

Parent to Parent

AUTISM SPECTRUM DISORDER RESOURCE GUIDE

Autism Resources, Information, Community
Connections and Support for Families in
Island County



Island County Parent to Parent

<https://www.islandcountywa.gov/198/Parent-to-Parent>



Autism Resources for Families Website
English & Spanish www.pilotace.org



They say “It Takes A Village”, and in Island County,

“It Takes Two Islands”

Navigating various complex systems can be over-whelming at times. Another saying is “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 autism spectrum disorder and disability resources for families in Island County. Information on resources, opportunities & support in our community.



Island County Autism Resources for Families Website

English & Spanish

www.pilotace.org



This Autism Resource Guide offers you choice, access, diversity, promotes inclusion, connection & support.

Presented by: Autism Partnership of Island County (APIC) & Island County Parent to Parent (P2P).

For a comprehensive disability resource guide, check P2P website:

<https://www.islandcountywa.gov/198/Parent-to-Parent>



Family Support

Island County Parent to Parent

Resources, Support, Information, Workshops, Community Connections and Social Opportunities for Special Needs families in Island County

Tiffany Wheeler-Thompson (360)632-7539 call/text

parent-to-parent@islandcountywa.gov

<https://www.islandcountywa.gov/198/Parent-to-Parent>



WHAT IS AUTISM SPECTRUM DISORDER (ASD)?

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 31 children in the United States as of April 2025.

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

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 Speaks has autism info available in a variety of languages.

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

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

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.pilotage.org>

Contents and Resource Guides are available in English and Spanish on website.



FIRST STEPS:

DEVELOPMENTAL SCREENING & EVALUATION

Developmental Screening

A screening tool identifies a child who is at risk for a diagnosis of autism.

A positive screening does not mean your child is autistic.

About the Evaluation Process

If the screening tool identifies an area of concern,
a formal developmental evaluation may be needed.

UNIVERSAL DEVELOPMENTAL SCREENINGS, CHILD FIND and SPECIAL EDUCATION No referral Needed

Early Intervention Services– Ages Birth-3:

- Steps - Whidbey Island (360)679-1039
- Sherwood Community Services - Camano Island (360)629-1236

Ages 3-22 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 5-22 (360)279-5071 Hand in Hand Ages 3-5 (360)279-5928

CENTERS OF EXCELLENCE Local Autism Diagnostic Providers

- Pediatric Associates of Whidbey Oak Harbor (360)675-5555 Freeland (360)331-1314
<https://www.pediatricsofwhidbey.com/>
- Connections Psychology Dr. Julie Davies (206)718-0906
<https://www.connectionspsychology.com/index.html>
- Whidbey Integrative Mental Health Paul Samuelson (360) 205-4560
<https://www.whidbeyintegrativepsychiatry.com>
- Elizabeth Holland, PhD Anacortes (360)610-7668 <https://www.hollandpsychology.com/>

AUTISM CENTERS (off island)

- Seattle Children's Hospital Autism Center (206)987-8080
Provides assessment, diagnosis, treatment and support for autism spectrum disorders. Widerange 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.

For list of Washington State Autism Evaluation Providers:

<https://patient-education.seattlechildrens.org/citation/getting-an-autism-diagnostic-evaluation-your-child-9ae1>

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,** <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>
- **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-school-age-children>
- **A Parent's Guide to Autism** by Autism Speaks. Request your own toolkit. <https://www.autismspeaks.org/tool-kit/parents-guide-autism>
- The **On-Time Autism Intervention** is a podcast for parents of children three and younger who are interested in information about autism, autism diagnosis, and autism intervention and resources for young children. Many parents of young children diagnosed with autism have little or no prior experience with autism <http://depts.washington.edu/uwautism/resources/on-time-autism-intervention/otai-podcast/>
- Toolkits by **Organization for Autism Resources:** <https://researchautism.org/how-we-help/families/resources/>
- **National Association of Autism Toolkits:** Topics include First Signs, First Steps,; Guide for Grandparents, Meet the Police, ASD & Siblings, ASD & the IEP, Wandering, etc. <https://nationalautismassociation.org/downloadable-resources/>
- **Newly Diagnosed:** Autism Research Institute: <https://autism.org/newly-diagnosed/>
- **Adult Autism Diagnosis:** What comes next? <https://autism.org/?s=adult+resources>
More adult information on page 9

FAMILY SUPPORT

Island County Parent to Parent Email: parent-to-parent@islandcountywa.gov (360)632-7539 call/text.

Parent to Parent offers local, regional and nationwide resources, support groups, community connections, educational workshops, social networking, monthly newsletters, robust Facebook Page and more for special needs families in Island County. Want to be added to the distribution list? Email [Tiffany t.wheeler-thompson@islandcountywa.gov](mailto:Tiffany.t.wheeler-thompson@islandcountywa.gov) your email or snail mail address. Website contains a variety of resource guides including Developmental Disabilities, Behavioral Health Directory, Special Education and more. The website also contains: local support group information, resource guides, upcoming events & trainings, archived newsletters and various resources for all ages and stages. Including Developmental Disabilities Community Services (DDCS), Autism, Behavioral Health, Special Education, Transition to Adulthood and more. Filled with events resources, educational workshops, and support.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Resources, Information & Support For Families In Island County, Statewide And Throughout The Region. We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the next step.

Parent to Parent No Cost Services

- Support
- Resources
- Newsletters
- Related Information
- Educational Workshops
- Social/Recreational Events
- Presentations in our Community



Parent to Parent QR Code



Pilot Ace QR Code

- **Autism Partnership of Island County** provides: Autism Resources for Families website. Have a concern? Need a screening? Need resources? Need support? QR code above <https://www.pilotace.org>
- **PAMI Padres Apoyando Motivando Informando Grupo** de apoyo en Espanol para familias de neno con necesidades especiales. Te esperamos. Cualquier duda porfavor comuniquese con Laiza al (787)529-6788 call/text
- **Open Doors for Multicultural Families** (253) 216-4479 in a variety of languages. Ensuring families with family members with developmental/intellectual disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

PARENT TRAINING

- Island County Early Childhood & Parent Program (360)678-7880
[Early Childhood Link](#)
- Blue Water Behavior Consulting
Anacortes, Oak Harbor (360)333-5684
- CADA Positive Discipline Parenting
Classes Oak Harbor (360)675-7057
- Connected Families
Joy@connectedtoplay.com

A Variety of Resource Guides are Available on the Island County Parent to Parent website.

