

Autism Partnership of Island County APIC

Autism Spectrum Disorder (ASD) Resources

What is Autism? Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, [autism affects an estimated 1 in 54 children](#) in the United States today.

We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.

Several factors may influence the development of autism, and it is often accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression and attention issues.

[Signs of autism](#) usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.

** In 2013, the American Psychiatric Association merged four distinct autism diagnoses into one umbrella [diagnosis of autism spectrum disorder \(ASD\)](#). They included autistic disorder, childhood disintegrative disorder, [pervasive developmental disorder-not otherwise specified](#) (PDD-NOS) and [Asperger syndrome](#).*

We make a true effort to keep this updated as much as possible. If you have suggestions or comments, please contact Tiffany Wheeler-Thompson t.wheeler-thompson@islandcountywa.gov (360)632-7539call/text Index is the last page. Updated January 2021

LEARNING ABOUT AUTISM

Autism Speaks www.autismspeaks.org(888)288-4762 (888)AUTISM2

The Autism Response Team (ART) is an information line for the autism community. Our team members are specially trained to provide personalized information and resources to people with autism and their families. Part of Autism Speaks.

- **100 Day Kit for Young Children** - Knowledge is power, particularly in the days after an autism diagnosis. The Autism Speaks 100 Day Kit helps families of children ages four and under make the best possible use of the 100 days following the diagnosis. This kit will help you learn more about autism and how to access the services that your child needs. It contains information and advice collected from trusted experts on autism and parents like you.
- The 100 Day Kit is divided into the following sections: About Autism, Diagnosis, Causes and Symptoms, You, Your Family and Autism, Getting Your Child Services, How is Autism Treated? Making It Happen, A Week by Week Plan for the Next 100 Days, Useful Forms, Glossary and Resources
- Families whose children have been diagnosed in the last 6 months may request a complimentary hard copy of the 100 Day Kit by calling 888-AUTISM2 (888-288-4762) and speaking with a member of our Autism Response Team. *Note: We are unable to ship kits internationally.
- Through a generous partnership with FedEx, after calling an Autism Response Team coordinator and providing them with your information, you can pick up a complimentary printed copy of the 100 Day Kit at a FedEx Office location near you! Purchase A 100 Day Kit
<https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>

Autism Speaks has autism info available in the following languages: Arabic (العربية), (Bangla (বাংলা), Bosnian (Bosanski), Cambodian (ខ្មែរ), Chinese (中国的), French (Français), Greek (ελληνικά), Haitian Creole (Kreyòl Ayisyen), Korean (한국어), Laotian (ລາວ), Portuguese (Portuguesa), Romanian (Română), Russian (русский), Serbian (српски), Somali (Af-Soomaali), Spanish (Español), and Vietnamese (Tiếng Việt)

Autism Society www.autismsociety.org(800)3-AUTISM

The Autism Society's website is one of the most visited websites on autism in the world and our on-line resource database, Autism Source, and National Contact Center (800-3-AUTISM) provide information and service referrals to thousands of people each year.

- **Washington State Department of Health Autism Guidebook** - Is very large and cumbersome but has some great ideas.
- **Live and recorded classes by Seattle Children's:**
<http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-200-series>
- <http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-101/>
- **Resources for Families from UW:**
<https://depts.washington.edu/dbpeds/Resources.html>
- **The Arc Autism Now** The nation's source for resources and information on community-based solutions for individuals with autism, other developmental disabilities, and their families. A national initiative of The Arc. <http://autismnow.org/>
- **On-Line Webinars by OCALI:** <http://www.autisminternetmodules.org/>
- **On-line webinars by The Johnson Center:** <http://ariconference.com/>

- **Toolkits by Organization for Autism Research:** <https://researchautism.org/how-wehelp/families/resources/>
- **On-Line Trainings by Kennedy Krieger Institute:** <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-andtraining/star-trainings/archive2>
- **Webinars by NAA:** National Association of Autism <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

UNIVERSAL SCREENINGS ON DEVELOPMENT

Child Find: Early Intervention Services– Ages Birth-3:

- **Toddler Learning Center**Whidbey (360)679-1039

Child Find: Ages 3-21 School District Special Education

- **South Whidbey School District**(360)221-6808 xt 2206
- **Coupeville School District**.....(360)678-2404
- **Oak Harbor School District**Ages 5-21.....(360)279-5071
(Hand in Hand) Ages3-5.....(360)279-5928

CENTERS OF EXCELLENCE Autism Diagnostic Providers

- **Pediatric Associates of Whidbey**.....Oak Harbor (360)675-5555...Freeland (360)331-1314
- **Connections Psychology**,Julie Davies (206)718-0906

