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1

What is Autism Spectrum Disorder (ASD)?	3
Learning About Autism	4
Universal Developmental Screenings, Child Find, Centers of Excellence, ASD Centers	5
It's Autism Spectrum Disorder, What's Next?	6
Family Support, Parent Trainings, Sibling & Kinship Support	7
Training Videos/Webinars, ASD Research & Advocacy	8
How Do I Keep My Kid Safe?	9
What is Applied Behavior Analysis (ABA)? ABA Providers & Information	10
Help with Challenging Behaviors, Behavioral Health (formally known as mental health/illness), Co-Occurring Issues	11&12
Sensory, Sensory Processing Disorder (SPD), Dentist, Haircut	13
Potty, Eating Issues, Tummy	14
Vision, Seizures, Sleep Issues	15
Puberty, Blood Draws	16
Spanish Resources	17
IFSP, IEP Special Education	18
Assistive Technology	19
County/State/Federal Support	19

# Island County

## 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.*

Data shows that as of 2018 nearly 1 out of 54 kiddos may have ASD. Boys are 4 times more likely than girls.

### Island County Autism Spectrum Disorder Resource Website

Autism Partnership of Island County presents an Island County ASD website of resources for families. Have a concern? Need a screening? Need resources? Need support? <https://www.pilotace.org>

## LEARNING ABOUT AUTISM

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**Autism Speaks** [www.autismspeaks.org](http://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.

For Young Children: <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>

For School Age Children: <https://www.autismspeaks.org/tool-kit/100-day-kit-school-age-children>

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

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](http://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. <https://doh.wa.gov/sites/default/files/legacy/Documents/8340/970-NonDOH-AutismGd-en-L.pdf>

**Conversations about Autism: Seattle Children's Hospital** Conversations About Autism is a series of 60-minute live-streamed sessions created for providers and caregivers of children with autism who wish to better understand the autism spectrum disorder. In these sessions, experts and advocates from our region share their knowledge and perspectives on autism as well as helpful tips for supporting a child, adolescent or young adult with autism.

<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/conversations-about-autism/>

**Resources for Families from UW Autism Center**

<https://depts.washington.edu/uwautism/>

**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>

## UNIVERSAL DEVELOPMENTAL SCREENINGS

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

- Toddler Learning Center .....Whidbey (360)679-1039
- Sherwood Community Services .....Camano (360)629-1236

### Child Find: Ages 3-21 School District Special Education

- Stanwood/Camano School District ..... (360)629-1236
- 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?

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**What to do the First 100 Days after an Autism Diagnosis, for families of children ages 4 and under,**

Autism Speaks: <https://www.autismspeaks.org/family-services/toolkits/100-day-ki>

**What to do the First 100 Days after and Autism Diagnosis for families of children ages 5-13,** Autism Speaks:

<https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>

**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>

**Toolkits by Organization for Autism Resources:**

<https://researchautism.org/how-we-help/families/resources/>

**On-Line Trainings by Kennedy Krieger Institute** Events, Classes, Trainings

[https://eventscalendar.kennedykrieger.org/?\\_ga=2.126805709.1582865480.1648074982-1909499724.1648074982](https://eventscalendar.kennedykrieger.org/?_ga=2.126805709.1582865480.1648074982-1909499724.1648074982)

**Webinars by NAA:** National Association of Autism Toolkits

<https://nationalautismassociation.org/downloadable-resources/>

**Newly Diagnosed:** Autism Research Institute: <https://www.autism.org/newly-diagnosed/>

## FAMILY SUPPORTS

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**Island County Parent to Parent** Coordinator Tiffany Wheeler-Thompson (360)632-7539 call/text 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 your email or snail mail address 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.asp>



**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.



**Virtual Office Hours** ..... (360)632-7539 call/text

Pop in, ask question, find out more about Parent to Parent, looking for a training? seeking a resource? Zoom will be hope during the whole hour so you can stay as quick or long as you like.