Topics Include:

- Developmental Disabilities
- Behavioral Health Directory
- Special Education Quick Guide
- Transition Services Guide & Brochure
- Free Resources, Services and Products & More

<https://www.islandcountywa.gov/198/Parent-to-Parent>



SUPPORT & SOCIAL GROUPS

For families, caregivers, self-advocates and others
supporting children & adults with disabilities

Mom Meet Up A great chance to ask questions, hear other's experiences, plus maybe make a new friend. **1st Tuesday of the Month** 1:00pm-2:00pm at Whidbey Coffee next to Wendy's in Oak Harbor Questions? Ask Tiffany (360)632-7539 call/text No meetings in July, August or September.

Parent Connect with Parent to Parent Meets virtually via Zoom. **1st Tuesday of the Month.** This unique opportunity to ask questions and gain valuable insight about experiences from other families. Email Tiffany to receive Zoom link parent-to-parent@islandcountywa.gov No meetings in July, August or September.

PAMI Padres Apoyando Motivando Informando (Grupo de apoyo para familias de niños con necesidades especiales) Aquí encontraran información importante sobre* Ayudas y recursos en la isla *Ideas y actividades del mes *Apoyo motivación para seguir adelante ***Segundo Martes del Mes** Laiza Ramos (787)529-788 call/text

Flying Fingers Social group for deaf/hard of hearing. **1st Friday of the Month** Location: Langley Methodist Church. 5:30pm-7pm. For additional information, contact Susan (360)221-0383 susanishakawa555@gmail.com

People First of Washington: Island County Chapter Support and advocacy for adults with disabilities. Realize and appreciate that we are People First and our disabilities are secondary. We meet monthly for support, advocacy skills and social events. Email Mike Etzell mikeet@islandcountywa.gov

Circle of Friends Adults with disabilities gather the 1st Thursday of the Month and go out to dinner. Meet other adults with disabilities in social events like watching movies and playing games. Follow their Facebook Page for updates <https://www.facebook.com/groups/613260006484363>



For more information, contact Tiffany Wheeler-Thompson with
Island County Parent to Parent (360)632-7539 call/text

Support/Social/Advocacy Groups

- 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 Laiza Ramos Email: pamiespanol@gmail.com
- **People First of Washington:** Island County Contact Mike Etzell (360)499-5401 call/text. Support and advocacy for adults with disabilities that meets monthly for support, advocacy skills and social events.
- **Circle of Friends** Facebook Group. Community of adults with disabilities that gather monthly to hang out, go to dinner, etc.
<https://www.facebook.com/groups/613260006484363>
- **Special Olympics** Washington: Year-round opportunities. Ages 8 & up. No skills needed. Swimming, track, cycling, bocce, bowling, basketball. Team Whidbey: North Whidbey Chris Becker (360)929-7003 Email: wispecialolympics@gmail.com. South Whidbey Mike Etzell (360)499-5401 call/text
- **Washington Father's Network:** <https://fathersnetwork.org/> Mike Etzell (360)499-5401 call/text
Information and resources for fathers/grandfathers raising a child with special needs.
- **Flying Fingers Deaf & Hard of Hearing Social** (360)221-0383 Langley Contact Susan details susanishakawa555@gmail.com
- **Family Caregivers Support Program** Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

SUPPORT VIDEOS AND WEBINARS

- **Conversations about Autism:** Autism Series by Seattle Children's available to be viewed at home! A lecture series that provides information related to autism spectrum disorder is now available to be viewed at home through a PC or mobile device on YouTube. <https://www.youtube.com/playlist?list=PLjvfRtcMhn4PBONTW0RlvsMJGu1Csnn5s>
- National Autism Association: **Toolkits and webinars** by NAA, register for free to watch:
<https://nationalautismassociation.org/family-support/programs/autism-atrium/#>
- **Autism videos, packets, downloads** and more, by Sesame Street <https://sesamestreetincommunities.org/topics/autism>
- **Autism Research Institute:** Recorded webinars that cover several topics from sleeping, puberty, elopement, etc.
<https://autism.org/>

SIBLING & KINSHIP EDUCATION AND SUPPORT

- Siblings Guide to Autism by Autism Speaks: <https://www.autismspeaks.org/tool-kit/siblings-guide-autism>
- 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>
- Grandparent's Guide to Autism" and "Friend's Guide to Autism", by Autism Speaks: <https://www.autismspeaks.org/tool-kit/grandparents-guide-autism>
- Washington State Department of Social and Health Services (DSHS) Kinship Care <https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care> The financial, legal, and emotional issues of raising a relative's child can be challenging. Services and support when raising a relative's child can be a lifesaver. Getting answers to questions and finding services, programs, and support can be confusing and overwhelming.