AUTISM CENTERS (off island)

- **Seattle Children’s Hospital Autism Center**..... (206)987-8080
Seattle Children's Autism Center provides assessment, diagnosis, treatment and support for autism spectrum disorders. We offer a range of medical and mental health services for babies, children and young adults. <https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>
- **University of Washington Autism Center** Seattle(206)221-6806
<https://depts.washington.edu/uwautism/>
Clinical Services: Diagnosis, assessment and intervention services. Research: Collaborating with Families and people with ASD to conduct research that will improve outcomes and increase understanding. Training: High quality training for community professionals, caregivers and students that interact with individuals as ASD.

IT'S AUTISM, WHAT'S NEXT?

- **What to do the First 100 Days after an Autism Diagnosis, for families of children ages 4 and under**, by Autism Speaks: <https://www.autismspeaks.org/family-services/toolkits/100-day-kit>
- **What to do the First 100 Days after and Autism Diagnosis for families of children ages 5-13**, by Autism Speaks: <https://www.autismspeaks.org/family-services/toolkits/100-day-kit>
- **Parent's Guide to Autism**, by Autism Speaks: <https://www.autismspeaks.org/familyservices/tool-kits/family-support-tool-kits>
- **My Next Steps: A Parent's Guide to Understanding Autism**, by UW Autism Center, serves as a roadmap for parents dealing with this challenging period and seeks to provide answers to the many questions that arise during the journey from autism diagnosis to treatment. 8 videos, also available with Spanish subtitles: <http://depts.washington.edu/uwautism/resources/my-next-steps-a-parents-guide-to-understanding-autism/>
- **First Signs, Next Steps**, NAA has created the First Signs, Next Steps Toolkit to help parents who are concerned with their child's development and guide them through assessment, diagnosis and obtaining services. The toolkit is free and available at this link: <http://nationalautismassociation.org/first-signs-next-steps/>
- Have Concerns, not sure if it is Autism? View Autism Speaks Guide, **First Concern to Action Toolkit**: <https://www.autismspeaks.org/early-access-care/first-concernaction>

COUNTY, STATE AND FEDERAL SUPPORT

- **Social Security Administration (SSA)** (800)772-1213
Determines eligibility for Supplemental Security Income (SSI) as well as other federal benefit programs for seniors and person with disabilities.
- **Developmental Disabilities Administration (DDA)** www.dshs.wa.gov.ddd
Home and community-based services for children and adults with developmental disabilities, including Medicaid Personal Care, Employment, Supported Living, Therapies and Respite Region 2 (Island County)..... (800)491-5266
Intake & Eligibility(425) 977-6520
- **Understanding Developmental Disability Administration (DDA)**”, video by Seattle Children’s: <https://youtu.be/Aku2xTqUvbM>
- **Island County Developmental Disabilities** Mike Etzell(360)678-7883

FAMILY SUPPORTS AND SOCIAL GROUPS (local)

Island County Parent to Parent Coordinator Tiffany Wheeler-Thompson (360)632-7539 call/text
Coordinator Tiffany Wheeler-Thompson Support, Resources, Information & Family Networking
Opportunities for Island County Families. Parent to Parent offers, monthly newsletters, educational
workshops, social/recreational gatherings, support groups and local and regional resources. To be on the
email list, email Tiffany at t.wheeler-thompson@islandcountywa.gov Website contains monthly newsletters
and Island County Disability Resource Guide. Check out their Facebook page as well. Filled with events
resources, educational workshops, and support.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

- **Whidbey Functioning Autism Social Group** (360)221-7785
Meet monthly—Contact fineart@whidbey.net They offer social events and gatherings for families
with teens through adulthood on the spectrum.
- **Coffee & Conversations** (360)632-7539 call/text
Casual drop in group to discuss the ups and downs, myths and resources of parenting a child with
special needs, no RSVP needed. You'll meet others that "get it". Not ASD specific but
conversations are usually geared towards behaviors, school, advice on raising kiddos with extra
challenges, etc. Daytime and nighttime versions offered.

