

Family VOICES

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119 W. 40th Street, 14th Floor
New York, NY 10018
phone: 800.WeStutter (937.8888)
212.944.4050
email: info@WeStutter.org
web: www.WeStutter.org



William's Story

CYNTHIA KINNEY



Life's a journey – that is for sure! Our 15-year old son, William, has been stuttering since preschool. After his teacher mentioned it to us, we dutifully signed up for speech therapy in hopes that this would help him. In hindsight, I wonder if we jumped too soon. He quickly came to hate these sessions, and I remember dragging him from the parking lot into the therapy office, saying “come on honey... this will help.”

After continuing on to elementary school, we took advantage of the in-school speech therapy. William would often try to hide when they came to take him from his regular schedule. He now says it was absolutely horrible being pulled from class, as it only made him feel even more different.

William is now, we believe, what would be classified as a covert stutterer. He is able to mask it with his friends, and with help from teachers, has been able to either present to the class in groups when given oral assignments (offering to hold the poster board), or present on his own after school. Realizing the importance of his being able to “advertise” his speech impediment, we told him he needed to approach things differently in high school. We can no longer enable him to avoid certain situations.

Since we are from Texas, last year was the perfect opportunity for us to make the trip to Ft. Worth for the 2011 Annual Conference. Needless to say, when I asked him if he wanted to go to the NSA Conference he most stubbornly, adamantly, defiantly said “NO!!!” As a covert stutterer, drawing any attention to his speech outside of the family is just too painful for him. I signed us up anyway.

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*...for kids and
teens who stutter,
their parents,
SLPs and others
who support them!*

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Be sure to check out 'WeStutter' on Facebook and Twitter today!

Ask the EXPERT

CHRISTINA MINKOFF, M.S., CCC/SLP
JOSEPH DONAHER, PH.D., CCC/SLP

CHILDREN'S HOSPITAL OF PHILADELPHIA

Q :: My 9 year old son (who is currently taking a break from therapy) has smoother speech when he rhythmically taps his fingers against his leg. I know this is a secondary behavior and I am concerned about encouraging him to use a tool like this to improve his fluency, or to break a block. However, it does help. If he does this tapping, will it lose its impact over time, meaning he would have to tap harder or even hit his leg to have the same effect? If secondary behaviors start small but have to be exaggerated over time to have the same effect that would lead me to feel he should be discouraged from tapping even a little bit. However, I am conflicted about telling him to stop doing something that helps.

A :: Secondary behaviors commonly occur with stuttering and can appear to help for short periods of time. Typically these behaviors develop because the individual is attempting to hide or escape from a stuttering behavior. Although commonly considered a sign that the individual is reacting negatively to their stuttering, even very young children close to the onset of stuttering can demonstrate eye blinking, facial grimacing, tapping, or other physical behaviors when they stutter. For the person who stutters, these behaviors are reinforced when they appear to override the moment of stuttering and allow the individual to move forward with their speech.

Often this desire to escape from stuttering outweighs the individual's ability to objectively see that the secondary behaviors are more disruptive and socially stigmatizing than the core stuttering behaviors. Additionally, secondary behaviors can provide a sense of control over one's speech, at least temporarily. Unfortunately, this control tends to wear off over time as the secondary behaviors become less effective at minimizing the stuttering. This typically causes the individual to employ more effort, and results in larger, increasingly tense and/or new secondary behaviors.

Another concern with secondaries is that these behaviors can become conditioned to the point where they occur automatically with little or no conscious effort. The longer the individual uses them, the harder it is to break the habit, even after the behaviors have lost their short term ability to reduce stuttering. For this reason, parents are not advised to simply tell their children to stop using secondary behaviors. This is especially true when the child has no other tools to use.



Speech-language pathologists often take two routes when discussing secondary behaviors. Some believe that by teaching strategies aimed at reducing the frequency of stuttering, the need for the secondary behaviors will be reduced and over time the individual will stop using them. Others use counter-conditioning to weaken the reinforcement pattern and show the individual that these extraneous behaviors serve no real purpose and are not necessary. Either way, it is important to remember that therapy involves more than simply changing behaviors and takes a great deal of time and energy.

