

Island County Autism Spectrum Disorder Resource Guide



Autism Resources, Information & Support



ASD Resource
Website

[Autism Resources for Families in Island County Website](#)

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

This and other resource guides available on the Parent to Parent website
<https://www.islandcountywa.gov/198/Parent-to-Parent>



Parent to Parent
Website

Topics

Page

What is Autism Spectrum Disorder (ASD)?	3
Learning About Autism	4
Universal Developmental Screenings, Child Find, Centers of Excellence, ASD Centers	5
It's Autism Spectrum Disorder, What's Next?	6
Family Support, Sibling & Kinship Support, Social Groups, Self Advocacy	7-8
Support Training Videos/Webinars, ASD Research & Advocacy, Parent Training, Adult Autism Resources	9
How Do I Keep My Kid Safe?	10
Medical and Home Support, What is Applied Behavior Analysis (ABA)? ABA Providers & Information	11
Help with Challenging Behaviors, Behavioral Health (formally known as mental health/illness), Co-Occurring Issues	12&13
Sensory, Sensory Processing Disorder (SPD), Dentist, Haircut	14
Toilet Training, Eating Issues, Tummy, Blood Draws	15
Vision, Seizures, Sleep Issues	16
Puberty	17
IFSP, IEP, Special Education Resources & Advocacy	18&19
Assistive Technology	19
County/State/Federal Support	20
Legal, Financial and Benefits Planning and Resources	20
Spanish Resources	21

Autism Spectrum Disorder (ASD)

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 32 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 specific (PDD-NOS) and Asperger syndrome.*

Data shows that as of 2023 **1 out of 32** kiddos may have ASD. Boys are more likely than girls. Research has shown that girls are better at accommodating and adjusting to their surrounding so they are less likely to be “flagged” as possible ASD.



Island County Autism Spectrum Disorder Resource Website

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

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

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

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

Washington State Department of Health Autism Guidebook

Is very large and cumbersome but has some great ideas. Published in 2016

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

Conversations about Autism: Seattle Children's Hospital

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

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

Resources for Families from UW Autism Center <https://depts.washington.edu/uwautism/>

AS360 Autism: Answers, support and Community with University of Washington - UW Medicine
<https://www.as360.org/>

UNIVERSAL DEVELOPMENTAL SCREENINGS

No Referral Needed!

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

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

Child Find: 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

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. **AS360** Autism: Answers, support and Community with University of Washington - UW Medicine <https://www.as360.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, <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
<https://www.autismspeaks.org/tool-kit/parents-guide-autism>

The On Time Autism Intervention Podcast 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/>

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/>

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. Want to be added to the distribution list? Email Tiffany your email or snail mail address at t.wheeler-thompson@islandcountywa.gov Website contains monthly newsletters and various resources for all ages and stages including Disabilities, Autism, Behavioral Health, Transition and more. Check out the robust Facebook page. 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

Mission 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**

☐ **Support Meetings**

☐ **Educational Workshops**

☐ **Social/Recreational Events**

☐ **Presentations in our Community**

Island County
Parent to Parent

Island County
Parent to Parent
Facebook Page

Autism Resources
for Island County
Families



Call/Text (360)632-7539 <https://www.islandcountywa.gov/198/Parent-to-Parent>

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



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
pamiespanol@gmail.com

University of Washington Caregiver Virtual Support Group <https://depts.washington.edu/uwautism/resources/hosts-uwac-caregiver-support-resource-zoom-group/>

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 and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

SUPPORT/SOCIAL/SELF ADVOCACY

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 Call or email Diane **(360)720-4918**

pmmdfm@cablespeed.com Support and advocacy for adults with disabilities that meets monthly for support, advocacy skills and social events.

Circle of Friends <https://www.facebook.com/groups/613260006484363> Community of adults with disabilities that gather a couple of times a month to hang out, go to dinner, etc.

Washington Father's Network: <https://fathersnetwork.org/> Mike Etzell **(360)499-5401**

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**

Navy School Liaison NASWI (360)257-6863 naswislo.cnrnw@navy.mil

SIBLING & KINSHIP EDUCATION AND SUPPORT

Siblings Guide to Autism, by Autism Speaks:

<https://www.autismspeaks.org/sites/default/files/2018-08/Siblings%20Guide%20to%20Autism.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>

Grandparent's Guide to Autism" and "Friend's Guide to Autism", by Autism Speaks:

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

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.