RESPIRE CARE/CHILD CARE

- **Home Care Referral Registry of Washington State** (360)707-2368 Island County The Home Care Referral Registry is customized internet-based system operated by local registry offices across Washington State. It is designed to assist seniors, individuals with developmental disabilities, their families and representatives to find pre-screened home care workers that best meet their personal and respite care needs.
- **All Ways Caring** (360)240-0044 Oak Harbor (360)331-7441 S Whidbey Respite care offers family caregivers temporary relief from care for Individuals with various needs.
- **All Heart Agency** (360)969-3553 Provides quality support services for people with developmental disabilities.
- **Visiting Angels** (888)264-3528 We assist people in Whatcom, Skagit, Island, San Juana and Snohomish County. We are a non-medical franchise agency and not a nursing agency. It is our job to assist people.
- **A Better Solution** –In Home Care Camano (866)669-4510
- **Home Care Agency– Sunrise Service** Oak Harbor (360)336-0798 Keeping independence and the comforts of home a reality
- **Island County Senior Resources Private In-Home Provider** (PI) List (360)675-0311 OH (360)321-1600 Langley (360)387-6201 Camano <https://senior-resources.org/private-in-home-provider/>
- **Exceptional Family Members (EFMP) Respite Care** (800)424-2246 What is Navy EFMP Respite Care? This program is a partnership specifically designed for EFM families identified as Category IV or V. EFMP Respite Care will help Navy families with children with special needs by providing 40 hours of respite care a month so they can leave the house, go to an appointment or just rest, knowing your child is well cared for. For Navy Active Duty and Reserve on Active Duty, children must reside with the service member.
- **Childcare Subsidy Program** (877)501-2233 The Working Connections Child Care program pays for child care subsidies to eligible households with parents who are working or are participating in a DSHS approved work activity and whose children meet citizenship requirements.

AUTISM DISABILITY & ADVOCACY

- **Washington Autism Alliance and Advocacy** (WAAA) www.washingtonautismadvocacy.org
Access to healthcare, education and services for people with autism spectrum disorders (ASD's) & related intellectual and developmental disabilities (IDD) in Washington State. Advocacy <https://washingtonautismalliance.org/advocacy/>
- **Benefits Law Center** www.benefitslawcenter.org/
Legal advocacy, physical & mental disability, DHAP & SSAP projects, Social Security, SSDI, SSI.
- **WA PAVE:** (800)5-PARENT This is for parents of students ages 3-22, 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. <https://wapave.org/parent-family/links-for-parent-and-family/>
- **UW Advocacy Organization Directory** <https://depts.washington.edu/uwautism/resources/organizations/#advocacy>
- **Autistic Self Advocacy Netowrk:** <https://autisticadvocacy.org/>
- **Washington State Governor's Office of Education Ombuds** Online Intake Form <https://www.oeo.wa.gov/en> (866)297-2597
- **WA State Special Education Ombuds** (360) 725-6075 <https://www.oeo.wa.gov/en/education-issues/supports-students-disabilities/special-education-links-and-resources>
- **Office of DD Ombuds** (833)727-8900 <https://ddombuds.org/> Complaint line
- **NW Justice Department:** CLEAR Line <https://nwjustice.org/clear-hotline>
- **Navy School Liaison** NASWI Email: NASWI.SLO.CNRNW@navy.mil (360)257-6863
- **Autism National Committee** (AutCom) <https://www.autcom.org/>

ADULT AUTISM RESOURCES

UW Autism Center: Could I Be Autistic? A Free Webinar for the Self-Diagnosed and Wondering
Have you felt different from other people your entire life? Did learning about autism seem to explain a lot about you? Presented by the University of Washington Autism Center's autistic psychologist Dr. Lucas Harrington, this 20- minute on-demand video will help you consider the pros and cons of seeking a formal autism evaluation and then provide strategies and resources you can use without an official diagnosis.

- **Teenagers or adults** who have self-identified as autistic or wonder if they are autistic
<https://depts.washington.edu/uwautism/resources/adult-resources/>
- **UW Medicine Adult Autism Clinic** <https://www.uwmedicine.org/locations/adult-autism>
- **Autism Speaks Adult Resources** <https://www.autismspeaks.org/resources-autistic-adults>
Including: Adult autism diagnostic provider list, self-diagnosed adult autism community resources
- **Newly Diagnosed:** Autism Research Institute: <https://autism.org/?s=adult>
- **Washington Autism Alliance** has a variety of topics including transition IEPs and Diagnosis
<https://washingtonautismalliance.org/?s=adult>

INDIVIDUALIZED FAMILY SERVICE PLAN (IFSP)

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: Steps (360)679-1039 <https://takingstepstogether.org/>
- Camano Island: Sherwood Community Services (360)629-1236 <https://www.sherwoodcs.org/birth-to-three-road-map>

INDIVIDUALIZED EDUCATION PROGRAM (IEP)

IEP Individualized Education Program- **Ages 3 to 22 years old.** Special Education - 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 (FAPE).

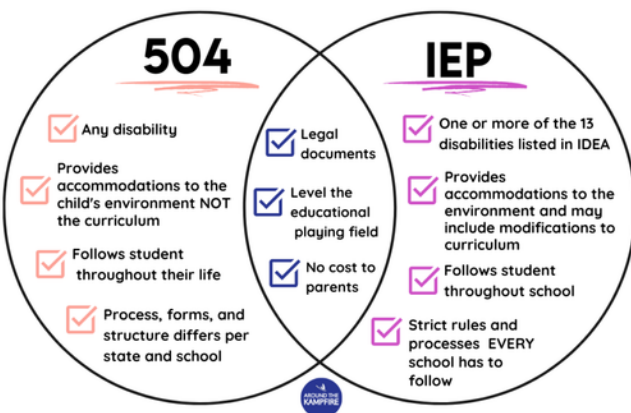
<https://www.k12.wa.us/student-success/special-education>

What is an individualized education program or "IEP?"

An IEP is a detailed description of the instruction and services a student with disabilities needs to receive a free appropriate public education. The individualized education program, or IEP, is a document describing the specific special education services a student will receive. An IEP is a legal document and students are entitled to receive all of the services outlined in the IEP. An IEP should be tailored to a student's educational needs, and it can include creative strategies for delivering services.

Approximately up to 184,000 students in Washington state receive special education services, representing about 14% of the student population, with enrollment growing 14% from 2012–2022. Special education costs over 14.5% of the state's public education budget, with per-pupil spending varying widely by district (\$8,708 to \$33,056).