Lastly, although it is tempting to tell a child what to do when they are stuttering, parents should resist this urge. By telling them to “use techniques” or to do something different at the moment of stuttering, parents may be perpetuating the belief that stuttering is bad or that the child is doing something wrong. Parents can best support their child by listening attentively and praising the child for the content of their message. ::

NSA Family Radio Schedule

Your Virtual Family Chapter for Parents, Kids, and Teens!

Wednesday, April 11th 8PM EST

Bullying and Teasing is one of the challenges that many kids have to deal with but is magnified for kids who stutter. Bullying and teasing can be difficult to deal with and it can have damaging effects. However, there are strategies kids can use to avoid being trapped in difficult situations. Parents and kids who have experience in this arena will share their insights and advice.

Wednesday, June 13th 8PM EST

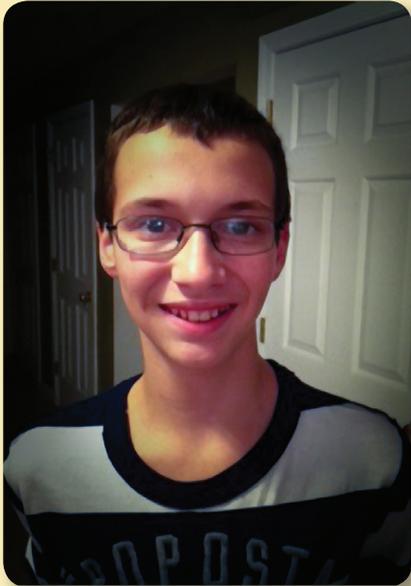
NSA 2012 Pre-Conference Tell-ALL! The 2012 NSA Conference is fast approaching and families

need information so they can make the best decision of their lives! Come meet the NSA in St. Petersburg, FL July 4-8th 2012. This Radio Program will share with families what to expect, what to bring, and how to prepare. Don't miss it!

Tuesday, May 15th 7PM EST

When Your Toddler Begins to Stutter; First Steps for Parents. Identifying the key risk factors for persistent developmental stuttering, modeling, and the “watch and see” approach. What does the research prove and suggest? Tune in to learn how to be proactive and keep your cool!





Taking a Break

DANNY W. (13), NEW HAMPSHIRE

Recently I've been told by my school SLP that now that I'm getting older I can control my speech schedule and what we do. I got an opportunity to take a break and decided to take it. I have benefited from this break. My SLP, Mrs. Everett, has taught me skills and knows that I can use them when I need to. She has told me that if I ever need help or just want to talk I can come in.

I'm not sharing this to try to convince anyone else to do this. I am only doing this because I'm in a good place with my stuttering. I can use my skills when I have to or I can choose not to. If you're not in a good place with your stuttering, it's nothing to be ashamed of. If you are in a good place, know that it's your stuttering and you have control of it. Talk to your SLP and decide how you want to handle your speech your way. ::

Look Out World, Here I Come!

