

Resources for Every Day Help:

Separate Resource Pages available for: “Autism, What’s Next”, Autism Safety/Wandering/Police Interaction, Sex Ed/Puberty, and Spanish Resources, also available on www.arcoftricity.com

HELP WITH CHALLENGING BEHAVIORS:

“Challenging Behaviors Tool Kit”, by Autism Speaks: <https://www.autismspeaks.org/family-services/tool-kits/challenging-behaviors-tool-kit>

“Introduction to Behavioral Health Treatments”, by Autism Speaks: <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-behavioral-health-treatments>

“Addressing Challenging Behavior, Strategies for Families”, video by Seattle Children’s: <https://youtu.be/juee5YGD30Y>

“Addressing Challenging Behavior, Part 2 of 2, Strategies for Home and School”, video by Seattle Children’s: <https://youtu.be/awqDaiWpplk>

“Parent Training to Address Problem Behavior of Youth With Autism Spectrum Disorder”, video by Seattle Children’s: <https://youtu.be/XLkAgnwITN8>

“Taming Tantrums and Meltdowns: Techniques for Caregivers of Children with Autism”, video and Powerpoint by Kennedy Krieger Institute: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2>

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

“Assessing and Treating Challenging Behavior in Individuals with ASD”, video by The Johnson Center: <http://ariconference.com/?p=1584>

“Functional Behavior Assessments” (and much more) by Autism Internet Modules (AIM)! AIM modules are available at no cost. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. Certificate and credit options are available for a fee. https://www.autisminternetmodules.org/dash.php?cat=dash_tab_mn

“Practical Strategies to Address Challenging Behavior”: webinar by SPARK will provide an overview of the potential reasons why problem behavior exists and practical strategies that

parents and teachers can implement to prevent the development of problem behavior. This webinar is 90 minutes long: https://sparkforautism.org/discover_article/webinar-practical-strategies-to-address-challenging-behavior/?category_selected=&page=6&keywords=

ABA INFO:

“**Parent’s Guide to Applied Behavior Analysis**”, by Autism Speaks: <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-applied-behavior-analysis>

“**The Ins and Outs of ABA**”, video by Seattle Children’s: <https://youtu.be/4aRRnrpbzMO>

“**Use of Applied Behavior Analysis to Assess and Treat Disruptive Behavior**”, video by Seattle Children’s: <https://youtu.be/qlqx57ukDzA>

POTTY TRAINING:

Toilet Training Guide by Autism Speaks:
https://www.autismspeaks.org/.../atn_air-p_toilet_training.pdf

“**Toilet Training for Children with Developmental Disabilities**” - video by Seattle Children’s: https://youtu.be/Qx-A_B3Tb-8

“**Toilet Training, Yes You Can**”, training video by Johnson Center:
<https://www.youtube.com/watch?v=0qu61sNSbns>

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

“**Toilet Training in Children with Autism Spectrum Disorders**”, training video by Kennedy Krieger Institute: <https://youtu.be/RIEXML2Df1U> and **Powerpoint:** https://www.kennedykrieger.org/sites/default/files/star_training/card-toilet-training-chengappa.pdf

“**Toilet Training for Children with Autism, Strategies for Success**”, training video by Kennedy Krieger Institute: <https://youtu.be/ea3JjxU22oE> and **Powerpoint:** <https://www.kennedykrieger.org/sites/default/files/patient-care-files/4-5-17-toilet-training-for-children-with-autism-strategies-for-success.pdf>

SENSORY:

“**Solutions to Help Children Self-Regulate: The Science Behind Deep Pressure Therapy**” - webinar by National Autism Association, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“**Sensory Processing**”, a video by Seattle Children’s: https://youtu.be/LBhX_eZGPGw

“Supporting Sensory Needs in Children & Teens with ASD”, video by The Johnson Center: <http://ariconference.com/?p=1983>

“Sensory Processing and Autism”, video by The Johnson Center: <http://ariconference.com/?p=1697>

EATING ISSUES:

"Exploring Feeding Behavior in Autism: A Guide for Parents", by Autism Speaks: <https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-guide-exploring-feeding-behavior>

Guides to Pica for Parents and Professionals, by Autism Speaks: <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-pica-guides>

“Helping Children with Autism who Struggle with Restrictive Eating”, video by Seattle Children’s: <https://youtu.be/bMVy4c11adQ>

“Help for Picky Eaters”, video by The Johnson Center: <http://ariconference.com/?p=1589>

Reasons kids w/ASD restrict & strategies to manage. Includes VIDEO: http://providernews.seattlechildrens.org/supporting-children-autism-will-not-eat/?utm_source=The+Bulletin&utm_campaign=39ce8e21c3-provider-news-subscriber-email&utm_medium=email&utm_term=0_74d9bd32d3-39ce8e21c3-40912573

GETTING HAIR CUT:

“Haircuts, and Doctors, and Dentists, OH MY!”, video by National Autism Association, must register for free, to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

Hair Cutting Training Guide for Stylists, by Autism Speaks: <https://www.autismspeaks.org/sites/default/files/documents/haircuttingtrainingguide.pdf>

GOING TO THE DENTIST:

Dental Tool Kit and ATN/AIR-P Dental Professionals' Tool Kit, by Autism Speaks: <https://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit>

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/dental>

Oral Health Services for Children and Adolescents with Special Health Care Needs, A Resource Guide: <https://www.mchoralhealth.org/PDFs/cshcn-resource-guide.pdf>