IEP VS 504 PLAN



How does a 504 plan differ from an IEP? The basic difference between an IEP and a 504 plan can be summed up in one sentence: both plans provide for accommodations, but only an IEP provides for specialized instruction for students in grades K–12, while a 504 plan can serve students at both the K–12 and college levels.

SPECIAL EDUCATION ADVOCACY & RESOURCES

- Federal: **US Department of Education**: Office of Special Education Programs <https://www.ed.gov/about/ed-offices/osers/osep> (800)872-5327 for infants, toddlers, children and youth with disabilities ages birth through 22 by providing leadership and financial support to assist states and local districts. Laws & Policy for Special Education <https://www.ed.gov/laws-and-policy/individuals-disabilities>
- Washington State: **Office of Superintendent of Public Instruction (OSPI)–Special Education** (360)725-6075 <https://www.k12.wa.us/student-success/special-education> Special Education serves approximately 143,000 eligible students in Washington State. We are here to fulfill the requirements of the federal Individuals with Disabilities Education Act (IDEA), which ensures that all children with disabilities have access to a free and appropriate public education. Special Education Procedural Safeguards <https://ospi.k12.wa.us/sites/default/files/2023-10/proceduralsafeguards.pdf>
- **Washington State Governor's Office of the Education Ombudsman** <http://oeo.wa.gov> (866) 297-2597 Email: OEOfinfo@gov.wa.gov Listen to concerns and perspectives, Advocate for consumer access to fair processes. Ensure focus is on positive student outcomes. Resolve complaints through alternative dispute resolution techniques. Collect data, identify trends, and report recommendations to policy makers and elected officials to improve educational access and outcomes for students **Special Education Ombuds** (360)725-6075 <https://www.oeo.wa.gov/en/education-issues/supports-students-disabilities/special-education-links-and-resources>
- **Navy School Liaison** NASWI Whidbey Island <https://whidbey.navylifepnw.com/programs/8b8d8013-f6ff-4df2-a478-4f279507da16> (360)257-6863 Email: naswislo.cnrnw@navy.mil The School Liaison is the primary point of contact between the military installation, the local schools and school districts, transitioning families and the community at large.
- **Washington PAVE** (800)5-PARENT <http://wapave.org> Email: pave@wapave.org
PAVE works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. Since 1979, PAVE has provided information, training and support for over 1,000,000 individuals with disabilities, parents and professionals
- **Washington Autism Alliance and Advocacy** (425)894-7231 <http://www.washingtonautismadvocacy.org> WAAA provides access to a supportive network of families of children on the spectrum who help find providers and school services, as well as personal support.
- **Your Child's Rights: Autism and School**
<https://www.autismspeaks.org/autism-school-your-childs-rights>
- **Understanding Special Education/IEPs** <https://www.understood.org/en/topics/ieps>
- Autism Speaks **Guide to IEP Toolkit**
<https://www.autismspeaks.org/tool-kit/guide-individualized-education-programs-iep>

BENEFIT & FINANCIAL ASSISTANCE

FEDERAL, STATE & COUNTY SUPPORT AND PROGRAMS

- Federal: **Social Security Administration** (SSA/SSI/SSDI) <https://www.ssa.gov/> (800)772-1213
Determines eligibility for Supplemental Security Income (SSI) and other SSA programs
- WA State: **Developmental Disabilities Administration** (DDA) <https://www.dshs.wa.gov/dda>
Home and community-based services for children and adults with developmental disabilities, including Medicaid Personal Care, Employment, Supported Living, Therapies and Respite Island County Region 2 Intake & Eligibility (800)326-1247 Email: DD2IETEAM@dshs.wa.gov General Info: (800)491-5266 & (360)544-6453
- County: **Island County Developmental Disabilities** Mike Etzell (360)499-5401 mikeet@islandcountywa.gov
Coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have 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.

LEGAL, FINANCIAL AND BENEFIT ASSISTANCE

- **Northwest Justice Project** CLEAR Hotline (888)201-1014 Washington's free, centralized intake, advice and referral service for low income people seeking free legal advice with civil (not criminal) legal problems. WA Law Help www.washingtonlawhelp.org/ Provides education, materials, tools and information for an array of legal , issues, linking to programs and resources.
- **Disability Rights of Washington** (DRW) (800)562-2702 www.disabilityrightswa.org
Legal services for disability rights violations, general information about legal rights
- **Benefits Law Center** www.benefitslawcenter.org
Legal advocacy, physical & mental disability, DHAP & SSAP projects, Social Security, SSDI, SSI.
- **Northwest Access Fund** (206)328-5116 <https://www.nwaccessfund.org/>
Our programs are open to all people with disabilities, including seniors of all incomes, all ages, and all types of disabilities. Online classes for youths and adults regarding applying for SSI, budgeting and more. Benefit applications, SSI/SSDI, state resources, working & SSI, loans and more.
- **Benefits U** <https://benefitu.org/> BenefitU is your go-to website to navigate your government benefits.

ASSISTIVE TECHNOLOGY

- **University of WA Center on Technology & Disability** <https://uwctds.washington.edu/direct-services> The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more.
- Washington Assistive Technology Act Program Technology resources for employment, education and independent living. <https://watap.org/>
- Western WA University-The **Ershig Assistive Technology Resource** (360)650-2783 <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
- **Safe In Home** empowers people to live independently in their own homes and communities using a remote supports staff and assistive technologies. www.safeinhome.com

Understanding the Bigger Picture of Government Programs

FEDERAL PROGRAMS

SUPPLEMENTAL SECURITY INCOME (SSI)

- Linked to Medicaid
- Provides Monthly payments to adults/children with a disability, income and resource qualifications
(800)772-1213

SOCIAL SECURITY ADMINISTRATION (SSA)

- US Citizen
- Medically Disabled
- Apply at age 18 or younger, based on income
(800)772-1213

SOCIAL SECURITY DISABILITY INSURANCE (SSDI)

