



Tiffany Wheeler-Thompson
Parent to Parent Coordinator
Human Services
PO Box 5000 Coupeville, WA 98239
t.wheeler-thompson@islandcountywa.gov
(360)632-7539 (call or text)

Island County Autism Spectrum Disorder Resources for Families 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>



Disability 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>

[Check out all the Resource Guide Available on our Website!](#)

*Disability Resource Guide

*Autism Spectrum Disorder Resource Guide

*Behavioral Health Resource Directory

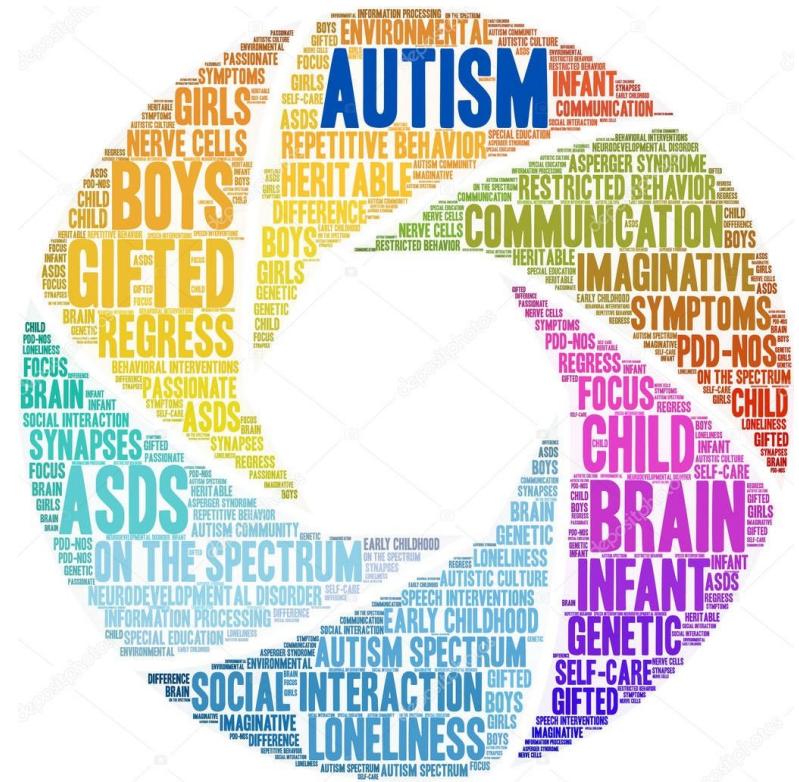
*Transition Services & Resources: School Age to Adulthood Quick Guide

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

*Recursos Generales - Spanish Resource Guide

*Understanding Medical Insurance Workbook

Island County Autism Spectrum Disorder Resource Guide



Resources, information and support for families in Island County, Statewide and throughout the region.

They say “*It Takes A Village*”, but in our case,

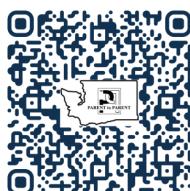
“It Takes Two Islands”

Navigating various complex systems can be overwhelming at times. Another way of saying “**You Don’t Know, What You Don’t Know**”. This guide can help you and your family on your journey.



We provide a comprehensive list of resources for families with special needs/disabilities in Island County and in our region. Information on resources, opportunities & support in our community.

This Guide offers you choices, access, diversity, promote inclusion and supports available. If you have questions, please contact Tiffany Wheeler -Thompson with Island County Parent to Parent Program. .



This resource guide and more are on the Parent to Parent Website: <https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

The website has archived newsletters as well as our resource guides for Disabilities, Behavioral Health and Autism.

Island County Autism Spectrum Disorder Resource Website



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<https://www.pilotace.org/>

Helpful Websites

Within Reach / Parent Help 123/Help Me Grow (800) 322-2588

www.parenthelp123.org Provides free developmental screening, connections to early learning and family support services, referrals to early intervention for developmental delays, and family support in English and Spanish to families across Washington.

Washington Connections <https://www.washingtonconnection.org/home/>

Offers a fast and easy way for families and individuals to apply for a variety of services such as food. Cash, Childcare, Long Term Care and Medical Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance.

Opportunity Council <https://www.oppco.org/> (800)317-5427

Agency serving homeless and low-income families and individuals with basic needs such as food and housing; emergency shelter, rental assistance, referrals for affordable housing, food and nutrition, home and energy assistance, home repair, weatherization.

Community Resource Center of Stanwood & Camano Island

www.crc-sc.org/ (360)629-5257 Assistance with food vouchers, assistance to avoid homelessness, financial utility assistance and vehicle/fuel assistance.