SUPPORT Videos and Webinars

- **Autism Series** by Seattle Children's, available to be viewed at home! We are pleased to announce
that Autism Series monthly lecture series that provides information related to autism spectrum
disorder is now available to be viewed at home through a PC or mobile device. You can sign up for
the live stream through the Autism <http://www.seattlechildrens.org/classes-community> After you fill
out the form you will receive instructions regarding how to set up streaming using Blue Jeans
technology from your personal computer or device. As always, lectures can be viewed after they are
posted on our website via a YouTube playlist. See links below to access these channels.
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- **Learn to Thrive, Not Just Survive: Stress Reduction for Special Parents** AND "At Home with
Autism: Your Blueprint to a More Peaceful Home" - webinars by NAA, register for free to watch:
<http://nationalautismassociation.org/family-support/programs/autism-atrium/>
- **Highway to Hell or Stairway to Heaven? -- Parenting a Child with Autism** video by
Seattle Children's: https://youtu.be/T_6PrY5awag
- **You're Not Alone – Preventing Family Isolation**, video by Seattle Children's:
<https://youtu.be/uiODW2Oqr3o>
- **Webinars by NAA**: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>
- Autism videos, packets, downloads and more, by **Sesame Street**: <http://autism.sesamestreet.org>
- **Webinars and Research info by SPARK**: <https://sparkforautism.org/discover/>

SIBLING & KINSHIP EDUCATION AND SUPPORT

- **Siblings Guide to Autism**, by Autism Speaks:
https://www.autismspeaks.org/sites/default/files/a_siblings_guide_to_autism.pdf
- **Don't Forget Siblings – They Need Help Too**”, video by The Johnson Center:
<http://ariconference.com/?p=1791>
- **Sibling Support** by OAR, colorful guide workbooks and booklets for parents, autism siblings, and self-advocates: <https://researchautism.org/how-we-help/families/sibling-support/>
- **The Sibling Experience** packet, video and info for siblings, by Sesame Street:
<http://autism.sesamestreet.org/brothers-and-sisters/>
- **Siblings of Autism** is dedicated to supporting the siblings of individuals on the autism spectrum through scholarships, respite funds, and outreach programs: <https://siblingsofautism.org/>
- **Grandparent's Guide to Autism” and “Friend's Guide to Autism”**, by Autism Speaks:
<https://www.autismspeaks.org/family-services/tool-kits/family-support-tool-kits>
- **Autism videos and more**, by Sesame Street: <http://autism.sesamestreet.org/>

PARENT TRAINING

- **Blue Water Behavior Consulting** Anacortes(360)333-5684
- **CADA Positive Discipline Parenting Classes** Oak Harbor (360)675-7057

APPLIED BEHAVIOR ANALYSIS (ABA) THERAPY

- **Aptitude Habilitation Center**, Oak Harbor(360)279-9000
- **Leaps and Beyond, Inc.** , Oak Harbor.....(866)240-0808
- **Organization for Research and Learning**, Langley www.o4rl.com/
- **Blue Water Behavioral Consulting**, Anacortes....., (360)333-5684
- **Positive Behavior Supports**(360)434-1424
- **Maxim ABA**(425)245-9940
- **South Whidbey Speech and Language**.....(206)409-6639
- **Autism Learning Solutions**-Tricare only(541)517-0095

ABA INFO:

- **Parent's Guide to Applied Behavior Analysis**, by Autism Speaks:
<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-appliedbehavior-analysis>
- **The Ins and Outs of ABA** video by Seattle Children's: <https://youtu.be/4aRRnrpbzM0>
- **Use of Applied Behavior Analysis to Assess and Treat Disruptive Behavior**, video by
Seattle Children's: <https://youtu.be/QLqx57ukDzA>

HELP WITH CHALLENGING BEHAVIORS

- **Challenging Behaviors Tool Kit**, by Autism Speaks:
<https://www.autismspeaks.org/familyservices/tool-kits/challenging-behaviors-tool-kit>
- **Introduction to Behavioral Health Treatments**, by Autism Speaks:
<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-pbehavioral-health-treatments>
- **Addressing Challenging Behavior, Strategies for Families**, video by Seattle Children's:
<https://youtu.be/juee5YGD30Y>
- **Addressing Challenging Behavior, Part 2 of 2, Strategies for Home and School**, video by Seattle Children's: <https://youtu.be/awqDaiWpplk>
- **Parent Training to Address Problem Behavior of Youth With Autism Spectrum Disorder**, video by Seattle Children's: <https://youtu.be/XLkAgnwlTN8>
- **Taming Tantrums and Meltdowns: Techniques for Caregivers of Children with Autism**, video and PowerPoint by Kennedy Krieger Institute:
<https://www.kennedykrieger.org/patientcare/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/startrainings/archive2>
- **Self-Injurious Behavior – Expert Q&A**, video by The Johnson Center: <http://ariconference.com/?p=1958>
- **Assessing and Treating Challenging Behavior in Individuals with ASD**, video by The Johnson Center: <http://ariconference.com/?p=1584>
- **Practical Strategies to Address Challenging Behavior**: webinar by SPARK will provide an overview of the potential reasons why problem behavior exists and practical strategies that parents and teachers can implement to prevent the development of problem behavior. This webinar is 90 minutes long: https://sparkforautism.org/discover_article/webinar-practicalstrategies-to-address-challenging-behavior/?category_selected=&page=6&keywords=
- **Autism Speaks**.....(888)288-4762 (888)AUTISM2
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HOW DO I KEEP MY CHILD WITH AUTISM SAFE?