## SIBLING & KINSHIP EDUCATION AND SUPPORT

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**Siblings Guide to Autism**, by Autism Speaks:

[https://www.autismspeaks.org/sites/default/files/a\\_siblings\\_guide\\_to\\_autism.pdf](https://www.autismspeaks.org/sites/default/files/a_siblings_guide_to_autism.pdf)

**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>

**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-kit>

## PARENT TRAINING

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**Blue Water Behavior Consulting** Anacortes ..... (360)333-5684

**CADA Positive Discipline Parenting Classes** Oak Harbor ..... (360)675-7057

## MEDICAL & HEALTH SUPPORT

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**How Nurses Can Support Children With Autism During Medical Visits**

<https://nursinglicensuremap.com/blog/how-nurses-can-support-children-with-autism-during-medical-visits/>

**Children & Youth With Special Healthcare Needs: Island County** (CYSHCN):

Whidbey Island (360)678-7940 Camano (360)629-4522 xt7940



## 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.

**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>

**You're Not Alone – Preventing Family Isolation,** video by Seattle Children's: <https://youtu.be/uiODW2Oqr3o>

Autism videos, packets, downloads and more, by **Sesame Street:** <https://sesamestreetincommunities.org/topics/autism/>

**Webinars and Research info by SPARK:** Get the latest autism updates from SPARK, including information about genes and ASD research, webinars, and personal stories from our community. <https://sparkforautism.org/discover>

**Autism Research Institute:** Recorded webinars that cover several topics from sleeping, potty training, sensory, bullying, wandering and more <https://www.autism.org/webinars/>

## AUTISM RESEARCH & ADVOCACY

**Washington Autism Alliance and Advocacy** [www.washingtonautismadvocacy.org](http://www.washingtonautismadvocacy.org)

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.

**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.

**Autism Partnership of Island County (APIC)** [www.pilotage.org](http://www.pilotage.org)

**Seattle Children's Autism Center** (206)987-8080

**Autism Response Team (ART)** (888)Autism2 Information line by trained team members to provide information and resources.

**Washington State Governor's Office of Education Ombuds** (866)297-2597

**Special Education Ombuds** (360)725-6075



## 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: <https://nationalautismassociation.org/big-red-safety-box/>

· **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=241635>.

**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> <https://nationalautismassociation.org/?s=wandering>

**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://ifineedhelp.org/>

**Life Journey Through Autism: A Guide to Safety:**

[https://researchautism.org/wp-content/uploads/2016/03/A\\_Guide\\_to\\_Safety.pdf](https://researchautism.org/wp-content/uploads/2016/03/A_Guide_to_Safety.pdf)

**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](http://www.handsandvoices.org/resources/OUR/SafetyAttachmentIntro_v1.pdf)

**Emergency Preparedness Toolkit for People with Disabilities:**

<http://familyvoices.org/wp-content/uploads/2018/06/EmergencyPreparednessResources.pdf>

**Emergency Preparedness Seattle Children's Hospital**

<https://cshcn.org/pdf/emergency-preparedness-english.pdf>

## WHAT IS APPLIED BEHAVIOR ANALYSIS (ABA)?

What is Applied Behavior Analysis? Applied Behavior Analysis (ABA) is a therapy based on the science of learning and behavior.

Behavior analysis helps us to understand: How behavior works, How behavior is affected by the environment, How learning takes place,

ABA therapy applies our understanding of how behavior works to real situations. The goal is to increase behaviors that are helpful and decrease behaviors that are harmful or affect learning.

ABA therapy programs can help: Increase language and communication skills, Improve attention, focus, social skills, memory, and academics, Decrease problem behaviors

The methods of behavior analysis have been used and studied for decades. They have helped many kinds of learners gain different skills – from healthier lifestyles to learning a new language. Therapists have used ABA to help children with autism and related developmental disorders since the 1960s.

