

NEWSLETTER

IN THIS ISSUE...

- Bill Walton's Greatest Victory
- SFA Celebrates Record Year
- Arizona Stuttering Conference

A Non-Profit Organization Since 1947... Helping Those Who Stutter

Volume V, Number 1

USA Today Features SFA

On Tuesday morning, January 16th, thousands of calls rang into the Stuttering Foundation's Memphis office in response to a newsbrief on stuttering on the front page of the Lifestyle section of *USA Today*.

Readers were told about SFA's free brochure, "If You Think Your Child Is Stuttering," and also that the Foundation makes available a referral list to speech pathologists who specialize in stuttering.

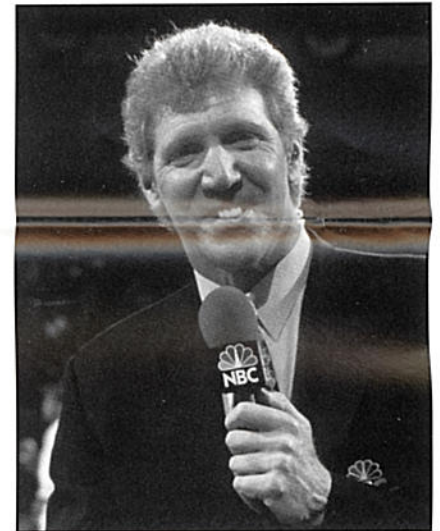
Bill Walton's Greatest Victory: A Win Over Stuttering

Before NBA Hall of Famer Bill Walton dealt with a life-long stuttering problem, he never had a home court advantage.

Walton, who led UCLA to two NCAA titles and helped the Portland Trailblazers and Boston Celtics to NBA championships, said his stuttering was so bad he couldn't even say simple phrases like "thank you" clearly.

Today, Walton has overcome his stuttering and works as a sports commentator for NBC Sports—a challenge that was unthinkable for him for 28 years. He also serves as the national spokesperson for the non-profit Stuttering Foundation of America and National Stuttering Awareness Week, May 6-12.

As Walton was battling stuttering through childhood, college and even his professional career, he used basketball as a sanctuary, a place where he didn't have to think about his speech. The challenges in his personal life pushed him to be one of the best players on the court. Amazingly, on the court, he could not only play ball,



he could speak, too. Or at least yell. "I never had any trouble yelling at the refs," Walton said. "In the heat of the game...when it was just totally spontaneous, I could get out there and really scream and yell at the refs. But it was only in basketball; and it was only at the refs."

And when each game ended, Walton stuttered again.

"During college, the teasing was tough," he said. "I had a speech class one year, and they laughed me out of

Continued on page 8



The same evening, many TV stations across the country featured the Foundation's toll-free line in conjunction with the *USA Today* story: some of those were Channel 2 in Orlando; Channel 12 in Jacksonville; Channel 11 in Atlanta; Channel 12 in Phoenix.

Several radio stations did live interviews with SFA President Jane Fraser the same day. SFA was featured on 70 stations through the Tribune Health Services syndicate and also 9 stations on the West coast through Soundworks in Seattle. □

Free Videotape Available to Public Libraries

Throughout 1995, the Stuttering Foundation shipped a free copy of *Stuttering and Your Child: A Videotape for Parents* to over 3,000 public libraries across the country.

Because of the tremendous success of this project, SFA has continued to make these tapes available to public libraries. Wrote Susan Herring of the Peoria Public Library in Peoria, Illinois, "The tape had been requested by a patron who receives your SFA Newsletter and thought it would be a valuable addition to the collection—and it certainly is!"

If your local library would like a free



copy of *Stuttering and Your Child: A Videotape for Parents* and also a free copy of the eighth edition of *Self-Therapy for the Stutterer*.

have them call the Foundation at 1-800-992-9392 or write to SFA at the address listed on page 8.

A press release will then be sent to the newspapers where each library is located to apprise local residents of the availability of the videotape. □

Major Networks Help Stuttering Foundation

The Stuttering Foundation's public-service announcements for television feature Chicago Bulls legend Bob Love, CBS Sports commentator Ken Venturi, Metropolitan opera star Robert Merrill and vintage footage of Winston Churchill and Marilyn Monroe. They were aired by an ever-growing number of stations and networks across the country in 1995, thereby increasing the public's awareness of stuttering.



SFA Spokesperson Bob Love

■ CBS Keeps SFA in Rotation

Support from CBS, Inc., was outstanding all during 1995. We have heard from hundreds of CBS viewers in the following cities in response to the regular airing of our PSA: Burlington, VT; Boston, MA; Cincinnati, OH; Jacksonville, FL; Florence, SC; Las Vegas, NV; Macon, GA; Orlando, FL; Phoenix, AZ; Portland, OR; Richmond, VA; Sacramento, CA; Tallahassee, FL.