National Autism Association offers information on wandering, safety resources and toolkits for caregivers, teachers and first responders that can be downloaded or ordered for free. They also have the **Big Red Safety Boxes** with door alarms and much more (free during grant cycles) to help with safety at home: <http://awaare.nationalautismassociation.org/wp-content/uploads/2014/07/wanderingbrochure.pdf>

- Wandering Brochure by NAA.: <http://awaare.nationalautismassociation.org/wp-content/uploads/2014/07/wanderingbrochure.pdf>
- Safety Toolkit.: <http://nationalautismassociation.org/store/#!/NAAs-Be-REDy-Booklet-for-Caregivers/p/57859415/category=2416355>.
- Wandering: How Affordable Smart-Home Technology Can Help Keep Our Kids Safe”, webinar by NAA, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>
- Autism-Related Wandering: Keeping Our Kids Safe”, webinar by NAA, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

The Autism Safety Project by Autism Speaks, is designed to provide families affected by autism with tips, information, expert advice and resources so that everyone in our community can stay out of harm's way. <https://www.autismspeaks.org/family-services/autism-safety-project>

- **Safe Signals**, by Autism Speaks, has created a 20 minute video of safety tips in the home so individuals with autism can see the pointers for safety in each room of the home in action. <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

If I Need Help, non profit provides free, customizable Patches, Shoe Tags, iD Cards, Window Clings, Bumper Stickers, Dog Tags, Pins, Clips & More that you print out on your own. <https://ifinedhelp.org/>

Life Journey Through Autism: A Guide to Safety: https://researchautism.org/wp-content/uploads/2016/03/A_Guide_to_Safety.pdf

Safety Issues in the Home and School, video by The Johnson Center: <https://www.youtube.com/watch?v=jgVLtbFEryc>

Silence is NOT an Option, A parent-driven plan to keep our children safe at home and at school: http://www.handsandvoices.org/resources/OUR/SafetyAttachmentIntro_v1.pdf

Curriculum for Teaching People with I/DD Fire Safety for home and school: <https://www.nfpa.org/public-education/by-topic/people-at-risk/people-with-disabilities/educational-materials>

Emergency Preparedness Toolkit for People with Disabilities: <http://www.ohsu.edu/xd/outreach/occysn/upload/ReadyNowToolkit.pdf>

POTTY TRAINING

- **Toilet Training Guide by Autism Speaks:** <https://www.autismspeaks.org/.../atn-air-p-toilet-training.pdf>
- **Toilet Training for Children with Developmental Disabilities** - video by Seattle Children's: https://youtu.be/Qx-A_B3Tb-8
- **Toilet Training, Yes You Can,** training video by Johnson Center: <https://www.youtube.com/watch?v=0qu61sNSbns>
- **Ready Set, Potty** by National Autism Association, must register in for free to watch video: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>
- **Toilet Training for Children with Autism, Strategies for Success,** training video by Kennedy Krieger Institute: <https://youtu.be/ea3JjxU22oE> and PowerPoint: <https://www.kennedykrieger.org/sites/default/files/patient-care-files/4-5-17-toilet-training-for-children-with-autism-strategies-for-success.pdf>

SENSORY

- **Solutions to Help Children Self-Regulate: The Science Behind Deep Pressure Therapy** “-webinar by National Autism Association, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>
- **Sensory Processing,** a video by Seattle Children's: https://youtu.be/LBhX_eZGPGw
- **Supporting Sensory Needs in Children & Teens with ASD,** video by The Johnson Center: <http://ariconference.com/?p=1983>
- **Sensory Processing and Autism,** video by The Johnson Center: <http://ariconference.com/?p=1697>

EATING ISSUES

- **Exploring Feeding Behavior in Autism: A Guide for Parents"**, by Autism Speaks: <https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-youcan-use/atn-air-p-guide-exploring-feeding-behavior>
- **Guides to Pica for Parents and Professionals,** by Autism Speaks: <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-picaguides>
- **Helping Children with Autism who Struggle with Restrictive Eating,** video by Seattle Children's: <https://youtu.be/bMVy4cl1adQ>
- **Help for Picky Eaters,** video by The Johnson Center: <http://ariconference.com/?p=1589>