## APPLIED BEHAVIOR ANALYSIS (ABA) THERAPY

<u><b>Aptitude: Blue Sprig Pediatrics</b></u> , Oak Harbor .....	(360)279-9000
<u><b>Leaps and Beyond, Inc.</b></u> , Oak Harbor.....	(866)240-0808
<u><b>Blue Water Behavioral Consulting</b></u> , Anacortes.....	(360)333-5684
<u><b>Positive Behavior Supports</b>...No provider on island at this time 01/2022 .....</u>	(360)434-1424
<u><b>Autism Learning Solutions</b>-Tricare only ...</u> Alexandra Colvin.....	(541)517-0095

## ABA INFO

**Parent's Guide to Applied Behavior Analysis**, Science Blogs by Autism Speaks: <https://www.autismspeaks.org/tool-kit/atnair-p-parents-guide-applied-behavior-analysis>

**Getting Started With ABA: Asking the Right Questions**  
<https://www.autismspeaks.org/blog/getting-started-aba-asking-right-questions>

**Helping Parents Understand ABA** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6269398/>

## HELP WITH CHALLENGING BEHAVIORS

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**Challenging Behaviors Tool Kit**, by Autism Speaks:

<https://www.autismspeaks.org/tool-kit/challenging-behaviors-tool-kit>

**Introduction to Behavioral Health Treatments Toolkit**, by Autism Speaks:

<https://www.autismspeaks.org/tool-kit/atnair-p-introduction-behavioral-health-treatments>

**Taming Tantrums and Managing Meltdowns:**

<https://www.understood.org/articles/en/taming-tantrums-vs-managing-meltdowns>

**Self-Injurious Behavior – Expert Q&A**, video by The Johnson Center:

<http://ariconference.com/?p=1958>

**Autism Speaks**.....(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.

## **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 Behavioral 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](http://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>

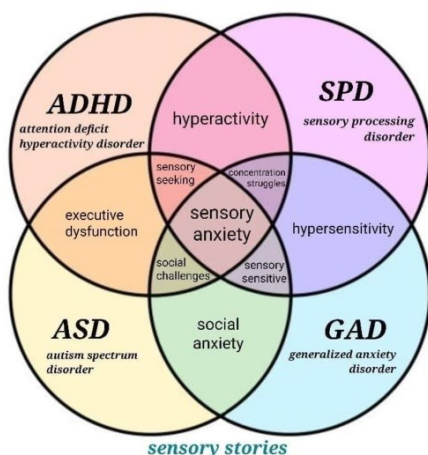
## INPATIENT/OUTPATIENT BEHAVIORAL HEALTH

**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. (360)499-7011 <https://www.islandcountywa.gov/Humanservices/Pages/Stabilization-Center.asp>

- **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](http://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-count>
- **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.htm> 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

[Don't forget to check the Island County Behavioral Health Resource Guide on our website https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)

## COMMON CO-OCCURRING DIAGNOSIS WITH ASD



- **Most Common:** ADHD, General Anxiety Disorder (GAD), Sensory Processing Disorder (SPD) and Depression. Many times the co-occurring challenges are lumped under ASD and are not addressed. Identifying and treating these issues can make a huge difference in behaviors, sleeping, eating, etc.

<https://www.autismspeaks.org/science-blog/genetic-testing-can-guide-interventions-autism-and-its-co-occurring-conditions>

## SENSORY/SENSORY PROCESSING DISORDER (SPD)

**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>

**Supporting Sensory Needs, Raising Sensory Smart Children and More**

recorded webinars: <http://ariconference.com/?s=sensory>

**Teenagers and Sensory Issues: Special Challenges for a Special Time**

<https://www.sensorysmartparent.com/post/2015/07/22/teenagers-and-sensory-issues-special-challenges-for-a-special-time>

People with autism might have sensitivities to: Sights, Sounds, Smells, Tastes, Touch Balance (vestibular), Awareness of body position and movement (proprioception), Awareness of internal body cues and sensations (interoception).

Autistic people can experience both **hypersensitivity** (over-responsiveness) and **hyposensitivity** (under-responsiveness) to a wide range of stimuli. Most people have a combination of both.

Sensory processing disorder (SPD) is often confused with autism spectrum disorder (ASD) due to the similarities and connections that exist. While the two have many similarities, SPD is often a comorbid symptom of ASD, but not all children with sensory processing disorder have autism.