- Paid into the system through employment
- Or based on parents
- Medicare
(800)772-1213

WASHINGTON STATE PROGRAMS

Developmental Disabilities Administration (DDA)

- Early Intervention Services (Birth-3)
- Case Management
- DD Endowment Trust Fund
- Employment Support
- Supported Living Program
- Adult Family Home Referral
- Personal Care Services
Island County Region 2
(800)326-1247
Email:
DDA2IETEAM@dshs.wa.gov

WA Sensory Disability Services (WSDS)

(800)572-7000
www.wsdswa.gov

Home and Community Services (HCS)

- Services seniors and adults with disabilities who do not qualify for DDCS
- COPES (Physical Needs)
- MPC Personal Care
- Nursing Facilities
- Adult Family Homes
- Assisted Living
Island County Region 2
(360)429-2961
Northwest Regional Council
(360)676-6749

Department of Services for the Blind (DBS)

- Services to support home, school, mobility and employment
(800)552-7103

Community Service Office (CSO)

- Medicaid
- Childcare
- Food Stamps/SNAP
- Financial
- Employment/Training
Island County (877)501-2233
www.dshs.wa.gov

Division of Vocational Rehabilitation (DVR)

- offers vocational rehabilitation services designed to help you prepare for, get, keep and or advance in a job. Begins working with students in their final year of school.
Everett (425)339-4880
Mt. Vernon (360)429-3097

Island County

- Developmental Disabilities contracts with community providers that include: Birth-Three Early Intervention Services and Employment Support (job development/coaching) Mike Etzell (360)499-5401 call/text
- Island County Parent to Parent Tiffany Wheeler-Thompson (360)632-7539 call/text

HOW DO I KEEP MY CHILD WITH AUTISM SAFE?



Roughly half (48%) of children with Autism Spectrum Disorder attempt to elope from a safe environment.



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/> Be REDy Booklet for parents.

- **Wandering:** Drowning risk after elopment/wandering. <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>
- **Autism and Wandering** Child Institute <https://childmind.org/article/autism-plus-wandering/>
- **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/autism-safety>
- **Emergency Preparedness for People with Disabilities:** <https://www.ready.gov/people-disabilities>
- **Webinars and Research info** by SPARK: <https://sparkforautism.org/portal/page/?s=safety> training, sensory, bullying, wandering and more <https://www.autism.org/webinars/>

It is common that an Autistic child may not understand the dangers of parking lots/ open areas. Talk to your child's doctor about obtaining an accessible parking pass.

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>
- Behavior Basics Classes with Seattle Children's <https://www.seattlechildrens.org/health-safety/classes-events/behavior-basics-class/>
- **Taming Tantrums and Managing Meltdowns** <https://www.understood.org/en/articles/tips-tween-meltdowns>
- **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.

WHAT IS APPLIED BEHAVIOR ANALYSIS (ABA)?

Key Benefits of ABA THERAPY



IMPROVED BEHAVIOR

ABA therapy focuses on targeting specific behaviors and teaching individuals more adaptive and socially appropriate ways to communicate and interact with others. Through reinforcement strategies, such as positive reinforcement and token systems, individuals learn to replace challenging behaviors with more desirable ones.

ENHANCED COMMUNICATION SKILLS

ABA therapy places a strong emphasis on improving communication skills. It helps individuals develop effective communication methods, such as using words, gestures, or augmentative and alternative communication (AAC) systems. These skills promote better social interactions and support individuals in expressing their needs and wants.



INCREASED INDEPENDENCE

ABA therapy aims to enhance individuals' independence by teaching them essential life skills. This may include tasks such as self-care routines, following instructions, and completing daily activities independently. By breaking down complex skills into smaller, achievable steps, ABA therapy promotes gradual skill acquisition and fosters independence.



GENERALIZATION OF SKILLS

ABA therapy strives to ensure that the skills individuals learn during therapy sessions are generalized to various settings and situations. By implementing interventions across different environments, such as home, school, and community, ABA therapy helps individuals apply their newly acquired skills in real-life scenarios.



SUPPORT FOR CAREGIVERS

ABA therapy involves active participation from caregivers and family members. They are provided with training and support to implement behavior strategies consistently and effectively at home. This empowers caregivers by equipping them with the necessary tools and techniques to support their loved ones in their day-to-day lives.



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. <https://www.autismspeaks.org/applied-behavior-analysis>

ABA therapy programs can help: Increase language and communication skills, improve attention, focus, social skills, memory, and academics, Decrease problem behaviors. ABA therapy for children with autism uses positive reinforcement to encourage desired behaviors and can be integrated into play and other activities.

<https://www.youtube.com/watch?v=E1qUzSXZOIQ>

APPLIED BEHAVIOR ANALYSIS (ABA) THERAPY in ISLAND COUNTY

- **Star Behavior Consulting** (850)417-2067
<https://starbehaviorconsulting.com/>
- **Leaps and Beyond, Inc** (866)240-0808
<https://leapsandbeyond.com/>
- **Blue Water Behavioral Consulting** (360)333-5684
<https://bluewateraba.com/>
- **Positive Behavior Supports (PBS)** (855)832-6727
<https://www.teampbs.com/>
- **Steps Neurodevelopmental Center Ages 3-5** (360)679-1039 <https://takingstepstogether.org/>

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>
- **Questions to Ask your ABA Therapist** <https://www.autismspeaks.org/blog/questions-ask-aba-therapist>

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://autism.org/comorbidities-of-autism/>

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).