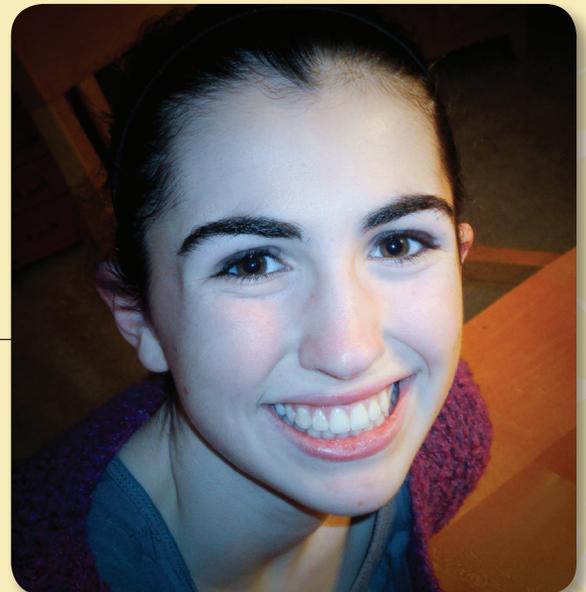
KATIE D. (14), PENNSYLVANIA

When I was a kid, I felt overpowered by my stutter; like it had defeated me in some way. I was fighting a battle and I didn't even know what I was fighting against! I would get frustrated and feel all alone. I even got up and left rooms in tears because a single word would just not come out. I JUST WANTED TO BE HEARD! Who would listen to a kid who couldn't even speak? And when I could speak, what I said made no sense because I had to work around every "stuttery" word. Then, I would have to say it again a different way, still trying not to stutter.

Eventually, I just wanted to give up talking forever. In an Irish family, when I "took a break" from words, my parents thought I was sick or dying a terrible death and needed to be taken to the hospital. I would have to explain (which took me a while) that I just didn't feel like talking. Whatever I did, I couldn't escape "the bumps". These feelings started taking a toll. Not knowing what was happening when my voice felt like I was traveling on a bumpy road, getting teased at school and crying because no one could understand this "disability". I'd always hated that word- DISABILITY. Just the way it sounded was enough to make me cringe. And then, it was associated with me. My stutter was considered a disability.

My parents and friends tried to understand my hurts, but how far can a person relate to what they aren't experiencing themselves? No one could really understand me.

My family found the NSA just in time, but I think about all those kids who haven't. My heart aches whenever I think of them, alone, crying, bullied, and misunderstood. Growing up in this world, thinking they aren't loved and accepted. All



I want to do is reach out to them and tell them everything is going to be okay. I don't want anyone EVER to feel the way I did - insecure and angry. That's part of what inspired me to join the Teen Advisory Council.

To all those kids out there who stutter and feel alone, I want to tell you that everything is going to be okay! I promise. You have so much to offer this world; don't let anyone tell you differently! Don't be defined by your stutter; embrace it, baby! You have so much more to offer this world, you'll see.

Now, it's my turn to make the world see all that I have to offer. I hope I can do this. No, I KNOW I can do this and being a part of the Teen Advisory Council is a big part of that! ::



NSA Teen Plans Launch of Two New Bay Area TwST Chapters

ALEXA JAWORSKI

After attending his first Bay Area NSA chapter meeting last fall, Zach Briefer returned to his dorm room at the University of California, Berkeley with a new goal in mind; he wanted to do something to help other people who stutter.

In particular, he wanted to help other teens who stutter. He did a little research and realized there were very few chapters specifically for teenagers in the country.

“Teenagers need their own chapter because being a teenage stuttrer is not easy,” says Zach, 19, who is currently a freshman majoring in Business with plans to go to law school. “You go through different things than adults. Many of the kids around you are not mature enough to realize that you can’t help it, and do not give you the patience you need or listen to many of the things you say.” Additionally, he explains, many parents shun their kids’ stuttering and cause them to “lose their voice” and self-respect.

Zach is now in the process of launching two Teens Who Stutter (TwST) chapters in partnership with Barrett Greaves, another fellow teen who stutters from San Jose. He will be leading the North Bay and Peninsula Chapter, while Barrett will lead the South Bay chapter.

“The goal of the teen chapter is to help teenagers gain back their voice and confidence to get through the struggles of living in a society so focused on good communication skills,” says Zach.

In the meantime, he is actively recruiting members and plans to write letters to speech-language pathologists and high schools in the Bay Area to see if they have any teenage students or clients who might benefit from the group.

Zach hopes to raise \$6,000 this year to support both chapters. In his fundraising letter, he explains that in the Bay Area alone there are almost 70,000 people who stutter and yet there is no support group for teenagers. “I wondered where I would be today if I had been able to attend such a group growing up and I knew this was my opportunity to make a difference,” he wrote. Thus far, he and Barrett have raised over \$4,000.

Will we see you at this year’s conference in Tampa?

I am not sure yet. Currently my plans are to study abroad over the summer in Bangalore, India but I have yet to finalize that.