GETTING A HAIRCUT

- **Haircuts, and Doctors, and Dentists, OH MY!**, video by National Autism Association, must register for free, to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>
- **Hair Cutting Training Guide for Stylists**, by Autism Speaks: <https://www.autismspeaks.org/sites/default/files/documents/haircuttingtrainingguide.pdf>

GOING TO THE DENTIST

- **Dental Tool Kit and ATN/AIR-P Dental Professionals' Tool Kit**, by Autism Speaks: <https://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit>
<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-youcan-use/dental>
- **Oral Health Services for Children and Adolescents with Special Health Care Needs, A Resource Guide**: <https://www.mchoralhealth.org/PDFs/cshcn-resource-guide.pdf>
- **Healthy Smiles for Autism: Oral Hygiene Tips for Children with Autism Spectrum Disorder** by NATIONAL MUSEUM OF DENTISTRY, smile-experience.org: <http://vkc.mc.vanderbilt.edu/assets/files/resources/healthy-smiles-for-autism.pdf>
- **A Visit to the Dentist- Promoting Oral Care**, video by Seattle Children's: <https://youtu.be/hznSZFLx20s>

SLEEP ISSUES

- **Sleep Issues in Children with Autism Spectrum Disorder**, video and Powerpoint by Kennedy Krieger Institute: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2015>
- **Melatonin and Sleep Problems: A Guide for Parents**, by Autism Speaks: <https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-youcan-use/atn-air-p-melatonin-sleep-problems>
- **Sleep and Autism – The Bumpy Road to the Land of Nod** , video by Seattle Children's: https://youtu.be/9ir_Xl_rXHc
- **Interrelationship of Sleep and ASD**, video by The Johnson Center: <http://ariconference.com/?p=2005>
- **Nutrition Interventions to Improve Sleep in Your Household**, video by The Johnson Center: <https://www.youtube.com/watch?v=1ZwHfwFmP0Y>

TUMMY ISSUES

- **Guide for Managing Constipation in Children Tool Kit for Parents**, by Autism Speaks: <https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/toolsyou-can-use/atn-air-p-guide-managing-constipation-children>
- **The Role of Enzymes in Autism, Gut Health and Food Intolerances** - a webinar by NAA, register to watch for free: <http://nationalautismassociation.org/family-support/programs/autismatrium/>
- **Constipation – Nutritional Strategies**”, video by The Johnson Center: <http://ariconference.com/?p=2113>

COMMUNICATION

- **Augmentative and Alternative Communication Supports for Children with Autism Spectrum Disorder**, video and PowerPoint by Kennedy Krieger Institute: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2015>
- **Supporting Speech, Language and Communication with Mobile Technology** (REVISED), video by Seattle Children's: <https://youtu.be/YcIxcNuZ9PE>
- **Strategies for Increasing Language and Communication**, video by The Johnson Center: https://www.youtube.com/watch?v=9X9_Xsf11TU

BLOOD DRAWS

- **Taking the Work Out of Blood Work: Helping Your Child with an Autism Spectrum Disorder** and professional's guide, “Blood Draw Tool Kit for Providers”, by Autism Speaks: <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-youcan-use/blood-draw-toolkits>
- **I Am Having a Blood Draw**, video by The Johnson Center: <http://ariconference.com/?p=1634>

VISION THERAPY

- **Vision Therapy's Role in Attention, Stimming, Toe-Walking and other Visual-Motor Abilities**”, webinar by National Autism Association, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

SEIZURES

- **Seizures in Autism Spectrum Disorder** - webinar by National Autism Association, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

IEP Individualized Education Plan

IEP Guide, by Autism Speaks: <https://www.autismspeaks.org/family-services/tool-kits/iepguide>

- **Special Education Law: Navigating the IEP Process**, video by Seattle Children's: <https://youtu.be/JyHel83OSI0>
- **Creating Meaningful Individual Education Plans (IEPs): What Parents Need to Know**, webinar by SPARK, webinar, Jennifer Krumins, M.Ed., founder/owner of Autism Aspirations and Autism Aspirations Academy, discusses how parents can take an active role in their child's educational planning. This webinar is 60 minutes long: https://sparkforautism.org/discover_article/creating-meaningful-individual-education-plans-ieps-what-parents-need-to-know/?category_selected=&page=3&keywords=
- **Life Journey Through Autism, Navigating the Special Education System**, guide by OAR, free to download or order a copy: <https://researchautism.org/resources/navigating-the-special-education-system/>
- **WA PAVE: (800)5-PARENT** The process of special education can feel overwhelming for parents already working hard to manage home and medical challenges. This is for parents of students ages 3-21, with known or suspected disabilities, who may have unique educational needs that require additional supports and services through an Individualized Education Program (IEP) or a Section 504 Plan.