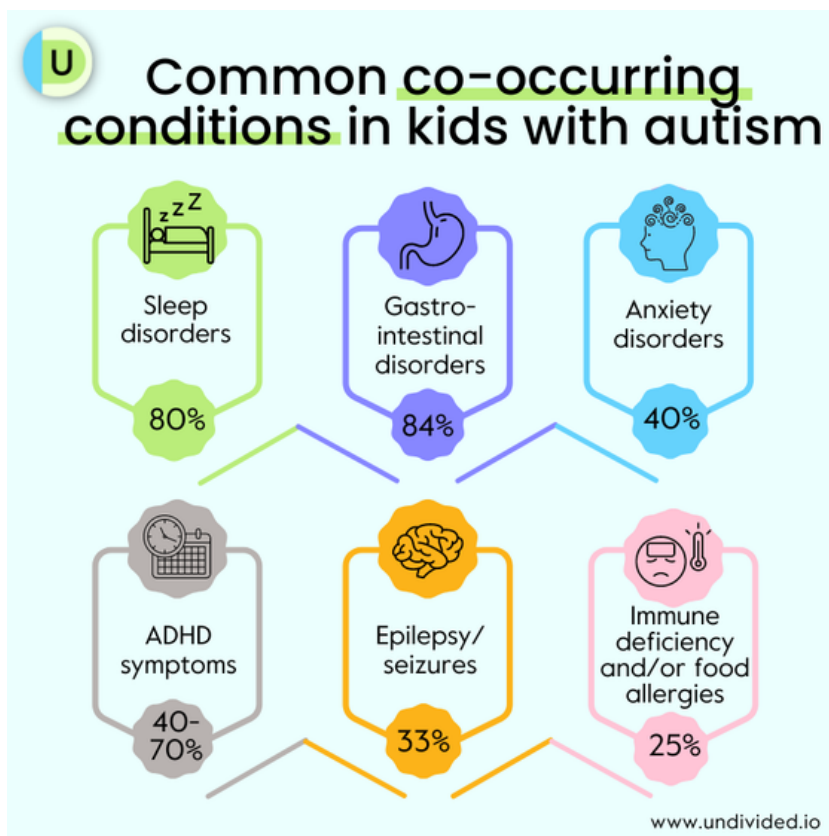
Autistic people can experience both **hypersensitivity** (over-responsiveness) and **hyposensitivity** (under-responsiveness) to a wide range of stimuli. Most people have a combination of both.

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/co-occurring 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>

- **Autism and Sensory Issues** <https://www.autismspeaks.org/sensory-issues>
- **Sensory Integration and Autism** <https://autism.org/sensory-integration/>



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.

THERAPIES (OT, PT, SLP, ART/PLAY, HORSE)

Occupational Therapy (OT), Physical Therapy (PT), Speech Therapy (SLP)

- **Whidbey Health** OT, PT & SLP (360)678-7619 (360)321-7656xt2250 (360)679-1415
- **Island Hospital** OT, PT & SLP (360)299-1328 Anacortes
- **Oak Harbor Physical Therapy** 360-279-0100
- **IRG Physical Therapy** (360)914-5504 Oak Harbor
- **Harada Physical Therapy & Rehab Services** (360)679-8600 (360)682-2770
- **Coupeville Physical Therapy** PT/OT (360)678-1200 Coupeville
- **Move Well** PT (360)331-0337 Freeland
- **Island Speech** (360)299-8676 Anacortes
- **South Whidbey Physical Therapy** (360)331-5272
- **Whidbey Performance Physical Therapy** (360)331-0141
- **Life Without Limits** OTR/L Oak Harbor-Log Cabin Building (360)675-6000 Sharon Andor
- **WA Elks Therapy Program for Children** OT/PT(800)825-3557 All Island
- **Stanwood Camano Physical Therapy** (360) 629-8043 Stanwood
- **North Sound Physical Therapy** Stanwood (360)629-9768
- **Hand Therapy** Stanwood (360)629-9768 OH(360)279-1445
- **Saratoga Transitional Rehabilitation** (360)629-2126 <https://www.josephinecc.com/transitional-rehabilitation/>
- **Hope Therapeutic Riding Program** (360) 221-7656 Langley <https://www.hopewhidbey.com/>
- **Iron Hills Ranch** Jaimie @ (360)632-5931 <https://www.ironmillsranch.com/therapy-services/>
- **NW Riding Academy** in Oak Harbor <https://pnwriding.com/>
- **Plaeful Counseing** (360)221-6808 xt 2706 <https://plaefulcounseling.com> Play therapy is to children what counseling is to adults. Ages 3-12
- **Everbloom** Speech (425)405-0241 Whidbey & Camano

* There may be a waitlist for some services. Get on as many waitlists as your insurance allows.

GETTING A HAIRCUT

- Haircuts, and Doctors, and Dentists, OH MY!, videos by National Autism Association 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 Kits by Autism Speaks: <https://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit>
<https://www.autismspeaks.org/tool-kit/autism-dental-care>
- 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>

TOILET 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>

EATING ISSUES

- 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

Children with autism spectrum disorder (ASD) tend to have 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.

- 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>
- Gastrointestinal, Acid Reflux and Autism www.adult-autism.health.harvard.edu/resources/gastroesophageal-reflux-disease-gerd-and-acid-reflux/

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.

BLOOD DRAWS

- A 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/>
- Autism and Blood Draw, What to Expect <https://autism.org/blood-draw-autism-video/>

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: National Library of Medicine <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4770638/>
- Sleep Resources and Autism: <https://www.sleephealthfoundation.org.au/autism-in-children-and-sleep.html>
- Strategies to improve sleep in Autistics <https://www.autismspeaks.org/tool-kit/strategies-improve-sleep-children-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).

- **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/>

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. Approximately 25-30% of children with Autism Spectrum Disorder (ASD) develop epilepsy, with seizure risks peaking in early childhood (1-5 years) and adolescence (11-18 years). Seizures are more common in those with lower IQ, non-verbal autism, or genetic/metabolic causes. Common types include generalized tonic-clonic and focal seizures.