Do you belong to an NSA chapter? If so, which one?

I am part of the Bay Area Adult Chapter

Who inspires you the most?

Phil Lesh, the bass player for the Grateful Dead (yes, I am a Deadhead!). In addition to being an amazing bassist who constantly thinks outside the box, Phil Lesh is a liver transplant survivor and at every show he asks everyone to become an organ donor and save another persons life. He is someone who does not give up and continuously pushes himself musically, spiritually, and personally.

Farthest place you’ve traveled to?

All over Europe. My brother and I backpacked Europe for 2 months in the summer of 2010 and went to almost every country, living in youth hostels along the way.

What is your favorite movie?

Tommy Boy and Zoolander - Not the best movies ever made but they are consistently funny over and over.

Do you go to speech therapy?

I went to speech therapy from 12 years old until I was 16. From then on I met on and off with my therapist and we remain close friends to this day.

If you could have one superpower, what would it be?

Probably the ability to transport from one place to another instantly.

If you won a million dollars, what would you do with it?

Pay off my student debt and tuition, give a lot to charity, and travel the world.

What would you like people who don’t stutter to understand about stuttering?

Stuttering is what you make of it. People don’t need to feel bad or pity people who stutter. They all have the ability to say what they want, it just takes them a little longer and there’s nothing wrong with that. ::



Congratulations!

The NSA and Family Programs would like to congratulate **Garrett Langer** on his acceptance to the United States Military Academy at West Point! What an amazing accomplishment, Garrett! We are very proud of you! ::

2012 Teen Advisory Council News (TAC)

SARAH D'AGOSTINO

The Teen Advisory Council (TAC) is a group of amazing teens that are an integral part of the NSA. The TAC serve as role models and mentors to the kids, 'tweens, teens, and parents in our Family Programs, and are a highly respected group of young adults that Family Programs is honored to work with to provide support to the NSA's families.

Family Programs would like to acknowledge retiring members of the TAC. We thank you for your dedication and service to the Family Programs family!

- Braden Barber was named Youth of the Year at the 2011 Annual Conference. Braden is planning to join the military upon graduation from high school. Braden served on the TAC for many years and we are confident that he will continue to be a part of the NSA for years to come!
- Garrett Langer played a big part of the 2011 TAC. He always had a positive, can-do attitude and put forth great ideas for teen-related activities. Garrett also helped to write NSA materials for our website.
- Shawn Czerwinski decided after the 2010 Annual Conference in Cleveland that he wanted to be a part of the TAC so he could help others. Shawn is a great mentor to younger members of the NSA and his peers on the NSA TWST FB page and

at NSA events. Shawn will continue to serve the organization as a young adult.

As you can see, the overriding theme with these young adults is their desire to help and serve others. We are fortunate to have known and worked with them and to be able to have them as members of the NSA family. We wish them all the best and know they will be amazing in whatever they choose to do!

Remaining members of the TAC are Ben North, Courtney Ross, Miranda Smith, and Chloe Whitaker. They are joined by 3 new members. Family Programs is pleased to welcome Katie Duffield (14), Alex D'Agostino (18), and Danny Wood (13). We look forward to their contributions to the TAC.

Lastly, we are pleased to announce that Miranda Smith was voted by her peers to serve as the 2012 TAC Chairperson! Miranda's energy, creativity, sense of humor, commitment, openness, outgoing personality, and work ethic are just some of the things that stand out about her! Miranda has hosted NSA Radio shows, planned and presented workshops, co-leads a local NSA TWST chapter, participated in NSA Youth Days, and planned a successful fundraising event at the restaurant at which she works. Congratulations Miranda! ::

Kids CHAT



Finish That Sentence!

Here are just a few quotes from our fun 'Finish That Sentence' workshop at the NSA's 2011 Annual Conference in Ft. Worth. Participants were asked to fill in the blanks in the sentences about their stuttering. Check out some of their great answers! A special thanks goes to Pam Mertz for organizing this fun workshop.

