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- The Spring '94 issue of the SFA Newsletter is dedicated to our Founder, Malcolm Fraser.

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

Volume III, Number 2

Stuttering Should Not Hinder Workplace Success

Golfer Ken Venturi and former Chicago Bulls Star Bob Love Deliver Message of Hope

Do you work with someone who stutters? According to legendary golfer Ken Venturi, who personally overcame a stuttering problem, adults who stutter face a number of challenges in the workplace—particularly when it comes to interviewing for a job.

Using the telephone, speaking in public, addressing new acquaintances and being on the “hot seat” in an interview are all situations that tend to exacerbate stuttering, making looking for employment a daunting proposition.

“One of the hardest things about a job interview (for someone who stutters) is that a potential employer might not look you in the eye. The

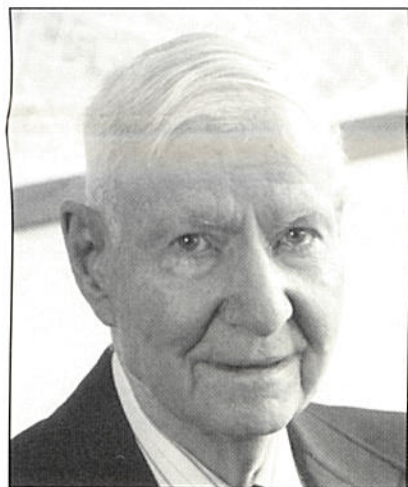
stuttering makes them uncomfortable, so they look away—and this can make stuttering worse,” said Venturi, 1964 U.S. Open Champion and now a successful commentator for CBS.

Venturi and former Chicago Bulls player Bob Love, who also overcame a speech impediment, are honorary spokes-persons for National Stuttering Awareness Week, May 9–15.

More than three million Americans stutter, and as many as 25 percent of all children go through a developmental stage in which they stutter. But in spite of the widespread nature of the problem, misconceptions persist about stuttering and about those who experience it.

“Employers are liable to think that someone who stutters won’t make a good employee,” Venturi

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Malcolm Fraser
SFA Founder
January 18, 1903–
February 17, 1994



The Stuttering Foundation and family of Malcolm Fraser want to thank all those who have expressed their sympathy and condolences during the past several months.

In a forthcoming issue of the Newsletter, we will share some of the hundreds of letters we have received from all over the world celebrating his accomplishments.

A Report on Activities of the NIDCD

By James B. Snow, Jr., M.D.
Director, NIDCD

I am pleased to have this opportunity to tell you about the activities of the National Institute on Deafness and Other Communication Disorders (NIDCD). The NIDCD is one of the institutes of the National Institutes of Health (NIH). The NIDCD conducts and supports research and research training in both the normal and disordered processes of hearing, balance, smell, taste, voice, speech and language. The NIDCD fulfills its mission by funding critically needed

basic research to improve our understanding of human communication while supporting research on prevention, diagnosis, and treatment. The NIDCD achieves its mission through a wide range of research performed in its own laboratories, a program of research grants, individual and institutional research training awards, career development awards, center grants and contracts to public and private research institutions and organizations. The Institute also conducts and supports research and research training in disease prevention and health promotion. The NIDCD is

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NIDCD *Continued from page 1*

concerned with the special biomedical and behavioral problems associated with people who have communication challenges. The NIDCD is currently supporting important research on stuttering.

In extramural research, the NIDCD is currently supporting a longitudinal study to follow a large number of preschool children who stutter. This investigation will be crucial in determining factors that can be used for early recognition of stuttering. It will also differentiate subtypes of stutterers, and identify children who are at risk for severe stuttering and who may be in need of intensive early intervention.

In intramural research, the NIDCD Voice and Speech Section located on the NIH campus, scientists are attempting to develop alternate treatment approaches to aid patients who failed to achieve fluency using the traditional methods of speech therapy. A clinical trial was completed this year in stuttering adults. The study evaluated the use of clomipramine, an antidepressant medication, altering the level of a hormone (serotonin) in the brain. The study compared stuttering frequency and duration under three conditions: with placebo, with desipramine (an antidepressant) and with clomipramine. When taking clomipramine, patients' stuttering was reduced by 20 percent. No changes were found when taking desipramine. This study indicated that modifying the levels of serotonin in the brain may help decrease the number of stuttering events and the duration of the stuttering.

Other NIDCD-supported research indicates that there may be a strong genetic basis for stuttering. For some time, it has been observed that certain speech disorders tend to occur in more than one family member. There is ongoing research to collect data investigating the history of stuttering in families. Scientists are continuing to study the genetic basis of stuttering by recruiting new patients and continuing to monitor family members who are born with or who develop speech difficulties.