- **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>

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** Another resource from King County: 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://kingcounty.gov/en/dept/dph/health-safety/health-centers-programs-services/sexual-and-reproductive-health/sexual-health-education/flash>

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 Conversations about Autism and Puberty** 90 minute pre-recorded video from Seattle Children's <https://www.youtube.com/watch?v=adjedrPyhQk>

SYMPTOMS OF AUTISM IN CHILDREN VS ADULTS

Symptoms Of Autism In Children	Symptoms Of Autism In Adults
1. Delayed speech and language skills	1. Difficulty with social interactions and relationships
2. Lack of interest in playing with other	2. Difficulty understanding other people's perspectives or feelings
3. Repetitive behaviors, such as hand flapping or rocking back and forth	3. Strong adherence to routines and difficulty with change
4. Aggression or self-injurious behaviors, such as head-banging or biting	4. Difficulty with nonverbal communication, such as facial expressions or body language
5. Fixation on certain topics or objects	5. Difficulty with job interviews or maintaining employment
6. Sensitivity to sensory input, such as textures, smells, or sounds	6. Difficulty making friends or maintaining friendships
7. Difficulty with transitions or changes in routine	7. Tendency to take things very literally or difficulty with sarcasm/humor
8. Difficulty with pretend play or imaginative activities	8. Difficulty with executive functioning, such as planning or organizing tasks



EFFECTS OF AUTISM: BOYS VS. GIRLS



More repetitive behaviors	↻	Fewer repetitive behaviors, like hand flapping 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

HELP IS THREE NUMBERS AWAY!

988 SUICIDE & CRISIS LIFELINE They can help with: • Thoughts of suicide • Mental health crisis • Substance use crisis • Emotional distress	211 COMMUNITY RESOURCES & REFERRALS They can help with: • Food • Housing • Utility Assistance • Healthcare Services • Childcare • Employment • Support Groups	911 MEDICAL & PUBLIC SAFETY EMERGENCIES They can help with: • Medical • Fire • Crime • Abduction • Domestic Violence • Impaired Driving • Suspicious Activities
--	--	--



THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

The Trevor Project offers 24/7 crisis support for LGBTQ+, including online chat and text options. Learn more at TheTrevorProject.org

NAMI-Navigating a Mental Health Crisis Guide
<https://www.nami.org/research/publications-reports/guides/navigating-a-mental-health-crisis/>

BEHAVIORAL HEALTH/MENTAL HEALTH

- Mental Health **Crisis Line** (available 24 hours) (800)584-3578
- National **Suicide** Prevention Lifeline (800)273-8255
- **Texting** Crisis Line available 24 hours a Day/7 Days a Week 741741 & 988
- **Island County Outreach** Behavioral Health (360)678-2346
- Access Line for **Medicaid Outpatient** Services (888)693-7200
- Trevor Project **LGBTQ** (866)488-7386 Text #678-678
- Washington's Mental Health Referral Service for **Children and Teens** (833)303-5437
 F 8am to 5p.m for a referral specialist and information.
<https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/>
- National Institute of Mental Health **NAMI** www.nimh.nih.gov <http://www.nami.org>
 NAMI Skagit www.namiskagit.org NAMI advocates for access to services, treatment, supports and research. NAMI Support Groups: Mt. Vernon (360)770-5666 Anacortes (369)424-8224 Camano (360)941-0996 or 360-420-7422

M-

INPATIENT/OUTPATIENT BEHAVIORAL HEALTH

- For a **comprehensive list** of individual therapist in Island County
<https://www.psychologytoday.com/us/therapists/wa/island-county>
- **Ituah:** Island County Stabilization Center Oak Harbor (360)499-7011
 Voluntary sub-acute detox short-term residential facility for people experiencing substance use issues and/or mental health crisis.
<https://pioneerhumanservices.org/treatment/ituha-stabilization-facility/>
- 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
- Compass Health OH (360)682-4100 Coupeville (360)678-5555
<http://www.compasshealth.org> **Medicaid only**
- Sea Mar Community Health Centers (360) 679-7676
<https://www.seamar.org/island-bh-oakharbor.html> **Medicaid only**
- Sunrise Community Behavioral Health OH (360) 544-3800 Camano (360)929-8490 Medicaid Only
- Island Hospital Psychiatry and Behavioral Health Anacortes (360)299-4297
- Behavioral Health Urgent Care Everett (425)261-4510

Don't forget to check the Island County Behavioral Health Resource Guide on our website
<https://www.islandcountywa.gov/198/Parent-to-Parent>

HEALTH INSURANCE ACCESS

- **Washington Health Plan Finder** (855)923-4633; TTY (855)-627-9604
<https://www.wahealthplanfinder.org/us/en/home-page.html>
 - **WAHealthPlanFinder.org** is the official insurance exchange for Washington State use this site to apply for Apple Health for Kids, Medicaid, and Affordable Care Act (ACA) health plans.
 - **Health Care Authority/Apple Health/Medicaid** <http://www.hca.wa.gov> (800)562-3022
Managed Care Health Plans offered by Apple Health.
1. Amerigroup (800)600-4441
 2. Community Health Plan of WA (800)440-1561
 3. Coordinated Care Corp (877)644-4613
 4. Molina Healthcare of WA (800) 869-7165 (as of April 2026, most healthcare providers in Island County do not accept Molina)
 5. United Healthcare Community Plan (877)542-8997

*Many Apple Health recipients may qualify for a free cell phone with minutes/data. If your child experiences a developmental delay and is on Medicaid after age 4, they may qualify for free diapers. Call your Apple Health provider for more details.

Other programs that can assist on applying for healthcare includes:

- **Within Reach** <https://resources.helpmegrowwa.org/> (800) 322-2588
- **Opportunity Council** (360) 679-6577 (800) 317-5427
- **State Health Insurance Benefits Advisors (SHIBA)** (800)562-6900
- **Washington State Insurance Commissioner** (800)562-6900
- **Tricare Military Medical Insurance** (844)866-9378

AREA HOSPITALS

- **Whidbey Health** (360)678-5151 Coupeville
- **Island Hospital** (360)299-1300 Anacortes
- **Providence Regional Medical Center**
Everett: Colby Campus (425)261-2000 Everett Pacific Campus (425) 261-2000
- **Skagit Regional Health Hospital** (360)424-4111 300 Mt Vernon
- **Seattle Children's Hospital** (206)987-2000 <http://www.seattlechildrens.org>
- **University of Washington Medical Center** (206)520-5000 <https://www.uwmedicine.org>

WALK –IN CLINICS Most are closed on Sundays. Always call ahead.