My stuttering is like:

- ... a triangle because it is so quiet.
- ... a cello because it is fun to play.
- ... the drums because it can be loud or quiet.
- ... a harmonica because it is peaceful.
- ... a piano because I can play the piano.
- ... a guitar because it rocks!

Sometimes I really like my stuttering because:

- ... it makes me feel special.
- ... I am able to be my own person.
- ... I love to stutter every day.
- ... I have family & friends who think I am special.



Family Chapter NEWS

Austin, Texas Family Chapter

The Austin, Texas Family Chapter met on Tuesday, Jan. 17th, from 6:30-7:30 pm. In attendance were 9 people: two parents, two children who stutter, one SLP, two SLP graduate students, and two adults who stutter.

The meeting began with all members together in the same room. We read the opening words, and went around and introduced ourselves while saying one interesting thing that has happened since the last time they came to the meeting.

Next, the two SLP grad students separated with the two children to a different room. The two children took turns sharing their show-and-tell items. Next, we had a competition where we all tried to write down as many facts that we knew about stuttering as we could in 5 minutes, followed by a True/False competition with facts that the SLP students brought in. The two youth members were then encouraged to discuss some of their thoughts on stuttering, including bullying at school, *The King's Speech*, and an increased need in public knowledge about stuttering. They were so insightful and shared so openly! The next two activities were more low-key: an artistic interpretation task, followed by 3 or 4 rounds of the game Scategories, before we returned to meet with the parents and adults.

During the separation time, the adults who stuttered, the one SLP, and the two parents stayed in the original room and had some conversation regarding stuttering. The SLP took several minutes to talk to parents about the nature of stuttering as a multifactorial disorder, in particular touching on issues of some clinicians/pediatricians/caregivers viewing stuttering as something that the child will grow out of with time. They discussed what an important step it is for the parents to address their children's stuttering by doing things like attending the meetings, because, as one member said, "so many of those in the adult chapter, especially covert stutterers, hid their stuttering", and may have hid it less if their parents had acknowledged it earlier.

The parents also shared some thoughts, in particular about how their children feel about their speech and communication, the highs and lows in their children's stuttering, and strategies they noticed their children using to ease their speech.

The adults who stutter also shared their insight, mentioning again the influence of parent involvement early in a stuttering child's life, and shared their personal stories. There was also an emphasis in conversation on the importance of increasing public knowledge about stuttering and tactics that might be taken to tackle this, such as sending brochures from the NSA and Stuttering Foundation of America to local pediatricians.

One adult who stuttered opened up about how difficult it was growing up because their pediatricians, SLPs, teachers, etc. really didn't know much about stuttering. Another adult shared the sentiment that "although the 1% statistic (i.e., the percentage of people who stutter worldwide) is often written off as small, it is far from negligible."

The group then read the closing words, and said their goodbyes until next month.

Northern Virginia TWST Chapter

The NoVA TwST Chapter is co-lead by NSA staff member **Mandy Finstad** and SLP **Vivian Sisskin**. PWS's **Mark Baer** and **Jean Finstad** also help out in leadership roles.

Jean and Mandy brought pizza and sodas for last night's group, and since the meeting was more of an informal, holiday get-together, the group met together in one room, instead of splitting up the teens and the parents. In attendance were Mandy, Mark, and Jean, 4 teens, and 3 parents.

The group enjoyed a lively discussion on everything from dating (*Would you prefer to date a person who stutters? How would you feel if any future children of yours stuttered?*) to colleges (*Who wants to stay close? Move away? Which programs are you interested in?*); from holiday plans (*lots of fun travel!*) to various stuttering therapies/treatments participant have undergone (*What have you tried? What did you like/dislike? Would you take a magic 'fluent pill' if it existed?*). Everyone seemed to enjoy the discussion so much that the group went over the normal end time, and still had to be cut off!

For those who weren't able to join us this time, we hope to see them on the second Tuesday of each month!