## 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>
- **Making Visits the Dentist Easier for People with Autism**  
<https://www.health.harvard.edu/blog/making-visits-to-the-dentist-easier-for-people-with-autism-spectrum-disorder-202106292513>

## POTTY TRAINING

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**Toilet Training Guide by Autism Speaks:** <https://www.autismspeaks.org/tool-kit/atnair-p-toilet-training-guide>

**Toilet Training for Kids with Special Needs** <https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Toilet-Training-Children-with-Special-Needs.aspx>

**Ready Set, Potty** by National Autism Association, must register in for free to watch video:  
<http://nationalautismassociation.org/family-support/programs/autism-atrium>

## EATING ISSUES

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**Exploring Feeding Behavior in Autism: A Guide for Parents**", by Autism Speaks:  
[https://www.autismspeaks.org/eating?topic\[1816\]=1816&article\\_type\[2196\]=2196&topic\[1816\]=1816](https://www.autismspeaks.org/eating?topic[1816]=1816&article_type[2196]=2196&topic[1816]=1816)

**Guides to Pica for Parents**, by Autism Speaks:  
<https://www.autismspeaks.org/tool-kit/atnair-p-pica-guide-parents>

**Autism and Eating Challenges:**  
<https://www.autismspeaks.org/expert-opinion/autism-eating-challenges-you-are-not-alone>

## TUMMY ISSUES

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**How to Detect and Address Gastrointestinal Issues in a Child with ASD**  
<https://www.verywellhealth.com/gastrointestinal-issues-in-children-with-autism-4774860>

**National Library of Medicine:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5683266/>

**Autism Spectrum Disorder and Digestive Symptoms**  
<https://www.mayoclinic.org/diseases-conditions/autism-spectrum-disorder/expert-answers/autism-and-digestive-symptoms/faq-20322778>

Children with autism spectrum disorder (ASD) tend to have more medical issues, including gastrointestinal (GI) symptoms such as abdominal pain, constipation and diarrhea, compared with their peers.

At the same time, many children with ASD eat only a few foods (selective eating), prefer highly processed foods, and eat fewer fruits, vegetables and whole grains.

## SLEEP ISSUES

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**Autism and Sleep Issues** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4770638/>

**Autism in Children and Sleep** <https://www.sleephealthfoundation.org.au/autism-in-children-and-sleep.html>

**The Link Between Autism and Sleep Issues:** <https://www.verywellhealth.com/autism-and-sleep-issues-4165825>

A 2019 study, one of the largest to investigate the prevalence of sleep problems in autism, suggested that nearly 80 percent of [autistic preschoolers have disrupted sleep](#). Sleep problems are twice as common among children with autism as they are among typical children or those with other developmental conditions.

## VISION

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**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/>

**How Vision Therapy Can Help a Person with ASD** <https://visionforlifeworks.com/blog/2018/08/06/how-vision-therapy-helps-with-autism/>

**Vision and Autism** <https://www.optometrists.org/childrens-vision/vision-therapy-for-special-needs/autism-vision/>

Doctors recommend that children with ASD have a functional visual evaluation in order to assess many other important aspects of the visual system, namely: eye movements, eye teaming, eye tracking, visual processing, visual-spatial judgment, and central/peripheral vision. According to research, children with ASD present with a higher incidence of [strabismus](#) (eye turn) ranging from 21-50 percent prevalence, as compared to children without ASD.

Common vision issues include: Poor eye contact, Looking beyond/through objects, Absence of reciprocal play, Extreme fear of heights or absence of appropriate fear of heights, Tracking moving objects accurately, Maintaining eye contact with people, Eye alignment (eye turns), Keeping their eyes from wandering ([amblyopia/lazy eye](#)), Light sensitivity, Head turning (looking at objects from the side of the eyes), Fleeting views or rolling eyes, Visual stimming (flapping fingers in front of eyes)

## SEIZURES

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**Seizures in Autism Spectrum Disorder** <https://tacanow.org/family-resources/seizures/>

**Autism and Seizures** <https://www.autism.org/autism-and-seizures/>

**Epilepsy and Autism, Is there a Connection?**  
<https://www.epilepsy.com/article/2017/3/epilepsy-and-autism-there-relationship>

Seizures are more common in individuals with autism than in the general population. In the general population, [fewer than 1%](#) of children (age 17 and younger) develop clinical seizures. By comparison, one of the largest studies aimed at identifying the prevalence of epilepsy in children with autism found that among children aged 13 years and older with ASD, 26% were diagnosed with epilepsy. ([Viscidi E.W. et. al, 2013](#)).



