

## Tourette Syndrome:

**Tourette Syndrome (TS) is an inherited neurobiological disorder characterized by the onset of uncontrollable vocal and physical tics.** Tics can include head jerking, eye blinking, facial grimaces, jumping, sniffing, throat clearing, squealing, and more. Vocal tics can also include echolalia (involuntary repetition of what someone else has just said), palilalia (involuntary repetition of one's own words), and the most infamous and problematic vocal tic, coprolalia (involuntary utterance of curse words or slurs). However, coprolalia is present in only 10 percent of cases.

**Almost 90%** of individuals who have TS have at least one additional mental health, behavioral or developmental disorder.

TS affects **every ethnic and racial** group.

**1 out of 100** individuals show signs of TS or another tic disorder.

Onset usually occurs at age **6 or 7**.

**Boys** are affected **3-5 times** more often than girls.

It's a life-long condition. There is **no cure**.



In 2004, NJCTS received funding from the state of New Jersey to create the nation's first Center of Excellence for Tourette Syndrome and Associated Disorders. The Center's goal is to provide support for families, public outreach, awareness and education to schools and medical communities, and research into the cause and treatment of TS.

### The NJCTS Mission

To ensure children and adults with Tourette Syndrome are empowered and accepted through education, advocacy and research.

Supported by:



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## Tourette Syndrome

Misunderstood.

Misdiagnosed.

More common than you think.



Education. Advocacy. Research.

# Our Programs

## Education Outreach

Faculty in-service presentations geared towards educators, administrators, and staff, describe TS and associated disorders and provide strategies and accommodations for the classroom. Our Youth Advocate presentation is a youth-led presentation for students that describes TS and has a strong anti-bullying message.

## Medical Outreach

Through Grand Round presentations and regular communication, NJCTS creates a greater awareness of TS among medical practitioners and fosters an understanding of the perspectives, stresses and needs of families living with TS.

## Family Support Groups

These sessions provide families an opportunity to have questions answered by knowledgeable clinicians and professionals.

## Family Retreat Weekend

Families gather together for a fun camp experience, networking, and learning opportunities.



## NJCTS Tim Howard Leadership Academy

For teens with Tourette Syndrome entering sophomore year through recent grads, this four-day program takes place at Rutgers University. Participants learn more about their TS diagnosis and develop self-advocacy skills.

## Youth Advocate Program

The program provides support, leadership training, public speaking opportunities, networking, and self-advocacy skill development as well as an opportunity for kids and teens to explore the creative arts.

## Webinars

Educational webinars are presented monthly and we have an extensive archive which can be accessed anytime at [njcts.org](http://njcts.org). Topics range from mental health to school issues and more.

## Physician Referral List

We refer families to our network of professionals including neurologists, psychiatrists, psychologists, and other professionals who are well-versed in treating TS and associated disorders.

## Youth Scholarship Program

Scholarships are available to graduating high school seniors with a Tourette Syndrome diagnosis.



## NJCTS Cell and DNA Sharing Repository

NJCTS, in partnership with Rutgers University, established the repository as a sharing resource of clinical and genetic data. The goal of the study is to identify genetic factors that play a role in causing TS and associated disorders.

NJCTS Sharing Repository collaborators collect samples at these sites around the world:



## TS Clinic at Rutgers

In collaboration with Rutgers University, NJCTS has a specialized TS therapeutic clinic at the Rutgers Graduate School of Applied and Professional Psychology.



Learn more at [njcts.org](http://njcts.org)

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