To broaden the dissemination of information about both the processes and the disorders of human communication, including stuttering, the

SFA Financial Report for 1993

The annual audit of SFA financial reports for 1993 was recently completed by Ernst & Young, Certified Public Accountants. Following is a recap of sources of funds and expenditures for the year:

Sources of funds:

Contributions for operations.....	\$161,367*	30.4%
Receipts from distribution of educational material	97,510	18.4%
Income from endowment	271,715	51.2%
Total funds available for operations ...	\$530,592	100.0%

Funds expended for:

Printing and distribution of educational materials.....	\$296,205	54.7%
Public information and education	115,256	21.3%
Educational Symposia	60,061	11.1%
Stuttering Information Hotline.....	30,015	5.5%
Total for Program Services.....	\$501,536	92.6%
Other expenditures:		
Administrative and general.....	35,194	6.5%
Fund raising expenses	5,074	.9%
Total expenditures.....	\$541,805	100.0%

*Does not include \$45,000 contribution from the Estate of Dr. Hyman Miner for future operations.

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.

The 6.5% of expenditures for administration and general and the less than 1% for fund raising are very low; and, since we are fortunate to have an endowment which more than covers all our overhead expenses, donors can be assured that their gifts will go directly to support our program services.

NIDCD established the NIDCD Information Clearinghouse. The Clearinghouse serves as a national resource center for information about NIDCD's seven areas of research. The Clearinghouse develops and distributes publications including fact sheets, bibliographies, information packets, and directories of information. It also maintains a computerized database which is a subfile of the Combined Health Information Database (CHID). Information can be obtained from the Clearinghouse by writing to: NIDCD Information Clearinghouse, P.O. Box 37777, Washington, DC 20013-7777, or by calling 800-241-1044 (voice) or 800-241-1055 (TT/TDD).

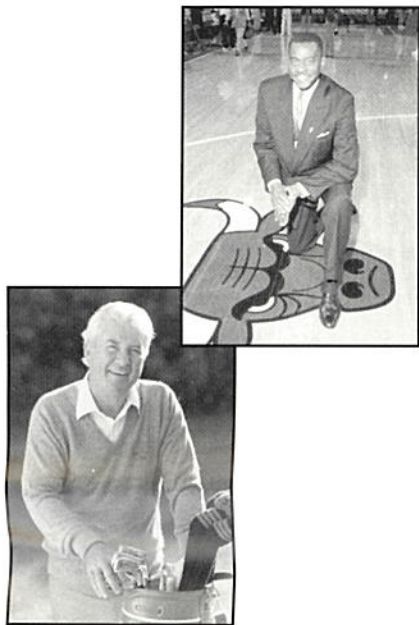
In another recent effort related to stuttering, the NIDCD sponsored a workshop on Treatment Efficacy Research in Stuttering. This two-day forum included the presentation of scientific papers and roundtable discussions on a variety of topics. These presentations and discussions in-

cluded exploring treatment efficacy research as a paradigm for examining clinical practice and theory; fundamental methodologic considerations in controlled clinical trials; and, as a paradigm for studying research design issues and considerations that are specific to different age groups. The proceedings of the Workshop have been published in the *Journal of Fluency Disorders*. The journal is available from the NIDCD Information Clearinghouse. The NIDCD has recently updated the brochure *Stuttering*. An update insert provides current research results and recent advances in understanding stuttering provided by research. The brochure on stuttering is also available from the Clearinghouse.

I am pleased to have had this opportunity to update you on the activities of the NIDCD and look forward to continuing cooperation between NIDCD and the Stuttering Foundation of America. □

National Stuttering Awareness Week

MAY 9-15, 1994



Chicago Bulls' legendary star Bob Love joins forces with U.S. Open champion Ken Venturi to educate the public about stuttering and its prevention.

New Videotape Offers Parents Advice and Guidance on Childhood Stuttering

If a child begins to stutter, it may be a fleeting phase—or the first signs of a lifelong problem. But how can parents tell the difference?

As many as one in four children will have a problem with stuttering at some point in childhood. As common as the problem may be, the onset of stuttering in a child can be alarming to parents and can prompt a flurry of questions.

Will it go away? How do I know if my child needs therapy? Is it really stuttering or only normal disfluency? What should I do for my child?



The Stuttering Foundation of America addresses parents' common concerns in a new video, *Stuttering and Your Child: A Videotape for Parents*. Featuring children who exhibit varying degrees of stuttering—as well as children who are simply experiencing normal, age-appropriate disfluencies—the video guides parents through the process of assessing their own child's speech. Noted speech-language pathologists discuss ways parents can help prevent stuttering, as well as explain what to expect from therapy.

Stuttering and Your Child: A Videotape for Parents is a valuable tool for any parent looking for answers.

"This video is extremely helpful because it gives parents points of comparison; by observing other children who stutter they can determine whether their child is beginning to struggle with a serious stuttering problem or simply exhibiting the normal speech disfluencies that most children experience when they're

learning to speak," said Dr. Edward Conture of Syracuse University, eminent speech-language pathologist and an expert on stuttering. "I would recommend the video to any parent or professional concerned about a child's speech development."

