



- FOR IMMEDIATE RELEASE -

Award-Winning Martial Arts Instructor, Shihan Jim Alty Teams with Summit Academy Schools to Establish New Therapeutic Evening Program for Students

ACTIVITY AND SKILLS PROGRAM FOR CHILDREN WITH ASPERGER'S SYNDROME AND ADHD COMING TO WORCESTER THIS FALL

FRIDAY, OCTOBER 6 - (Worcester, MA) Take an experienced, award-winning martial arts instructor and combine him with a proven therapeutic activity program that's used in over 24 schools for ADHD and Asperger students—and you'll have happier, more confident kids. That's the goal of the **"Motivating Our Children to Excellence" Program**. Designed for children 6-12 and teens 13-17, the program is now being introduced to Central Massachusetts by West Boylston New Horizon Karate's Chief Instructor, and Sterling resident, Shihan Jim Alty.

"I've been working with these types of children for more than 20 years in the Worcester/Wachusett Region," explains Alty, who runs New Horizon Karate in West Boylston. "The Summit Academy program offers a comprehensive therapeutic and academic approach that is specifically designed to help children with Asperger's Syndrome and ADHD. The more I learned about the Summit Academy approach, the more I wanted to team up with them to bring their program to Worcester County."

The "Motivating Our Children to Excellence" program was originally established in the late 1980's by Peter M. DiMezza M.Ed. LPCC, and martial arts instructor Shihan James L. Winkleman, M.T.. Today, the basic elements of the program are used in 24 therapeutic schools, serving almost 2,000 children with ADHD, Asperger's Syndrome and similar conditions. In addition to using therapeutic martial arts activities and exercises, the program is also designed to enhance social skills, improve self-control and self-confidence, and help students develop better academic learning strategies and problem-solving abilities.

"While it's designed to be fun for the kids, parents benefit too," notes Alty, who explains that the program also includes a parent component that provides group coaching on parenting skills and useful information on helping their child cope with the challenges of ADHD or Asperger's Syndrome. The weekly 1-1/2 hour program is usually offered in three 10-week sessions; at this time, the Worcester program is set to be held at the former Indian Hill School. "Sessions are small," added Alty. "We will keep these programs small, so we can ensure that each child gets the individual help and guidance they need."

Representatives of Summit Academy Schools and New Horizon Karate's instructors are enthusiastic about the introduction of the therapeutic evening program to the Worcester area, and are hoping its success will be instrumental in helping Summit Academy to eventually establish an area school for these students as well.

"We know there is a need for educational solutions for students with ADHD and Asperger's Syndrome," says Summit Academy Management President Jim Winkleman. "We are really thrilled to be able to add a highly respected individual like Shihan Alty to our team, and with his experience, we feel confident that this will be a very successful program."

For complete information on the "Motivating Our Children to Excellence" Program, **call toll free: 1-800-442-5753**. For information about Summit Academy Schools, go to **www.summitacademies.com**.

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