

**CHAPEL HAVEN'S NEW GRANT STUDIES EFFECTIVE WELLNESS  
PRACTICES FOR ADULTS ON THE SPECTRUM**  
**Daniel Jordan Fiddle Foundation addresses understudied need for adults**

**NEW HAVEN** – Chapel Haven, Inc. is positioned to participate in groundbreaking research into the connection between wellness interventions and services to adults on the autism spectrum, thanks to its receipt of a national grant from the Daniel Jordan Fiddle Foundation.

**The Daniel Jordan Fiddle Foundation Health and Wellness Program at Chapel Haven:**

This newly developed study and program will take place at Chapel Haven, Inc. a renowned program for adults with Autism Spectrum Disorders located in New Haven, Connecticut and Tucson, Arizona that includes transition, residential, educational and vocational programming and supports. Founded in 1972, Chapel Haven teaches adults with cognitive disabilities and social disabilities to live independent and productive lives.

The study will be a comprehensive research project and will examine aspects that might affect the health and wellness of an individual on the spectrum. Areas to be focused on primarily will be: decrease in anxiety; increase in self esteem; attainment of healthy weight; independent healthy food choices; and independent choices of exercise and activity. The Daniel Jordan Fiddle Foundation is committed to fostering the ongoing development of this program.

**About The Daniel Jordan Fiddle Foundation Signature Programs:**

The Daniel Jordan Fiddle Foundation (DJF) Signature Grant Programs represent a new and exciting direction in developing and awarding grants to exemplary and replicable programs that address critical needs and gaps in services and supports for adults with Autism Spectrum Disorders (ASD). In 2010, DJF will launch coast-to-coast collaborations with organizations its Board of Trustees and Advisors believe to be among the premiere providers of programming for adolescents and adults with ASD in the United States.

Each DJF Signature Grant Program will address specific needs that DJF has determined they are the best suited to successfully develop and implement. Several of the 2010 programs are new and innovative projects to the world of ASD, and we aspire for them to open up exciting opportunities for adults with this challenge. Other 2010 programs represent core grassroots initiatives that we have previously developed and supported and that we will help expand to serve more people, also with the goal of replication in other communities. DJF's focus and expertise in developing programs for adolescents and adults with ASD has led us to the realization that replicable programs take time to

develop and refine, so each of the DJF Signature Grant Programs have our commitment of ongoing future support contingent upon the annual review of the program by our Board of Trustees.

"In true social entrepreneurship style, The Daniel Jordan Fiddle Foundation approached us with the innovative idea of conducting a study to determine what interventions would affect the health and wellness of adults on the autism spectrum," said Chapel Haven President Betsey Parlato. "No entity has as yet studied this important component of supporting the ASD adult population. When completed, the outcomes of 'The Daniel Jordan Fiddle Foundation Health and Wellness Program at Chapel Haven' could have a major impact on the industry that serves adults on the spectrum."

**Mission of The Daniel Jordan Fiddle Foundation:**

The Daniel Jordan Fiddle Foundation, a 501 (c)(3), all volunteer-run organization, was established to develop, advocate for and support programs through grant awards that enrich the lives of adolescents and adults with Autism Spectrum Disorders (ASD). ASD affects each individual in a different manner but is generally characterized by impairments in social interactions and communication skills. In some people, ASD also affects cognitive, emotional and behavioral functioning. The guiding principle of The Daniel Jordan Fiddle Foundation is to honor the individuality of each person with ASD so that each may participate throughout their lifetime in vocational, recreational, educational and residential opportunities that are suitable, stimulating and sustainable and allow for maximum integration in the community. Quality of life issues, including health and wellness throughout the lifespan, awareness about co-morbid health conditions and the development of positive support systems for adults on the spectrum are an integral part of the foundation's mission.