The video alerts parents to signs that show a child might be moving beyond the kind of speech interruptions that are normal for his or her age, and offers suggestions for ways to communicate with children to reduce or prevent stuttering."

For example, parents are advised to slow the pace of their speech when talking to a child who stutters, as speaking in a relaxed, unhurried manner encourages the child to do the same.

"I frequently tell parents to think of a child who stutters as an overloaded computer," said Jane Fraser, President of SFA. "If you're trying to input too much information too fast, you're likely to get output that's garbled. It's the same way with stuttering. Speak slowly to your child, allow him to process what you're saying and give him or her ample time to respond."

It is also recommended that parents make an effort to truly listen to what the child is saying rather than to how it is being said.



"Children need to know that they have a parent's full attention," Dr. Conture said. "Conversing with your child about whatever it is *he* wants to talk about, and doing it in a comforting, non-stressful atmosphere, can do wonders for the child who is bobbling his words." □

Workplace Success

Continued from page 1

said. "They might think that an employee who stutters wouldn't follow directions well or wouldn't be able to communicate with customers effectively."

People who stutter are self-conscious about their speech and often let the problem determine the vocation they choose, according to the Stuttering Foundation of America. But by building awareness and understanding about stuttering, the Foundation seeks to increase the workplace opportunities available to those who stutter—and prevent any potential discrimination that might occur.

"As someone who stutters, I know what it's like to be frustrated or intimidated while speaking—especially during the job-hunting process," said Bob Love, who played for the Chicago Bulls from 1968-1976. "National Stuttering Awareness Week gives me the opportunity to share the Foundation's message of hope with those who stutter and with those who come in contact with people who stutter."

During National Stuttering Awareness Week, Venturi and Love are helping the Stuttering Foundation of America accomplish its goals: to provide the most accurate and up-to-date information available about the prevention of stuttering in children, and to guide teens and adults to the best and most effective treatment available.

A Stuttering Foundation of America publication titled "How to React When Speaking With Someone Who Stutters" is wise counsel for human resource directors or other employers, offering such suggestions as "maintain natural eye contact" and "use a slow, relaxed rate in your own speech." □

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.

Specialization in Fluency Disorders: First Annual Leadership Conference

As this edition of the SFA newsletter was going to press, the First Annual Leadership Conference of the ASHA Special Division of Fluency and Fluency Disorders was being held at Hilton Head Island, S.C., to review matters regarding specialty designation in fluency disorders by ASHA members.

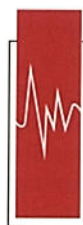
In addition to approximately 60 Speech Language Pathologists expected to attend this important meeting, representation from consumer groups was invited to provide input from those who have fluency problems.

SFA has long advocated and supported the need for specialized training for SLP's involved in treatment of fluency disorders. In the next edition of this newsletter, a detailed report on the conference will be provided.

1994: The Year of Great Things for SFA



This photo was taken at the SFA Memphis Office, 3100 Walnut Grove Road, Suite 603. Left to right, front row: Sally Archer, Anne Edwards, Cindy Osborn; back row: Joe Fulcher, Donna White, Don Edwards; not pictured: Jane Fraser who took the photograph.



**STUTTERING
FOUNDATION
OF AMERICA**

FORMERLY SPEECH FOUNDATION OF AMERICA

A Non-Profit Organization
Since 1947—

Helping Those Who Stutter

P.O. Box 11749 • Memphis, TN 38111-0749

1-800-992-9392

NEWSBRIEFS

■ SFA will co-sponsor a conference, "Stuttering Therapy: Practical Ideas for School Clinicians," with the University of Colorado on June 3rd and 4th, 1994. The conference will be held at the Clarion Harvest House Hotel in Boulder, Colorado. For more information, contact the Stuttering Foundation of America at 1-800-992-9392, or Dr. Peter Ramig at 303-492-3049.

■ A Fluency Disorders Symposium honoring Dr. Bruce Flanagan will be held June 11, 1994, at Kansas State University in Manhattan, Kansas. Those wishing to attend should call (913) 532-5566. Featured speakers will be Hugo H. Gregory, Ph.D., Ehud Yairi, Ph.D., Sheila Stager, Ph.D., Deborah Kully, M.A., and Roger Ingham, Ph.D. Ceu's (.6) are available.

■ The ninth 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 10 through July 22nd, 1994. 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 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.

■ The First World Congress on Fluency Disorders sponsored by the International Fluency Association will be held in Munich, Germany, August 8-12, 1994. For more information about the Congress, write: J.H. Bishop, University of South Carolina, USC Speech and Hearing Center, 1601 St. Julian Place, Columbia, SC 29204.

■ Krister Larsson of the Swedish Stammerers' Association announces the 4th World Congress of People Who Stutter in Linköping, Sweden, July 26 to July 29, 1995. For more information, write to him: Krister Larsson, Norrsvangen 1a, Itr, S-582 47 Linköping, Sweden. □