## 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-toolkit>

**Parent's Guide to Blood Draws and ASD**  
<https://www.autismspeaks.org/tool-kit/atnair-p-parents-guide-blood-draws>

**Children with Autism and Blood Draws** <https://theautismblog.seattlechildrens.org/children-with-autism-and-blood-draws/>

## PUBERTY

Simple and effective tips and tools to start the sex talks <https://birdsandbeesandkids.com>

Autism in Teens: Helping Your Child Through Puberty <https://www.autismspeaks.org/expert-opinion/autism-teens-helping-your-child-through-puberty>

FLASH lesson plans for Special Education <https://kingcounty.gov/depts/health/locations/family-planning/education/FLASH/about-FLASH.aspx>

Seattle Children's Adolescent Medicine **(206)987-2028** Adolescent medicine is the care of people ages 12 to 21 years of age features a multidisciplinary team of medical providers, nurses, medical assistants, **registered dietitians** and **social workers** who work together to deliver care tailored to the needs of each patient. <https://www.seattlechildrens.org/clinics/adolescent-medicine>

We have expertise in caring for the physical and emotional needs of young people from puberty through early adulthood. We provide consultation, evaluation and treatment of health issues that commonly arise during these years through our subspecialty Adolescent Medicine clinics in 5 key areas: Biofeedback, Eating Disorder, Gender Clinic, Pediatric and Adolescent Gynecology, Reproductive and Sexual Health

Seattle Children's Puberty and Sexuality Education Resources for Youth with Autism  
<https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe3212.pdf>

Seattle Children's For Girls: A Heart-to-Heart Talk on Growing Up Classes  
<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/puberty-adolescence-girls>

### EFFECTS OF AUTISM: BOYS VS. GIRLS



More repetitive behaviors



Fewer repetitive behaviors, like hand, flopping or spinning

More "restricted", or overly focused - interests



Restricted interests tend to be more socially acceptable

tend to have trouble with vocabulary and word knowledge



better vocabulary and word knowledge

UTSAAH PSYCHOLOGY CLINIC

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)

## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.hca.wa.gov)

Autism Speaks [www.autismspeaks.org/family-services/non-english-resources/spanish](http://www.autismspeaks.org/family-services/non-english-resources/spanish)

## **IFSP Individualized Family Service Plan- Ages Birth to 3 years old**

**No Referrals Needed!** The IFSP is a written treatment plan for Early Intervention (EI). It details your child's current levels of functioning, specific needs and goals for treatment (referred to as outcomes). The first step in writing the IFSP will be for the members of your child's team to conduct various types of assessments to identify your child's individual strengths and needs. The IFSP will include information about your child's current level of development in the following areas: Physical development, Cognitive development, Communication development, Social & emotional development, Adaptive development, Fine and gross motor skills, Vision, Hearing, etc. The IFSP is developed with input from the child's entire family, and it includes features that are designed to support the entire family. Whidbey Island: Toddler Learning Center **(360)679-1039** Camano Island: Sherwood Community Services **(360)629-1236**

<b>IFSP</b>	<b>IEP</b>
Birth through age 3	Age 3-21
Is inclusive of the family's needs	Focuses on the child's needs
Services provided in natural environments	Services provided at school
Families are assigned a service coordinator	No service coordinator
Generally reviewed every 6 months	Generally reviewed 1x per year
IFSP Team makes decisions	IEP Team makes decisions
Governed under Part C of IDEA	Governed under Part B of IDEA

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## **IEP Individualized Education Program- Ages 3 to 21 years old. Special Education**

Approximately 143,000 eligible students in Washington State receive special education and related services. The Office of Superintendent of Public Instruction (OSPI) fulfills the requirements of the federal Individuals with Disabilities Education Act (IDEA), which ensures all children with disabilities have access to a free appropriate public education. To find your local contact information check page 5 for Child Find. <https://www.k12.wa.us/student-success/special-education>