■ Fox Broadcasting Company Supports SFA

Our PSA is also in the national rotation of PSA's at Fox Broadcasting Company. We have heard from Fox viewers in the following cities: Grand Rapids, MI; Cleveland, OH; Houston, TX; Rochester, NY; Chicago, IL; Ozark, AL; Washington, D.C.; and Flint, MI.

■ ABC Television Network and ABC Stations

In New York, WABC Channel 7 aired our PSA several times a week. This invaluable support throughout 1995 has enabled us to reach tens of thousands of viewers in the New

York area. We are grateful for the strong support of the ABC Television Network.

In Philadelphia, WPVI Channel 6 has kept us in its rotation all year long.

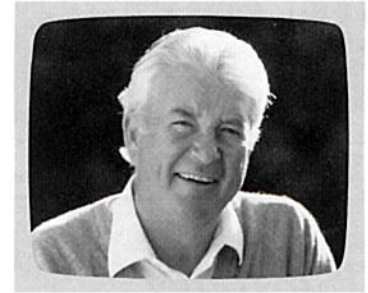
In Cleveland, WEWS Channel 5 has been airing our PSA all year long, and especially during back-to-school days and National Stuttering Awareness Week.

In San Francisco, KGO-TV aired our PSA for four months, resulting in hundreds of calls from their viewers.

Another ABC station which aired our public-service announcement numerous times during 1994 was KTRK Channel 13 in Houston.

■ NBC Network and Affiliates

We were included in the national rotation of public-service announce-



SFA Spokesperson Ken Venturi

ments at NBC again in 1995. Each airing, often during prime time, resulted in many hundreds of calls from NBC viewers all over the country.

The support of these stations and networks throughout 1995 have enabled us to reach hundreds of thousands of viewers whose lives have been affected by stuttering. Their public-service programs are to be applauded. □

SFA Financial Report for 1995

The annual audit of SFA financial reports for 1995 was recently completed by Ernst & Young, Certified Public Accountants. Following is a recap of sources of funds and expenditures for the year.

The 4.8% of expenditures for administration and general expenses

and the less than 1% for fund raising are very low. And since we are fortunate to have an endowment which more than covers our overhead expenses, donors can be assured that their gifts will go directly to support our program services.

Total Funds available for Operations	\$817,638	100%
Funds expended for:		
Printing, Production and Distribution		
of Educational Materials	\$486,644	59.9%
Public Information and Education	147,333	18.1
Educational Symposia	89,787	11.1
Stuttering Information Hotline	<u>45,436</u>	<u>5.6</u>
Total expended for Program Services	\$769,200	94.7%
Expense of Supporting Activities:		
Administration and General	38,713	4.8%
Fund Raising Expense	<u>4,104</u>	<u>.5</u>
Total Expenditures	\$812,017	100.0%

The Stuttering Foundation of America is a private operating foundation which expends its funds on its own programs and does not make grants to other institutions. □

Survey Reveals Parents' Reactions to Children Who Stutter

Parents' most common advice may not be so helpful

As harmless as the words "slow down and relax" may seem, this common advice given to children who stutter could aggravate rather than help the problem, according to a recent survey sponsored by the non-profit Stuttering Foundation of America.

The survey of 1,000 adults found that nearly 90 percent said "slow down and relax" is exactly what they would tell a child who begins to stutter.

As many as 25 percent of all children may experience a phase of stuttering. And, giving such simplistic advice as "slow down or take a deep breath" won't stop a child's stuttering and may actually frustrate a child who stutters.

"It is now more important than ever for us to focus our efforts on educating parents of young children about stuttering," said the Stuttering



Foundation of America. "It is crucial that parents are educated on early detection and intervention of stuttering in young children."

Other findings from the survey include:

Thirty-five percent of those surveyed said they would correct a child who is stuttering or that they would finish the child's sentences.

It is critical for parents to recognize the value of patience and attentive listening. Allowing the child to complete his thoughts without interruptions or corrections is very important; doing otherwise does not help the child and usually aggravates the situation.

"Parents should keep in mind that the way they react to stuttering is as important as *how* they react," said Dr. Edward G. Conture of Syracuse

University. "If a child routinely senses anger, frustration and impatience from parents when he speaks, his concerns about speaking—and therefore his stuttering problem—will increase."

So what are parents to do?