ADVOCACY

- **Washington Autism Alliance and Advocacy** www.washingtonautismadvocacy.org/updates/
Our mission is to ensure that all children and adults with Autism Spectrum Disorders (ASD's) & other developmental disabilities (DD's) have every opportunity to thrive and become productive members of society. We do this by helping families' access ASD & DD health insurance benefits, effective services in schools, and supportive community-based services, regardless of their personal financial situation.

SCHOOL/COMMUNITY/PEER TRAINING ABOUT AUTISM

A **tool kit** to assist members of the school community in understanding and supporting students with autism, by Autism Speaks: <https://www.autismspeaks.org/family-services/toolkits/school-community-tool-kit>

Professional Development DVDs, Teacher Training Manuals, Classroom Sets of Booklets for special education specialists, school administrators, general and special education teachers, and students with and without autism (K-12, college) by Organization for Autism Research, all free to order or download. These resources help educators address autism concerns across the school and within the classroom through teacher professional education and tools for promoting peer acceptance. <https://researchautism.org/resources/>

- Curriculum in a Box (teacher training and development)
- Kit for Kids Program (classroom set that includes a poster, 20 student booklets)
- Autism Tuned In (online e-learning program)
- Understanding Asperger Syndrome: A Professor's Guide (video)
- Finding Your Way: A College Guide for Students on the Spectrum
- College Central

Behavioral Health (Formally known as Mental Illness/Health)

Mental Health Crisis Line (available 24 hours)(800)584-3578

National Suicide Prevention Lifeline (800)273-8255

Island County Outreach Behavior Health(360)678-2346

Access Line for Medicaid Outpatient Services(888)693-7200

Texting Crisis Line 24/7 Text #741741

Trevor Project LGBTQ(866)488-7386 Text #678-678

- **Washington's Mental Health Referral Service for Children and Teens** (833)303-5437, M-F 8am to 5 p.m for a referral specialist and information. <https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens/>
- **Washington Listens** <https://www.walistens.org/> (800)681-0211 Provides no-clinical support to people who feel sad, anxious, stressed due to COVID19. WA Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help guide you to the connections within your county.
- **National Institute of Mental Health** www.nimh.nih.gov
- **National Alliance on Mental Health (NAMI)** <http://www.nami.org/> **NAMI Skagit**
www.namiskagit.org NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.
NAMI Support Groups: Mt. Vernon (360)770-5666 Anacortes (369)424-8224 Camano (360)941-0996 or 360-420-7422
- **NAMI-Navigating a Mental Health Crisis** <https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

Inpatient/Outpatient Behavior Health Services

- **Island County Stabilization Center** Oak Harbor Voluntary sub-acute detox short-term residential facility for people experiencing substance use issues and/or mental health crisis.
<https://www.islandcountywa.gov/Humanservices/Pages/Stabilization-Center.aspx>
- **Skagit Valley Hospital** (acute voluntary/involuntary treatment) (360)814-2422
- **Smokey Point Behavior Hospital** (inpatient/outpatient) (844)202-5555
<https://smokeypointbehavioralhospital.com/>
- **Seattle Children's Psychiatry and Behavioral Medicine** (206)987-2164
www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/
- **Island County Outreach Behavioral Health** (360)678-2346
- **Island County Early Childhood Parent Support** (360)240-5517
- **For a comprehensive list of individual therapist in Island County**
<https://www.psychologytoday.com/us/therapists/wa/island-county>
- **Compass Health** OH (360)682-4100 Coupeville (360)678-5555
<http://www.compasshealth.org> Medicaid only
- **Sea Mar Community Health Centers** (360) 679-7676 <http://www.seamar.org/island-bh-oakharbor.html>
Medicaid only
- **Sunrise Community Behavioral Health** Medicaid only OH (360) 544-3800 Camano (360)929-8490
- **Island Hospital Psychiatry and Behavioral Health** Anacortes(360)299-4297
- **Washington's Mental Health Referral Service for Children & Teens** (833)303-5437
<https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/>