The Family Helpline (800)932-4673 Call this number from anywhere in Washington and access the online resource database anytime 24/7 for parenting information, family support, referrals to community classes, services and resources

Washington 211 <https://wa211.org/> Call 211 and you will be connected at no cost, to critical health and human services in their community.

Open Doors for Multicultural Families (253) 216-4479

Arabic, Mandarin, Cantonese, Korean, Russian, Somali, Spanish and Vietnamese Ensuring families with family members with developmental/intellectual disabilities

Island Senior Services (360)221-1600 Provide resources that enhance the emotional, social and physical wellbeing of seniors, adults with disabilities and those who care for them. Trainings, support, services, etc.

Senior Aging & Disability So Whidbey (360)221-1600 No Whidbey (360)675-0311 Camano (360)387-6201

Parent to Parent



Parent to Parent FB Page



ASD Resources



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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.

Seattle Children's Patient and Family Autism Resources <https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>

* 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.

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.

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 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 online 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>

Washington State Park Discover Pass

<http://www.discoverpass.wa.gov/131/Exemptions>



Disability placards or license plates- The Department of Licensing issues Washington state disability permits and license plates, and holders of these are exempt from needing the Discover Pass on State Parks lands. Holders of these permits and plates will need the Discover Pass to access lands managed by WDFW and DNR. Free WA State Park Days offered throughout the year.



National Parks and Federal Recreational Lands Pass

www.nps.gov/findapark/passes.htm Access Pass for free admission to National Parks and Federal Recreational Lands for U. S. Citizens or permanent residents with permanent disabilities The pass may be obtained in person at a federal recreation site or through the mail using the application form on website.

ADA Access: Accessing Washington's Outdoors for Persons with Disabilities www.wdfw.wa.gov/accessibility/ Washington State is recognized for its



wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statutes, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. **Trustland Trails located is near the intersection of Hwy 525 & Craw Rd** (Langley)

Fishing Licenses <https://wdfw.wa.gov/accessibility/eligibility-requirements-disability-status> Eligibility for a combination fishing license

(fresh water, salt water, and shellfish) and/or hunting license at a discounted rate. Resident who permanently uses a wheelchair as certified by the doctor, blind or visually impaired, developmental disability as determined by DSHS authority or physicians signature.



Skagit Adult Day Programs (360)293-4466 Anacortes Gentry House, (360)755-1235 Burlington Bradford House. A supervised daytime program where adults with special needs can participate in a supportive group setting.

Outdoors for All (206)838-6030 <https://outdoorsforall.org/>

To enrich the quality of life for children and adults with disabilities through outdoor recreation.

Whidbey Macaroni Kid <https://whidbeyisland.macaronikid.com/>

Recreation



Special Olympics of Washington <http://specialolympicswashington.org/>



Special Olympics

Olympics programs for children and adults with intellectual disabilities who love sports and want the challenge of competing with their peers. The programs run year round offering competition in several sports. The goal is to provide a physical fitness with an emphasis on sportsmanship, friendships, and FUN!

South Whidbey Coordinator –Mike Etzell **(360)678-7883** (Basketball)

North Whidbey Coordinator – Chris Becker **(360)320-2549**

wispecialolympics@gmail.com (Bowling, Basketball, Track, Cycling Bocce Ball)

Stanwood Regional Coordinator - Punkie Doyle snohomishad@outlook.com



Challenger Division Baseball: Through North Whidbey Little League but waivers available for south end families. Ages 5-18 experience the joys of baseball. Learn the fundamentals at your own pace.

Art as a Way Carol Way carol@artsaway.org **(360)730-1135**

Teaching life skills through art. DDA respite funds accepted.



Sensory Splash at Oak Harbor Pool: **(360)675-7665**

Sensory Splash is a swim time dedicated to community members with special needs and their families. Call to verify dates and times.

Hope Therapeutic Riding Program **(360) 221-7656**

<http://www.hope-whidbey.org/> Physical, cognitive or emotional - to discover their abilities, independent skills and explore their potential through use of our nationally accredited safe and effective equine-assisted activities and therapy .

Senior Centers / Camano Center **(360)387-0222**

Offers support, resources and a variety of classes and events throughout the year..

Camano **(360)387-0222** OH **(360)279-4580** South Whidbey **(360)321-1600**

Anacortes **(360)293-7473** The **Time Together Adult Day Program** is a for seniors and adults (ages 18 & up) that have cognitive or physical disabilities. Participants enjoy a social, fun, engaging program that is designed for everyone to experience "successful moments" in a comfortable and safe environment. All staff and volunteers are trained in Positive Approach to Care. DDA funding accepted

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 No Referral Needed!