There are some subtle but helpful things a parent can do that can positively impact a child's stuttering problem, and it's crucial that parents recognize this important role they play in their child's speech development. "Parents should try to remain reasonably calm if they hear their child stumble or stammer during talking," suggests Dr. Conture. "Give him your full attention and listen carefully to what he has to say. Talking in a slow, relaxed rate and pausing between sentences allows the child time to collect his thoughts and respond more fluently."

More than 80 percent of those surveyed said they would seek professional help if their child developed a stuttering problem.

Seeking professional help is primarily left to the discretion of the parents. For many young children, positive attitudes and reactions of parents and other family members are the most effective ways to encourage normal fluency.

However, if stuttering seems fairly severe, worsens, or persists, professional speech therapy is recommended. The success rate is high when children begin therapy between the ages of two-and-a-half and five years old.

Parents' best opportunity to help their children is by learning more about stuttering and the most appropriate methods of handling it. The Stuttering Foundation provides parents and others with comprehensive, up-to-date information.

For a copy of the brochure *If You Think Your Child Is Stuttering*, sent free of charge, write the Stuttering Foundation of America at P.O. Box 11749, Memphis, TN 38111; or call toll free 1-800-992-9392.

Note: The national survey was sponsored by the Stuttering Foundation of America in conjunction with the Wirthlin Group of McLean, VA. □

Fraser Appointed to NIDCD Advisory Council

In a letter from the Secretary of Health and Human Services, SFA President Jane Fraser was invited to serve on the NIDCD Advisory Council of the National Institutes of Health for a term beginning June 1, 1996, and ending May 31, 2000.

The NIDCD (National Institute on Deafness and Other Communicative Disorders) Advisory Council advises, assists, consults with, and makes recommendations to the Secretary of Health and Human Services and the Director of the NIDCD on matters related to the activities carried out by and through the Institute.



Jane Fraser addressing NIDCD Advisory Council

The Advisory Council consists of 18 members appointed by the Secretary of Health and Human Services and six non-voting *ex-officio* members. Of the 18 appointed members, 12 are selected from among the leading representatives of the health and scientific disciplines relevant to areas of deafness and other communication disorders. Six members are appointed by the Secretary from the general public including leaders in the fields of public policy, law, health policy, economics, and management.

A major responsibility of the Advisory Council, with the assistance of technical and scientific advice of expert consultants, is to review and make recommendations regarding grant applications to support biomedical research and research training grants. Since NIDCD is the branch of the NIH which concerns itself with research on stuttering, it is of particular interest to the Stuttering Foundation and all those concerned with fluency disorders. □

Stuttering Awareness Week Posters and Brochures Available



18" x 24"

12" x 18"

National Stuttering Awareness Week is May 6 - 12, 1996! Order your 12" x 18" color posters now. They feature NBA star and sports commentator Bill Walton, U.S. Open champion golfer Ken Venturi, legendary Chicago Bulls star Bob Love, and world-renowned baritone Robert Merrill who was the first American to sing over 500 performances with the Metropolitan Opera.

SFA also has a new 18" x 24" poster featuring 11 famous men and women who stutter including Carly

Simon, James Earl Jones, John Updike, and many more.

The posters are a colorful addition to your office, classroom or home. Also back by popular request is our black and white poster of Winston Churchill.

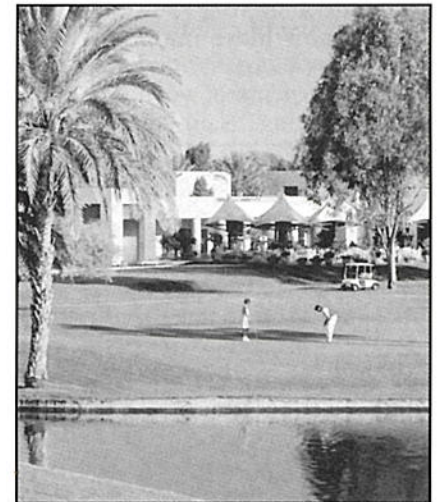
National Stuttering Awareness Week brochures featuring 10 famous men and women who stutter are also available.

For more information on the six posters and the brochure, call SFA toll-free at 1-800-992-9392. □

SFA and Arizona Speech Pathologists Host Stuttering Conference

A Stuttering Conference, "Stuttering Therapy: Practical Ideas for the Speech Pathologist," was held at the Orange Tree Resort in Scottsdale, Arizona, on February 2, 1996.

Dr. Barry Guitar and Mary B. Johns were the guest speakers. Over 190 speech-language pathologists, parents and teachers attended the one-day conference co-hosted by SFA and the Paradise Valley Unified School District Speech-Language Pathologists.