<https://www.seattlechildrens.org/health-safety/classes-events/conversations-about-autism/>

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/>

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

PARENT TRAINING

Island County Early Childhood & Parent Program (360)678-7880

Blue Water Behavior Consulting Anacortes (360)333-5684

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

Connected Families Joy@connectedtoplay.com

AUTISM RESEARCH & ADVOCACY

Washington Autism Alliance and Advocacy www.washingtonautismadvocacy.org

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

WA PAVE: (800)5-PARENT

The process of special education can feel overwhelming for parents already working hard to manage home and medical challenges. This is for parents of students ages 3-22, 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.

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

Navy School Liaisons NASWI NASWI.SLO.CNRNW@navy.mil (360)257-6863

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.

Target Audience: Teenagers or adults who have self-identified as autistic or wonder if they are autistic <https://depts.washington.edu/uwautism/resources/adult-resources/>

Including: Adult Autism Diagnostic Provider List, Self-Diagnosed Adult Autism Community Resources

Washington Autism Alliance has a variety of topics including transition IEPs and Diagnosis <https://washingtonautismalliance.org/?s=adult>

HOW DO I KEEP MY CHILD WITH AUTISM SAFE?

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



Wandering Brochure by NAA.:

<http://awaare.nationalautismassociation.org/wp-content/uploads/2014/07/wanderingbrochure.pdf>

Safety Toolkit: <http://nationalautismassociation.org/store/#!/NAAs-Be-REDy-Booklet-for-Caregivers/p/57859415/category=241635>.

Wandering: How Affordable Smart-Home Technology Can Help Keep Our Kids Safe", webinar by NAA, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium> <https://nationalautismassociation.org/?s=wandering>

Autism-Related Wandering: Keeping Our Kids Safe", webinar by NAA, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium>

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

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

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

Life Journey Through Autism: A Guide to Safety:

https://researchautism.org/wp-content/uploads/2016/03/A_Guide_to_Safety.pdf

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>

Webinars and Research info by SPARK: <https://sparkforautism.org/discover/> 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 and open areas. Talk to your child's doctor about obtaining an accessible parking pass.

MEDICAL & HEALTH SUPPORT

How Nurses Can Support Children With Autism During Medical Visits

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

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

Island County Public Health, Desk Phone: (360)678-7939, Cell Phone: (360)544-2371

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

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

<https://www.bluesprigautism.com/bluesprig-oak-harbor/>

Leaps and Beyond, Inc. (866)240-0808 <https://leapsandbeyond.com/>

Blue Water Behavioral Consulting, (360)333-5684 <https://bluewateraba.com/>

Star Behavior Consulting (850)417-2067 <https://starbehaviorconsulting.com/>

Positive Behavior Supports (855)832-6727 <https://www.teampbs.com/>

ABA INFO

Parent's Guide to Applied Behavior Analysis, Science Blogs by Autism Speaks:

<https://www.autismspeaks.org/tool-kit/atnair-p-parents-guide-applied-behavior-analysis>

Getting Started With ABA: Asking the Right Questions

<https://www.autismspeaks.org/blog/getting-started-aba-asking-right-questions>

Helping Parents Understand ABA National Library of Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6269398/>

Most insurance companies require an Autism diagnosis before they will authorize ABA therapy

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>

Autism Speaks (888)288-4762 (888)AUTISM2

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

BEHAVIORAL HEALTH (Formally known as Mental Illness/Health)

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

National Suicide Prevention Lifeline (800)273-8255

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

M-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 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

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

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

<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>

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:

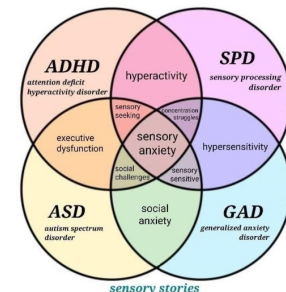
<http://nationalautismassociation.org/family-support/programs/autism-atrium>

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

Sensory Integration and Autism <https://autism.org/sensory-integration/>

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.



GETTING A HAIRCUT

Haircuts, and Doctors, and Dentists, OH MY!, video by National Autism Association, must register for free, to watch:

<http://nationalautismassociation.org/family-support/programs/autism-atrium>

Hair Cutting Training Guide for Stylists, by Autism Speaks:

<https://www.autismspeaks.org/sites/default/files/documents/haircuttingtrainingguide.pdf>

GOING TO THE DENTIST

Dental Tool Kit and ATN/AIR-P Dental Professionals' Tool Kit, by Autism Speaks:

<https://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit> <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-youcan-use/dental>

- **Oral Health Services for Children and Adolescents with Special Health Care Needs, A Resource Guide:** <https://www.mchoralhealth.org/PDFs/cshcn-resource-guide.pdf>
- **Making Visits the Dentist Easier for People with Autism**
<https://www.health.harvard.edu/blog/making-visits-to-the-dentist-easier-for-people-with-autism-spectrum-disorder-202106292513>

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 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.