Autism Speaks has autism info available in the following languages: Arabic (العربية), (Bangla (বাংলা), Bosnian (Bosanski), Cambodian (ខ្មែរ), Chinese (中国的), French (Français), Greek (ελληνικά), Haitian Creole (Kreyòl Ayisyen), Korean

(한국어), Laotian (ພາສາລາວ), Portuguese (Portuguesa) , Romanian (Română), Russian (русский), Serbian (српски), Somali (Af-Soomaali), Spanish (Español), and Vietnamese (Tiếng Việt)

Recursos Generales- Spanish Resources

Administración de Discapacidades de Desarrollo (DDA) Servicios basados en la comunidad y el hogar para menores y adultos con discapacidades de desarrollo, incluyendo: Cuidado Personal de Medicaid, Empleo, Asistencia en vivienda, Terapias y Apoyo. Puede haber una lista de espera para servicios dependiendo de los fondos disponibles. www.dshs.wa.gov/dda (360-240-4723)

Seguridad de Ingreso Suplementario (Por sus siglas en ingles **SSI**) Programa de beneficios de dinero para ayudar con los gastos cotidianos. (comida, vivienda, ropa) www.ssa.gov/ssi (800)772-1213

Administración Del Seguro Social (Por sus siglas en ingles **SSA**). Determina la elegibilidad del Programa de Seguridad del Ingreso Suplementario (por sus siglas en ingles SSI), al igual que otros beneficios federales para personas con discapacidades y de la tercera edad. www.ssa.gov (800)325-0778

Oficina De Sevicios En La Comunidad (Por sus siglas en ingles **CSO**). Conecta personas a algunos servicios por el Departamento de Servicios Sociales y Salud (por sus siglas en ingles DSHS) — www.dshs.wa.gov/onlinecso (877)-501-2233

Departamento De Educación Temprana (Por sus siglas en ingles **DEL**). Supervisa los programas que ayudan en el desarrollo del niño de una manera saludable y seguro. Incluye: Apoyo Temprano para Infantes (por sus siglas en ingles **ESIT**), Programa de Educación y Asistencia para Infantes (por sus siglas en ingles **ECAP**) y Head Start. www.del.wa.gov (866)482-4325

Apoyo Temprano Para Infantes (Por sus siglas en ingles **ESIT**) Localizado dentro del Departamento de Educación Temprana (por sus siglas en ingles **DEL**), el program ESIT provee servicios desde el nacimiento hasta los 3 años a quienes tienen discapacidades o diferencias en el desarrollo. (866)482-4325 www.del.wa.gov/development/esit

Centro de Aprendizaje para Niños Pequeños Toddler Learning Center Condado de la isla - Servicios de intervención temprana para bebés y niños pequeños. www.tlcwhidbey.org

Departamento De Servicios Sociales Y Salud (Por sus Singlas en ingles **DSHS**). Es la agencia principal que administra los programas sociales y de salud. Incluye: la Administración de Descapacidades de Desarrollo, la Adminstración para la Tercera Edad y el Apoyo a Largo Plazo, la División de Rehabilitación Vocacional, la División de Salud Mental y Rehabilitación y Oficina de Sordos y Discapacidades Auditivas. www.dshs.gov

El Centro para Niños con Necesidades Especiales Ofrece Información y herramientas que pueden ayudarle a cuidar a su hijo(a) que padece de una condición crónica física, de desarrollo, de comportamiento o emocional www.cshcn.org/languages/spanish

Agencia de Salud Del Estado de Washington (Por sus siglas en ingles **HCA**). Supervisa el programa de Apple Health y el de la Tarjeta de Asistencia para Medicamentos. www.hca.wa.gov

Autism Speaks www.autismspeaks.org/family-services/non-english-resources/spanish

The world of ASD (Autism Spectrum Disorders) is full of acronyms. Here we've listed many common ones in use by

medical, therapeutic and educational professionals.

AAC: Assistive Augmentative Communication Definition: A speech-language therapists' term for communication using a picture board or recorded messages activated by buttons, etc.

ABA: Applied Behavior Analysis

ADA: Americans with Disabilities Act

Definition: US Federal law governing the rights of persons with disabilities with regard to employment and other issues

ADD: Attention Deficit Disorder

ADHD: Attention Deficit Hyperactivity Disorder

ADI: Autism Diagnostic Interview.

Definition: Diagnostic scale for autism.