The school district had surveyed the state's therapists and found an overwhelming need for information regarding dysfluency. Dr. Guitar provided practical advice and Ms. Johns presented innovative ideas for the state-wide conference. Beth Slapper of Tempe Elementary said, "An excellent choice of speakers. Dr. Guitar and Ms. Johns. They were both wonderful." "The strategies and activities are things I can actually use. I will be able to put the techniques to work immediately," remarked Kathleen Crowley, Scottsdale Public Schools.

SFA applauded Fran Amanati, Jo Ellen Fitzgerald, and their colleagues from the Paradise Valley Unified School District for their wonderful job of organizing the conference. □



The Stuttering Foundation of America is a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code and is classified as a private operating foundation as defined in section 4942(j)(3). Charitable contributions and bequests to the Foundation are tax-deductible, subject to limitations under the Code.



SFA Announces New Videotape



Do You Stutter: Straight Talk for Teens was produced by Barry E. Guitar, Ph.D., University of Vermont and Edward G. Conture, Ph.D., Syracuse University, in collaboration with Hugo H. Gregory, Ph.D., Northwestern University, Peter Ramig, Ph.D., University of Colorado, and Jane Fraser of SFA.

This new 35-minute videotape is designed to provide up-to-date information about:

- what stuttering is
- concerns and feelings associated with stuttering
- ways to help yourself and where to find help

The video *Do You Stutter: Straight Talk for Teens* should be an excellent resource for teens and adults, their families, teachers, physicians, and speech-language pathologists. It is certain to further the understanding of stuttering and what can be done to help. □



SFA Celebrates Record Year for Public Service Ads in Magazines

This year's National Stuttering Awareness Week got off to a wonderful start with generous public-service ads featuring Bill Walton placed by *TIME*, *Newsweek*, *U.S. News & World Report*, *Forbes*, and *GOLF*.

U.S. News & World Report donated two generous PSA's within a week of each other, resulting in hundreds of calls from their readers. PSA's also appeared in the April issue of *Town & Country*.

McGraw-Hill Healthcare publica-

tions, *The Physician and Sports-medicine* and *Postgraduate Medicine*, also featured PSA's, as did the American Medical Association publications, *The AMA News* and the *Archives of Internal Medicine*.

The excellent support of so many magazines brought the total of donated space in 1995 to a record \$1,023,500! The Stuttering Foundation extends its heartfelt thanks to all the magazines which have been so very generous to us this year, many of whose names are listed here.

TIME
GOLF
Business Week
People Weekly
Money
Newsweek
Forbes
Woman's Day
Sports Illustrated
Black Enterprise
Essence
Prevention
U.S. News & World Report
Seventeen
New York Magazine
United Airlines Hemispheres
Medical Economics
Money Maker's Monthly
The Carlson Voyageur
TN Small Business Review
Utne Reader
Penthouse

Los Angeles Magazine
Science and Children
Mid-Atlantic Country
Orange County Living
America West Airlines
Infectious Diseases in Children
American Pharmacy
Easyriders
Memphis Magazine
Twin Cities Business Monthly
Communications Briefings
Annals of Internal Medicine
Journal of the American Medical Association
Archives of Internal Medicine
Minneapolis-St. Paul
South Florida Parenting
Archives of General Psychiatry
Northwest Airlines
World Traveler

Instructor In Pittsburgh
Physical Therapy Dragon
The Atlantic Monthly
The Science Teacher
Kansas City Business Journal
Resident & Staff Physician
Surgical Rounds
Resident & Staff Physician
Contemporary Surgery
Christian Parenting Today
Cincinnati Magazine
Long Term Care Journal
OMNI
St. Louis Business Journal
Salt Lake City Magazine
Business & Health
Young Children
Northwest Baby & Child
Golf Digest

and many, many more. □

Bill Walton

Continued from page 1

the class." It didn't matter to his classmates that he was the college player of the year or their team's Most Valuable Player. "I was trying to make it in school, and they just laughed me out of the class."

At awards ceremonies and media events, Walton shied away from microphones. He even had other people speak on his behalf. "When I had to actually formulate words and make a statement, I could not do that at all," he recalls.

In the NBA, he faced some of the toughest and most legendary players in the history of the game. Playing basketball with Kareem Abdul-Jabbar and Larry Bird came naturally. Speaking, still, did not.

After he retired from basketball, the sanctuary was gone. The hiding place which had protected him for 28 years could shelter him no longer. But in the end it would be his love for the game that helped him with stuttering.