- Whidbey Health : Clinton (360)341-5252
- Coupeville (360)682-2814
- Oak Harbor (360)679-5590
- North Island Medical Oak Harbor (360)682-5444
- Everett Clinic/Optum—Stanwood (360)629-1505
- Island Hospital Walk In Anacortes (360)293-3101
- Skagit Regional Health (360)428-2500

Local Sensory Friendly Opportunities



- **Sensory Friendly Movies at Oak Harbor Cinemas** with Parent to Parent
Feel free to be yourself at these unique showings for people living with autism or other special needs. Lowered sound, lights on low, staff is aware and trained, all intended to make the experience less overwhelming. Get up and dance, walk, shout or sing! Be around others that “get it”! First Saturday of the Month @ 2pm. \$8 per person
<https://oakharcinemas.com/> Updates on Parent to Parent Facebook Page.
<https://www.facebook.com/islandcountyparent2parent>
- **Swimming: Sensory Splash at Oak Harbor Pool** Sensory Splash is a swim time dedicated to community members with special needs and their families. As of January 1, 2026 it is Sundays Noon-1:00pm. Call for rates. Adult must be in the pool with kiddos ages 6 and under (360)675-7665 <https://nwpprd.org/jympool-information>
- **Oak Harbor Parades offer “Sensory Friendly Zone”** All Oak Harbor parades will offer a Sensory Friendly Zone and designated parking. Look for the sign. No horns, no loud music (however, bands will play the same volume), the participants are aware that our families may not feel comfortable with strangers, our goal is to make the experience less overwhelming for all. For more details check Island County Parent to Parent website for times, dates, locations, etc.
<https://www.islandcountywa.gov/198/Parent-to-Parent>
- **Langley Whale Center Sensory Hour** A quieter, calmer time at the Center with reduced lights and sounds. Sensory Hour is designed to provide a more accessible and comfortable experience for guests who benefit from a less stimulating environment. This will continue every third Friday of the month, 10am-11am. Mark your calendars and come enjoy a peaceful visit with the whales. (360)221-7505 <https://www.orcanetwork.org/>
- **Walmart Sensory Sensitive Time** Walmart offers daily sensory-friendly hours from 8 AM to 10 AM local time in all U.S. and Puerto Rico stores. During these hours, stores reduce sensory stimulation by turning off the radio, displaying static images on TV walls, and lowering lights to create a calmer shopping environment.
<https://corporate.walmart.com/news/2023/11/07/small-changes-big-impact-sensory-friendly-hours-return>
- **Sensory Time at Imagine Children’s Museum** is a special Sunday program for families with children on the autism spectrum, children with sensory processing disorders and children with other special needs. During Sensory Time, Imagine Children’s Museum in Everett, WA provides these families exclusive access to the North side of the Museum between 9–11am <https://www.imaginecm.org/inclusion/>
- **Special Olympics** We accept anyone age 8 and over. We have athletes in their 70’s. No skills needed. No pressure. Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. No skills needed. This is a FREE program.
- **Contacts/coaches:**
- **Oak Harbor/North Whidbey** Email: wispecialolympics@gmail.com
- **South Whidbey** Coach Mike Etzell (360)499-5401 call/text

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 in South Whidbey near the intersection of Hwy 525 & Craw Rd

Topic**Description****Page**

What is Autism?	Learning about ASD, First Steps: Assessment/Evaluation It's Autism, What's Next?	3-5
Support & Social Opportunities	Family Support, Sibling & Kinship, Social Groups, Advocacy, Respite & Childcare	6-9
Autism & Advocacy	Autism Disability & Advocacy Groups Adult Autism Resources	10
Special Education	IFSP, IEP, 504 Plan, Special Education Resources	11-12
Federal, State, County Benefits/Assistance	SSI, DDA, Island County DD, Legal, Financial and Benefit Assistance, Assistive Technology, Federal, State & County Graph	13-14
Safety Behaviors	How Do I Keep My Child Safe? Challenging Behaviors	15
ABA	What is Applied Behavior Analysis? Local Providers	16
Co-Occurring Conditions	Sensory Processing Disorder, Anxiety Disorder, ADHD, Gastrointestinal	17
Therapies, Respite Care, Tips and Tools	PT/OT/SLP/Horse, Respite Care Providers, Haircut, Dentist, Toilet Training, Eating Issues, Tummy Issues, Blood Draws, Sleep Issues, Vision, Seizures, Puberty	18-21
Behavioral Health	Resources, Providers, NAMI, Inpatient, Outpatient	22
Healthcare	Healthcare, Hospitals, Urgent Care	23
Activities	Sensory friendly opportunities in our community	24

Autism Partnership of Island County APIC

AUTISM RESOURCES FOR FAMILIES

RECURSOS SOBRE EL AUTISMO PARA FAMILIAS

What is Autism?

Autism Spectrum Disorder (ASD) refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and non verbal communication. According to the Center for Disease Control, autism affects an estimated 1 in 31 children today.

They say "It Takes A Village" but in our case, "It Takes Two Islands"

**FOR MORE
INFORMATION**



www.pilotace.org

English and Spanish Website



**AUTISM RESOURCES,
INFORMATION, CONNECTIONS
AND SUPPORT FOR FAMILIES
IN ISLAND COUNTY**

- Have a Concern?
Tiene Alguna Inquietud?
- Need a Screening?
Necesita un Examen?
- Need Resources?
Necesita Recursos?
- Need Support?
Necesita Ayuda?