. Asynchronous Development in Autistic Children
3. Spiky Profiles in Autistic Children
4. Understanding Behaviour and Strategies
5. Early Signs of Sensory Overload Recognition & Intervention
6. Trauma and Toxic Stress Impact
7. Growing the Pre-Frontal Cortex
8. Parenting with Connection and Co-Regulation
9. Recognizing and Accommodating Unique Sensory Needs
10. Interventions for Various Levels of Dysregulation
11. Social Skills Development
12. Self-Advocacy and Independence Promotion
13. Stress Management Techniques



In addition to these skills, the course provides resources to educate children about their brains, behaviour, and emotions. Using materials such as books, videos, social stories, and emotional regulation tools, we empower Autistic children to understand their neurology better and develop self-awareness, self-esteem, and self-advocacy.

Please consider approving this course in the treatment and behavioural plan for this child to foster a comprehensive understanding of autism, the brain and nervous system, relationships, and social skills. By empowering parents and children with this knowledge, we aim to alleviate stress, enhance communication, and improve the overall quality of life for the child and their family.

I kindly request your consideration and approval for including the Being With™ Course as an eligible autism-related training expense for this child. This course will undoubtedly contribute significantly to their well-being, behavioural outcomes and overall development for this child.

Thank you for your valuable time and consideration. Please contact me with any questions or concerns regarding this proposal. I'm happy to provide additional information and discuss this further. My contact information is adrienne@discoverautism.ca/604-365-2412.

Thank you once again for your time and consideration.

A handwritten signature in black ink that reads "Akmet".

Sincerely,
Adrienne Kmet