According to Walton, long-time friend and Hall of Fame broadcaster Marty Glickman pulled him aside at a social event and said, "You've got to learn how to talk." "He gave me some very basic tips, and I applied those tips to the learning techniques I learned from my coach at UCLA John Wooden about how to develop as a basketball player," Walton explained. "I thought about fundamentals and how to start with the basics like the ability to mechanically duplicate moves on the basketball court. And I just applied that to speaking."

So Walton learned to speak, just as he had learned basketball years before. Not only did he stop stuttering, he found a way back—through sports commentating—to the game he loved so much.

When he began broadcasting for NBC Sports, all of the fears resurfaced. Off the court, he was still afraid to talk. He describes his first broadcast as "painful" but knows now that the worst is over. "I used to be really embarrassed about stuttering. But now I realize that it's something that is a part of me...something that I have to deal with and work on every day. If I don't work on it, I'm not going to be able to do my job. It's always a challenge," Walton said. He

doesn't mind the challenge; that's what makes him strive to do his best. He works with the Stuttering Foundation because he wants to challenge others to get on top of it, too.

"It's important to know that help is out there. The ability to learn how

to talk is easily the greatest thing I've ever done. Winning two NCAA championships and two NBA titles was nice, but I knew that was going to happen. But learning how to speak has given me a whole new life. I have been set free." □

NEWSBRIEFS

■ The Stuttering Foundation of America New England Workshop, "Diagnosis and Treatment of Children Who Stutter: Practical Strategies," will be held at the University of New Hampshire, June 20-23, 1996. For application and information about traineeships for next year, write to: Susan Dietrich, Ph.D., New England Center for Stuttering Treatment, 6 String Bridge, Exeter, NH 03833.

■ The 1996 Canadian Stuttering Conference will be held at the Saint John Hilton International Hotel, Saint John, New Brunswick, Canada, on August 15-17, 1996. For more information, contact Speak Easy Inc., 95 Evergreen Avenue, Saint John, NB E2N 1H4, Canada, or call Mike Hughes at (506) 696-6799.

■ This year's SFA conference on the school-age child who stutters will be co-sponsored with the University of South Florida and held in Tampa, Florida, on June 14-15, 1996. For more information, contact SFA at 1-800-992-9392.

■ The annual "Stuttering Therapy: Workshop for Specialists" co-sponsored by the Stuttering Foundation and Northwestern University will be held at Northwestern University in Evanston, Illinois, from July 15-26, 1996. For more information about the workshop, contact the Stuttering Foundation at 1-800-992-9392, or Dr. Hugo Gregory, Stuttering Programs, Northwestern University, 2299 Campus Drive North, Evanston, IL 60208. This unique workshop brings together speech-language pathologists from all over the world.

■ For those wishing to obtain a copy of *Self-Therapy for the Stutterer* in French, write to the Association des Begues du Canada, 7801 Rue Ste. Claire, Montreal, Quebec, Canada, H1L 1V8. Please enclose \$15.00 Canadian to cover printing, postage, and handling costs.

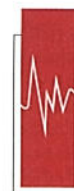
■ For those interested in joining Toastmasters International as a way to improve fluency, communication or public-speaking skills, their address is: Toastmasters International, Inc., Attention: Membership Department, P.O. Box 9052, Mission Viejo, CA 92690, Telephone: (714) 858-8255; Fax: (714) 858-1207.

■ Contact Annie Bradberry at 1-800-364-1677 for more information about this year's National Stuttering Project Convention in Denver, July 25-28, 1996.

■ Contact Bob and Antoinette Gathman at (201) 262-0895 for more information about the Speak Easy of America Symposium XV at Montclair State College, Upper Montclair, New Jersey, on June 7-9, 1996. Or write The Speak Easy International Foundation, Inc., 233 Concord Drive, Paramus, NJ 07652.

■ The British Stammering Association will hold its annual conference in Edinburgh, Scotland, September 13-15, 1996. For more information, write Norbert Lieckfeldt, British Stammering Association, 15 Old Ford Road, London E2 9PJ, England, or call (+44) 181-981-8818.

■ Dr. Daniel Weiss is looking for adults who stutter in the greater Cleveland area interested in participating in a clinical trial. The study is a placebo-controlled, double-blind, 32-week trial of fluoxetine. Medication and participation will be provided free of charge. Interested persons contact Daniel Weiss, M.D., at 216-292-6150.



**STUTTERING
FOUNDATION
OF AMERICA**

FORMERLY SPEECH FOUNDATION OF AMERICA

A Non-Profit Organization

Since 1947—Helping Those Who Stutter

3100 Walnut Grove Road, Suite 603
P.O. Box 11749 • Memphis, TN 38111-0749

1-800-992-9392 901-452-7343
Fax 901-452-3931 stuttersfa@aol.com