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**

Ages 3-5 Hand in Hand. **(360)279-5928**

CENTERS OF EXCELLENCE ASD Diagnostic Providers

Pediatric Associates of Whidbey Oak Harbor (360)675-5555 Freeland (360)331-1314

Connections Psychology, Julie Davies (206)718-0906

Whidbey Integrative Mental Health Paul Samuelson (360) 205-4560

<https://www.whidbeyintegrativepsychiatry.com>

Elizabeth Holland, PhD (360)610-7668 Anacortes



Check out Island County Autism Resources For Families at www.pilotace.org
Everything from the process of diagnosis, what to expect, support and resources like this resource guide.

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.



Support/Social/ Self Advocacy

Island County Early Childhood Parent Support (360)240-5517

Island County Special Health Care Needs Nurse

(360)678-7939 (360)544-2371

<https://www.islandcountywa.gov/Health/CFHS/Pages/Home.aspx>

A program of Seattle Children's Hospital. And Department of Health. Information for families and professionals focusing on children with special healthcare needs who have chronic physical, developmental, behavioral or emotional conditions. They provide: Information and resources, Program evaluation and needs assessment, Health education and training, Finding support and making connections

NAS Whidbey Island: Exceptional Family Member Program EFMP (360)527-5266 Resource, information and support group for military families

Padre Apoyando Motivando Informando PAMI (787)529-6788

Spanish Support Group. Aptitude Habilitation Services.

pamiespanol@gmail.com

People First of Washington: (360)720-4918 Support and advocacy for adults with disabilities that meets monthly for support, advocacy skills and social events. Email Diane pmmdfm@cablespeed.com

Washington Father's Network: <https://fathersnetwork.org/>

Mike Etzell (360)678-7883 Information and resources for fathers raising a child with special needs.

Flying Fingers Deaf & Hard of Hearing Social (360)221-0383

Langley— Contact Susan for more details.

Family Caregivers Support Program Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

**Most of these support groups have a Facebook Page as well. Island County Parent to Parent, PAMI and WA Father's Network. Great resources, information and support offered on these pages.

Family Support

Parent to Parent of Island County (P2P) (360)632-7539 call/text

<https://www.islandcountywa.gov/Humanservices/Pages/ddp.aspx>

Support and Resources for Special Needs Families



We walk along aside those parenting children/adults with developmental delays and/or special healthcare needs. Connecting them with peer support, information, resources so they can take the next step. We offer you choices, access, diversity, promote inclusions and supports available.

Parents may have questions and concerns as they learn about new information and services that can help their child and family. Parents also need time and support to navigate their own emotions and adjust to raising a child with special needs. Personal support from another parent, who has a child with similar needs, can help. You are not alone. We have been there. Parent to Parent offers services at no cost. FREE!

Support	Support Meetings	Events
Resources	Educational Workshops	Presentations in our
Newsletters	Social/Recreational	Community

Island County Parent to Parent: Tiffany Wheeler-Thompson, Coordinator

(360)632-7539 call/text Email: t.wheeler-thompson@islandcountywa.gov

Coffee & Conversations (360)632-7539

Virtual option- Daytime and Nighttime versions to meet new people on a similar journey, ask about resources and/or support, or just chat about life. To receive the Zoom link, email t.wheeler-thompson@islandcountywa.gov

Parent to Parent Virtual Office Hour Pop in on Zoom to ask questions, find resources, seek support, referrals, match up with another family on a similar journey and more. Email t.wheeler-thompson@islandcountywa.gov to receive zoom link.



Autism Partnership of Island County (APIC)

Autism Resources For Families Website

<https://www.pilotace.org/>

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,

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

What to do the First 100 Days after an 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>

A Parent's Guide to Autism by Autism Speaks

<https://www.autismspeaks.org/tool-kit/parents-guide-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/>

Webinars by NAA: National Association of Autism Toolkits

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

Newly Diagnosed: Autism Research Institute:

<https://www.autism.org/newly-diagnosed/>

HOW DO I KEEP MY CHILD WITH ASD 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 Box with door alarms and much more (free during grant cycles) to help with safety
<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/>

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)**

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

Intake & Eligibility (425) 977-6520
<https://www.dshs.wa.gov/dda>

- **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

Continued from Legal Assistance

Benefits Law Center www.benefitslawcenter.org/

Legal advocacy, physical & mental disability, DHAP & SSAP projects, Social Security, SSDI, SSI.

