

Understanding Autism: CIGNA Education Series Beginning in September

To help parents and caregivers better understand disorders like autism and Asperger's Syndrome, CIGNA Behavioral Health, who administers mental health care for the Concordia Health Plan (CHP), is offering the CIGNA Autism Education Series that will run September through February 2012. All six telephone seminars in this series are free and do not require registration. They are open to CHP members who are parents or caregivers interested in learning more about autism and autism spectrum disorders.

The CIGNA Autism Education Series telephone seminars will be held from 1 p.m.-2 p.m. EST on the following dates:

- September 8 – Topic: Teaching Children How to Think (What Does it Mean?)
- October 13 – Topic: Classroom Programming for Students with Autism
- November 10 – Elopement and Wandering in Children with Autism Spectrum Disorders
- December 8 – Strengthening and Improving Marriages and Couples Relationships while Raising Children on the Autism Spectrum
- January 12 – Topic: Autism and Comorbid Disorders
- February 9 – Topic: Grandparents of Children with Autism Spectrum Disorders

To access these seminars at their scheduled times from within the U.S. or Canada, call 866-431-5314. Those who are calling from outside the U.S. or Canada, call 719-457-2626. When prompted for a passcode, enter 1150266.

If you are unable to listen at the scheduled times, you can hear a recorded playback two hours after each session by visiting www.cignabehavioral.com. Go to the "Members" section and click "Autism Awareness – A CIGNA Education." You will also be able to access seminar handouts.

If you are a CHP member and have additional questions following the seminars, contact a CIGNA health advocate at 800-274-7603.