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

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. 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>

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 Conversations about Autism and Puberty: <https://www.youtube.com/watch?v=adjedrPyhQk>

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>

EFFECTS OF AUTISM: BOYS VS. GIRLS

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



More repetitive behaviors	↺	Fewer repetitive behaviors, like hand, flopping or spinning
More "restricted", or overly focused - interests	🔍	Restricted interests tend to be more socially acceptable
tend to have trouble with vocabulary and word knowledge	🧩	better vocabulary and word knowledge

UTSAAH PSYCHOLOGY CLINIC

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

Camano Island: Sherwood Community Services (360)629-1236



IEP	BOTH	IFSP
The program focuses on the child's education; IEP services occur in a school setting; Services provided by the local educational agency (LEA) are tied to specific areas of eligibility; An IEP includes related services; The goal is for the child to have greater access to the school environment and meet their educational needs.	Both programs follow similar evaluative processes and are bound by child find obligations, and both require parental consent to establish services. They both identify the needs of the child and use that information to create measurable annual goals. The plans also monitor the child's progress and are reviewed on an annual basis. Both plans provide parents with a process to file a complaint or grievance.	Provides services in a natural or community setting; Provides direct training and services to family members or other caretakers; The goal is for the child to learn skills to overcome developmental delays and prepare the child for the school environment.

IEP Individualized Education Program- Ages 3 to 22 years old. Special Education

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

How IEPs Can Help Autistic Students, by Autism Speaks:

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

Early Intervention and School for Autism Spectrum Disorder

Your Child's Rights: Autism and School

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

Understanding Special Education Teachers: Parent's Guide

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

Guide to IEP Toolkit <https://www.autismspeaks.org/tool-kit/guide-individualized-education-programs-iep>

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 AND RESOURCES

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

US Department of Education: Office of Special Education Programs (800)872-5327

The Office of Special Education Programs (OSEP) is dedicated to improving results for infants, toddlers, children and youth with disabilities ages birth through 21 by providing leadership and financial support to assist states and local districts. <https://www2.ed.gov/about/offices/list/osers/osep/index.html>

Office of Superintendent of Public Instruction–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.

Washington PAVE –(800)5-PARENT <http://wapave.org> Email: pave@wapave.org PAVE is a parent directed organization that 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 State Governor's Office of the Education Ombudsman <http://oeo.wa.gov>

(866) 297-2597 Email: OEInfo@gov.wa.gov

The role of the Office of the Education Ombudsman is to: 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>

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.

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.

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 1

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

Technology resources for employment, education and independent living.

Special Education Technology Center (509)963-3350 <https://specialedtechcenter.com/>

Assists with special technology needs of special education students.

COUNTY, STATE AND FEDERAL SUPPORT

- **Social Security Administration (SSA)** <https://www.ssa.gov/> (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 Community Services DDCCS (formally 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 (800)491-5266 (360)544-6453 Everett: (425)740-6400 Mt. Vernon (360) 429-3103 Email: DD2IE@dshs.wa.gov

- **Island County Developmental Disabilities** Mike Etzell (360)499-5401

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

LEGAL, FINANCIAL AND BENEFIT 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

Benefits Law Center www.benefitslawcenter.org/

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

Jones & Ibrahim (206) 405-3240 <https://seattledisabilitylaw.com/>

Northwest Access Fund (206) 328-5116 <https://www.nwaccessfund.org/>

Benefits U <https://benefitu.org/>

BenefitU is your go-to website to navigate your benefits

Recursos Generales- Spanish Resources

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

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

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

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

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

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

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

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

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

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

Open Doors for Multicultural Families (253) 216-4479 Spanish 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.



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



Tiffany Wheeler-Thompson ,Coordinator
101 NW 1st Street, Coupeville, WA 98239
(360)632-7539 call/text
Email: t.wheeler-thompson@islandcountwa.gov

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

**Check us out on Facebook for up-to-date resources, information and activities www.facebook.com/islandcountyparent2parent



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/198/Parent-to-Parent>

- *Island County Disability Resource Guide
- *Island County Autism Spectrum Disorder Resource Guide
- *Island County Behavioral Health Resource Directory
- *Island County Family Resource Toolkits
- *Island County Transition Services Packet
- *Understanding Medical Insurance Workbook
- *Special Education Quick Guide

We make a true effort to keep this updated as much as possible. If you have suggestions or comments, contact Tiffany Wheeler-Thompson (360)632-7539call/text
t.wheeler-thompson@islandcountywa.gov **Updated July 2025**