AUTISM RESEARCH & ADVOCACY

Washington Autism Alliance and Advocacy

www.washingtonautismadvocacy.org

We help 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 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.pilotace.org

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

Autism Response Team (ART) (888)Autism2

<https://www.autismspeaks.org/autism-response-team-art>

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

Webinars and Research info by SPARK:

<https://sparkforautism.org/discover/>

LEGAL ASSISTANCE

Northwest Justice Project CLEAR Hotline (888)201-1014

Washington's toll-free, centralized intake, advice and referral service for low income people seeking free legal advice with civil (not criminal) legal problems.

Disability Rights of Washington (DRW) (800)562-2702

www.disabilityrightswa.org/ Legal services for disability rights violations, general information about legal rights

WA Law Help www.washingtonlawhelp.org/ Provides education, materials, tools and information for an array of legal , issues, linking to programs and resources. Available in multiple languages. Part of NW Justice Project

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

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

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>

Curriculum for Teaching People with I/DD Fire Safety for Home & School

<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Specific-groups-at-risk/People-with-disabilities/Educational-materials/People-with-intellectual-disabilities>

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[https://www.pilotace.org](http://www.pilotace.org)

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

APPLIED BEHAVIOR ANALYSIS (ABA) THERAPY PROVIDERS

Aptitude: Blue Sprig Pediatrics, Oak Harbor (360)279-9000

Leaps and Beyond, Inc. , Oak Harbor (866)240-0808

Blue Water Behavioral Consulting, Anacortes (360)333-5684

Autism Learning Solutions Tricare only (541)517-0095

ABA INFO

Parent's Guide to Applied Behavior Analysis, Science Blogs by Autism Speaks: <https://www.autismspeaks.org/tool-kit/atnair-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/>

ASSISTIVE TECHNOLOGY

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.wwu.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 pre school 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 <https://www.wsdsonline.org/> 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 Provides remote support, assistive technology, sensory alarms and more for those that need extra support to be independent.

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-communit> 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/>

HELP WITH CHALLENGING BEHAVIORS

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>

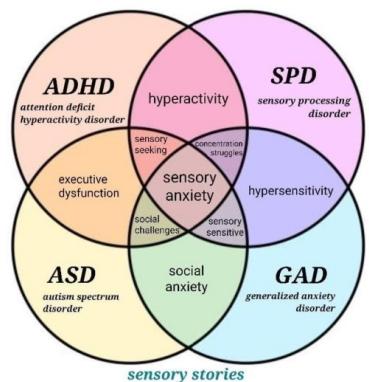
Self-Injurious Behavior – Expert Q&A, video by The Johnson Center <http://ariconference.com/?p=1958>

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.

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) 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 (interception).

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.

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>

FAMILY SUPPORTS

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.aspx>



SIBLING & KINSHIP SUPPORT

Siblings Guide to Autism, by Autism Speaks: 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

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

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

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>

This section features information on teaching sexuality education to people with disabilities for families and professionals, as well as information about sexuality and intimacy intended for people with disabilities. <https://arcofkingcounty.org/resource-guide/relationships-and-sexuality/relationships-and-sexuality-overview.html>

BEHAVIORAL HEALTH

AKA 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

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.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 Medicaid only <https://www.seamar.org/island-bh-oakharbor.html>

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>

SEIZURES

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).

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>

MEDICAL & HEALTH SUPPORT

How Nurses Can Support Children With Autism During Medical Visits

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

Children & Youth With Special Healthcare Needs: Island County (CYSHCN): Island County Public Health, Desk(360) 678-7939, Cell (360)544-2371

EMAIL: l.bezold@islandcountywa.gov

<https://www.islandcountywa.gov/Health/Pages/Home.aspx>

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)

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/>

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-you-can-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>

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-you-can-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/>

EATING ISSUES

[Exploring Feeding Behavior in Autism: A Guide for Parents](https://www.autismspeaks.org/eating?topic[1816]=1816&article_type[2196]=2196&topic[1816]=1816), 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](https://www.autismspeaks.org/tool-kit/atnair-p-pica-guide-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): <https://www.autismspeaks.org/expert-opinion/autism-eating-challenges-you-are-not-alone>

TUMMY ISSUES

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.

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

[National Library of Medicine](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5683266/): <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)
<https://www.mayoclinic.org/diseases-conditions/autism-spectrum-disorder/expert-answers/autism-and-digestive-symptoms/faq-20322778>

Prescription for diapers/incontinent supplies: For children ages 4 years and older, diapers can be covered by medical/Medicaid insurance with a prescription. You will need to talk to your child's doctor. Several medical supply companies. Need an annual prescription for diapers with diagnostic code of bowel and bladder incontinence from your child's doctor.

POTTY TRAINING

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>

SLEEP ISSUES

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.

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>