LA TwST Chapter News

At the January meeting of the Los Angeles, California TwST Chapter, co-leaders Michael and Cora were the only people in attendance. The two made a decision that we would talk with the other co-leader, Josh, to explore the possibility of moving the meeting to a more convenient location. The group is also thinking of meeting earlier to benefit the younger attendees of the chapter. Their hope is that changing things a bit with the goal of accommodating our members might attract more families. They have also made it a point to promote the chapter more by dropping off flyers at the local school districts in the area and meeting more SLP's. ::

National Stuttering Association

t.w.s.t.
Teens Who Stutter

Family Programs News

STEPHANIE COPPEN & SHERYL HUNTER (FAMILY PROGRAMS CO-CHAIRS)

2012 is in full swing and so is Family Programs! We have been very busy making updates to the Families section of our website. Our mission is to provide current information and make it easy to find.

We have also begun Family Programs workshop development and planning for the 2012 NSA Annual Conference in St. Petersburg, FL. Veteran and new conference attendees are contributing ideas to our conference planning committee so that we are sure to offer enriching experiences for every parent, kid, 'tween, and teen, regardless of how many times he or she has attended. We want you to love it more and more every year! Come experience workshops that are new, interesting and informative and designed for your age and interests.

If you would like to submit a Conference Workshop proposal, please go to the following link: www.westutter.org/AnnualConference/WorkshopInformation.

Family Programs is also very proud of the success of NSA Family Radio, which is coming up on its 1st anniversary. The radio shows have proven to be a valuable resource for parents, teens, and kids who would otherwise be without support as they

navigate through the challenges of being a person who stutters or parenting a child who stutters. Listeners are able to call in and ask questions of the host and expert guests, receiving immediate support and advice. And please don't forget, the radio shows are archived so if you can't tune in to a live broadcast, you can listen when your schedule allows! You can find past shows and upcoming show topics on our website under 'Who We Help – Families'.

If you haven't already had an opportunity to join us, please consider tuning into one of our upcoming shows. As always, comments and feedback are welcome.

Lastly, we have to tell you that there is no better place for families to celebrate the 4th of July than at the 2012 NSA Conference in St. Petersburg, FL July 4th – July 8th. Join us to exercise your Freedom of Speech at the Beach! If you are in need of financial assistance, scholarships are available. Please contact Tammy Flores at tflores@westutter.org or 800-937-8888. ::

*From our families to yours,
Stephanie Coppen & Sheryl Hunter, co-chair Family Programs*



Shortly before going to print, Sheryl Hunter was elected to Chair our Board of Directors, and Stephanie Coppen was hired as our Family Programs Administrator. The position Family Programs Chair was filled by Pattie Wood.

Tips for Family Chapter Leaders: Steering Discussions

One of the main challenges as a chapter leader can be to move the conversation along in a way that is helpful to everyone. Whether you are trying to encourage people to share, steering the conversation, or limiting the time one member is talking, it can be challenging. Here are a few tips that may help a chapter leader to accomplish that:

- Be clear to everyone in the welcoming words that nobody will not be forced to talk or share their experiences. This will put everyone at ease, especially those who came to the meeting for the first time not knowing what to expect! Explain that if anyone feels pressured or "put on the spot" they can motion to pass. Encourage everyone, but do not force anyone. If you are lucky, people may choose to do things that stretch their comfort zones. After all, the environment is a safe place, set up for practice and for pushing the envelope.
- If you are going around the room for different people's perspectives on a topic, try to avoid going in order. This form of sharing can create a lot of anxiety for people who stutter. Let participants jump in whenever they feel comfortable doing so.
- Let there be uncomfortable silence. Often times a person who stutters sits quietly with the "block" in their stomach or their throat. One might never know that they have something on the tip of their tongue unless it is quiet and you hear the very beginning of the sound coming up. Ask "does anyone else have anything to add to that?" and wait a few extra seconds.
- Do not set a time limit to contributions, but rather a general idea of how much you want to hear from everyone (a few sentences, a few minutes). Sometimes the best moments is when a person is allowed time to elaborate and get to a deeper level of discussion.
- Everyone has a story to tell, and it is important that they get to tell their whole story at some point. It might be at their first meeting or their tenth. Allow time for at least one person to elaborate on what they have gone through and how they arrived there.
- It is always a good idea to break into very small groups or pairs for at least a few minutes at each meeting if not more. Some people are not comfortable sharing in a group and we want them to feel like they have equal opportunity to share. ::

4th Annual University of South Florida/ NSA 'Speech Party' a Success!