**How IEPs Can Help Autistic Students**, by Autism Speaks:

<https://www.emy.com/studio/autism-and-education/ieps/>

**Early Intervention and School for Autism Spectrum Disorder**

**Your Child's Rights: Autism and School**

<https://www.autismspeaks.org/autism-school-your-childs-rights>

**Understanding Special Education Teachers: Parent's Guide**

<https://www.understood.org/articles/en/understanding-special-education/>

## ASSISTIVE TECHNOLOGY

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### **Center on Technology & Disability**      <https://www.ctdinstitute.org/>

The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more.

### **Western WA University-The Ershig Assistive Technology Resource**

<https://wce.wvu.edu/e-atrc/ershig-assistive-technology-resource-center>      Contains a collection of over 300 assistive technology (AT) items, equipment and products, with a focus on tech supports for students with diverse learning needs in preschool through grade 12      **(360)650-2783**

### **Washington Assistive Technology Act Program (WATAP)** **(800)214-8731**

Technology resources for employment, education and independent living.

### **Washington Sensory Disabilities Services (WSDS)** **(800)572-7000**

Provides information, training, technical assistance and resources to families and educators (statewide) for individuals age birth to 21 with sensory disabilities.

### **Enabling Devices** **(800)832-8697**

Develops, manufactures and sells special devices to help people with disabilities reach their full potential

**Safe In Home** **(855)476-6665** [www.safeinhome.com](http://www.safeinhome.com) Provides remote support, assistive technology, sensory alarms and more for those that need extra support to be independent.

## COUNTY, STATE AND FEDERAL SUPPORT

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- **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.

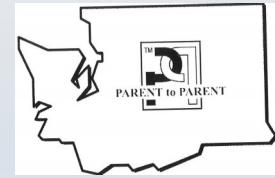
- **Developmental Disabilities Administration (DDA)** [www.dshs.wa.gov.ddd](http://www.dshs.wa.gov.ddd)

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 (360)544-6453** Email: [DDA2IETEAM@dshs.wa.gov](mailto:DDA2IETEAM@dshs.wa.gov)  
Intake & Eligibility ..... **(425) 977-6520**

- **Island County Developmental Disabilities** Mike Etzell ..... **(360)678-7883**

Coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have developmental disabilities. We work actively with families, schools, the business community, as well as local, state, and federal governments to facilitate full contribution for all citizens who experience developmental disabilities. Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn. [MikeEt@islandcountywa.gov](mailto:MikeEt@islandcountywa.gov)

**Island County Parent to Parent**  
**Support & Resources for Special Needs**  
**Families in Island County**



**Tiffany Wheeler-Thompson ,Coordinator**

**PO BOX 5000 Coupeville, WA 98239**

**(360)632-7539 call/text**

**Email: [t.wheeler-thompson@islandcountwa.gov](mailto:t.wheeler-thompson@islandcountwa.gov)**

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

**\*\*Check us out on Facebook for up-to-date resources, information and activities \*\***

**[www.facebook.com/islandcountyparent2parent](https://www.facebook.com/islandcountyparent2parent)**

**Island County Autism Spectrum Disorder Resource Website**

Autism Partnership of Island County presents an Island County ASD website of resources for families. Have a concern? Need a screening? Need resources? Need support? <https://www.pilotace.org>

**Resources, Information & Support For Families In Island County,  
Statewide And Throughout The Region**

This resource guide is presented by Island County Parent to Parent, Island County Developmental Disabilities and Island County Human Services. This and other resource guides are available on our website:

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

\*Island County Disability Resource Guide

\*Island County Autism Spectrum Disorder Resource Guide

\*Island County Behavioral Health Resource Directory

\*Island County Transition Services & Resources: School Age to Adulthood Quick Guide

\*Island County Transition Services & Resources: School Age to Adulthood In Depth



We make a true effort to keep this updated as much as possible. If you have suggestions or comments, contact Tiffany Wheeler-Thompson (360)632-7539call/text Email: [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov) **Updated March 2022**