ADOS: Autism Diagnostic Observation Scale Definition: Autism diagnostic tool

AGRE: Autism Genetic Resource Exchange Definition: Program that collects and reviews DNA samples

AIA: Autism, Intolerance and Allergy Network Definition: Group looking at issues of autism and food allergies

AIT: Auditory Integration Training

ANDI: Autism Network for Dietary Intervention

ARI: Autism Research Institute

ARRI: Autism Research Review International Definition: newsletter

AS: Asperger Syndrome

ASA: Autism Society of America

ASD: Autism Spectrum Disorders Definition: Refers to the group of autism diagnosis

ASL: American Sign Language

ANC: Autism National Committee Definition: Organization dedicated to social justice

CAN: Cure Autism Now

Definition: Autism advocacy organization now part of Autism Speaks

CARS: Childhood Autism Rating Scale Definition: Autism rating scale/diagnostic tool

CDC: Center for Disease Control

CF: Casein Free

CYSHCN: Children & Youth with Special Health Care Needs

DAN: Defeat Autism Now

DAS: Developmental Apraxia of Speech

DD: Developmental Disabilities

Definition: Term used to refer to all developmental disabilities including autism

DDA: Developmental Disabilities Administration

DMG: Dimethylglycine Definition: Amino acid used in autism treatment

DSM: Diagnostic and Statistical Manual Definition: Book listing the criteria for autism diagnosis. Currently edition IV-R.

DSHS: Department of Health and Social Services

DVD: Developmental Verbal Dyspraxia

Definition: See Developmental Apraxia of Speech (DAS)

DVR: Division of Vocational Rehabilitation

EAHCA: Education for All Handicapped Children Act Definition: The original name of IDEA

EEG: Electroencephalogram Definition: Test used to detect seizures

FAPE: Free and Appropriate Public Education

FEAT: Families for Early Autism Treatment Definition: Autism advocacy organization dedicated to applied behavioral analysis and techniques as intervention for autism

GARS: Gilliam Autism Rating Scale Definition: Autism rating scale/checklist for diagnosis

GF: Gluten free

HFA: High Functioning Autism

Definition: Descriptive term for someone with autism who usually has language skills and intact IQ

ID: Intellectually Disabled Definition: The more appropriate term for someone with an IQ of less than 70.

IDEA: Individuals with Disabilities Education Act Definition: The federal law that governs special education.

IEP: Individualized Education Plan

Definition: The plan that is developed by the team (IEP team or PPT team) that describes the educational programming for a child with a disability

IFSP Individualized Family Service Plan

Definition: The plan put together in the Birth-3 system for services to be provided to a child under the age of 3 with a disability

LD: Learning Disability or Learning Disabled

LRE: Least Restrictive Environment

Definition: Under the law (IDEA), children must be educated in the LRE for that child.

M-CHAT: Modified Checklist for Autism in Toddlers **Definition:** Autism screening tool

MR: Mentally Retarded **Definition:** Usually refers to a person with an IQ of under 70. More appropriately referred to as ID (intellectually disabled)

MRI: Magnetic Resonance Imaging

MSDD MultiSystem Developmental Disorder **Definition:** Dr. Stanley Greenspan's term for autism-like symptoms

NAS: National Autistic Society

Definition: UK advocacy organization

NICHCY: National Information Center for Children and Youth with Disabilities

NIH: National Institutes of Health

NIMH: National Institutes for Mental Health

NOS: Not Otherwise Specified

Definition: Part of PDD-NOS an autism spectrum disorder diagnosis

NT: Neuro-typical **Definition:** Used to describe a person who does not have an autism spectrum disorder

OCD: Obsessive Compulsive Disorder

OCR: Office for Civil Rights

Definition: US Government agency, part of Health and Human Services, which deals with discrimination and civil rights.

ODD: Oppositional Defiant Disorder

OT: Occupational therapy/therapist

PANDAS: Pediatric Autoimmune Disorders Associated with Strep

PDD: Pervasive Developmental Disorder

Definition: An umbrella term – autism disorders are part of the larger category of pervasive developmental disorders

PDD-NOS: Pervasive Developmental Disorder – Not Otherwise Specified

Definition: A specific autism diagnosis

PECS: Picture Exchange Communication System

PEP: Psycho-educational profile

Definition: A profile of a child's educational issues

PT: Physical Therapy/Therapist

SPD: Sensory Processing Disorder

SI: Sensory Integration

SJB: self-injurious behavior

SID: Sensory Integration Disorder

SLP: Speech -Language Pathologist

Definition: A person trained to diagnose and treat speech and language disorders

SSI: Social Security Income

SSRI : Selective Serotonin Reuptake Inhibitor

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We make an effort to keep this updated as much as possible. Suggestions or comments, contact Tiffany Wheeler-Thompson (360)632-7539 t.wheeler-thompson@islandcountywa.gov **Updated January 2021**