NATHAN MAXFIELD, PHD, CCC-SLP

The University of South Florida's Fourth Annual Speech Party soared to new heights on February 25, 2012. 27 young people who stutter attended along with their families. **Evan Tiller** welcomed participants, and helped to host the event throughout the day, as part of his bar mitzvah service. An ice-breaker activity and some prize-giveaways over breakfast primed participants for an action-packed day.

The elementary-aged kids (19 in total) experienced four different activity rooms. Undergraduate students from USF's NSSLHA chapter (National Student Speech-Language Hearing Association) planned and moderated the youth day activities with care and precision. The "All About Me" room (group leaders: **Madeline Vernese** and **Lauren Merrick**) encouraged participants to recognize and develop their many talents. The "Communication Toolbox" room (group leaders: **Ioanna Tagarelli**, **Yunet Holmes**, and **Valeria Duque**) taught strategies for improving social and discourse skills. The "Improving My Speech Attitude" room (group leaders: **Leanna Houston** and **Nicole Fernandez**) emphasized acceptance of stuttering and positive self-talk. Finally, the "Overcoming Obstacles" room (group leaders: **Dena Kittelson** and **Kelly Hughes**) encouraged participants to confront new challenges, and provided strategies to help them. As part of this activity, participants had the opportunity to scale a rock climbing wall, and complete an inflatable obstacle course.

Teens who stutter (8 in total) participated in a mock self-help group, moderated by members of Tampa's NSA chapter. The teens also experienced the "Communication Toolbox" and "Overcoming Obstacles" activity rooms. Spiderman even dropped in to help both the teens and school-age kids conquer the rock wall!

In the morning, parents heard from **Sheryl Hunter**, Chairperson of the NSA's Board of Directors, and **Kathryn Morphew**, a first-year doctoral student in Communication Sciences & Disorders (CSD) at USF. Sheryl and Kathryn teamed-up to increase parents' awareness on a variety of issues, including the role of speech-language pathologists in treatment for stuttering, the role of counseling and acceptance of stuttering, and new trends in therapy for stuttering. After lunch, parents participated in the "All About Me" room, learning ways to help their children identify and develop their talents.

Brittanie White, USF NSSLHA chapter president, presented parents with an excellent talk on strategies for identifying stress and channeling nervous energy into positive efforts, such as volunteering for the NSA.

Over lunch, Sheryl Hunter's family presented Kathryn Morphew with the USF Seckel-West Fluency



Scholarship, a newly-established award aimed at supporting graduate students interested in specializing in stuttering. Kathryn is using the scholarship money to complete two studies at USF, as part of her doctoral research rotation. The CSD program at USF feels very fortunate to collaborate with, and have the support of, Sheryl Hunter's family and other families of children who stutter in the region.

Before the afternoon session, **Brad Hayes** thrilled the audience with an updated version of his rap on stuttering. Brad's rap has become highly-anticipated tradition at USF's annual Speech Party.

Along with activities for youth and parents, speech-language pathologists and students from USF's SLP graduate program enjoyed an outstanding continuing education workshop from **Scott Yaruss**, Associate Professor of the University of Pittsburgh. Dr. Yaruss discussed cutting-edge issues in providing treatment to preschoolers who stutter. The audience appreciated Dr. Yaruss' energy, passion, and expertise.

USF's Fourth Annual Speech Party was topped-off with cake and a visit from USF's mascot, Rocky the Bull. This annual event is helping to raise awareness about stuttering in the Greater Tampa Bay region, as well as inspiring positive change in young people who stutter and their families. The USF-CSD program values our very positive relationship with the NSA, four years strong, and with the local community. ::