Healthy Smiles for Autism: Oral Hygiene Tips for Children with Autism Spectrum Disorder by NATIONAL MUSEUM OF DENTISTRY, smile-experience.org:
<http://vkc.mc.vanderbilt.edu/assets/files/resources/healthy-smiles-for-autism.pdf>

“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/>

“A Visit to the Dentist- Promoting Oral Care”, video by Seattle Children’s: <https://youtu.be/hznSZFLx20s>

SLEEP ISSUES:

“Sleep Issues in Children with Autism Spectrum Disorders”, video and Powerpoint by Kennedy Krieger Institute: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2015>

“Melatonin and Sleep Problems: A Guide for Parents”, by Autism Speaks: <https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-melatonin-sleep-problems>

“Sleep and Autism – The Bumpy Road to the Land of Nod” , video by Seattle Children’s: https://youtu.be/9ir_Xl_rXHc

“Interrelationship of Sleep and ASD”, video by The Johnson Center: <http://ariconference.com/?p=2005>

“Nutrition Interventions to Improve Sleep in Your Household”, video by The Johnson Center: <https://www.youtube.com/watch?v=1ZwHfwFmP0Y>

TUMMY ISSUES:

Guide for Managing Constipation in Children Tool Kit for Parents, by Autism Speaks: <https://www.autismspeaks.org/science/find-resources-programs/autism-treatment-network/tools-you-can-use/atn-air-p-guide-managing-constipation-children>

“The Role of Enzymes in Autism, Gut Health and Food Intolerances” - a webinar by NAA, register to watch for free: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Constipation – Nutritional Strategies”, video by The Johnson Center: <http://ariconference.com/?p=2113>

Diet and Nutritional Therapy:

“Using Diet & Nutrition to Help Your Child” - a webinar by NAA, register to watch for free: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“PANDAS/PANS in Autism” - a webinar by NAA, register to watch for free: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

Natural nutritional immunotherapy: An integrated protocol for the treatment of autism spectrum disorders - a webinar by NAA, register to watch for free: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Food in Schools: What to do when allergies are an issue?”, video by The Johnson Center: https://www.youtube.com/watch?v=zFL2I1_ECQc

COMMUNICATION:

“Augmentative and Alternative Communication Supports for Children with Autism Spectrum Disorder”, video and Powerpoint by Kennedy Krieger Institute: <https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-and-training/star-trainings/archive2015>

“Supporting Speech, Language and Communication with Mobile Technology” (REVISED), video by Seattle Children’s: <https://youtu.be/YcIxcNuZ9PE>

“Strategies for Increasing Language and Communication”, video by The Johnson Center: https://www.youtube.com/watch?v=9X9_Xsf11TU

“Picture Exchange Communication System” (and much more) by Autism Internet Modules (AIM)! AIM modules are available at no cost. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. https://www.autisminternetmodules.org/dash.php?cat=dash_tab_mn

BLOOD DRAWS:

“Taking the Work Out of Blood Work: Helping Your Child with an Autism Spectrum Disorder” and professional’s guide, “Blood Draw Tool Kit for Providers”, by Autism Speaks: <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/blood-draw-toolkits>

“I Am Having a Blood Draw”, video by The Johnson Center: <http://ariconference.com/?p=1634>

Vision Therapy:

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

SEIZURES:

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

IEP HELP:

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

“A Street-Wise Approach to the IEP Process: You are your child’s CEO” AND “Preventing Restraint and Seclusion in Schools – What Can Parents and Advocates Do?”- webinars by National Autism Association, register for free to watch: <http://nationalautismassociation.org/family-support/programs/autism-atrium/>

“Special Education Law: Navigating the IEP Process”, video by Seattle Children’s: <https://youtu.be/JyHel83OSi0>

“Creating Meaningful Individual Education Plans (IEPs): What Parents Need to Know”, webinar by SPARK, webinar, Jennifer Krumins, M.Ed., founder/owner of Autism Aspirations and Autism Aspirations Academy, discusses how parents can take an active role in their child’s educational planning. This webinar is 60 minutes long: https://sparkforautism.org/discover_article/creating-meaningful-individual-education-plans-ieps-what-parents-need-to-know/?category_selected=&page=3&keywords=

“Life Journey Through Autism, Navigating the Special Education System”, guide by OAR, free to download or order a copy: <https://researchautism.org/resources/navigating-the-special-education-system/>

SCHOOL/COMMUNITY/PEER TRAINING ABOUT AUTISM:

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

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

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

“Grandparent’s Guide to Autism” and **“Friend’s Guide to Autism”**, by Autism Speaks: <https://www.autismspeaks.org/family-services/tool-kits/family-support-tool-kits>

Autism videos and more, by Sesame Street: <http://autism.sesamestreet.org/>

SIBLING EDUCATION & SUPPORT:

“Siblings Guide to Autism”, by Autism Speaks: https://www.autismspeaks.org/sites/default/files/a_siblings_guide_to_autism.pdf

“Don’t Forget Siblings – They Need Help Too!”, video by The Johnson Center: <http://ariconference.com/?p=1791>

Sibling Support by OAR, colorful guide workbooks and booklets for parents, autism siblings, and self-advocates: <https://researchautism.org/how-we-help/families/sibling-support/>

“The Sibling Experience” packet, video and info for siblings, by Sesame Street: <http://autism.sesamestreet.org/brothers-and-sisters/>

Siblings of Autism is dedicated to supporting the siblings of individuals on the autism spectrum through scholarships, respite funds, and outreach programs: <https://siblingsofautism.org/>

Autism Speaks has autism info available in the following languages:

Arabic (العربية), Bangla (বাংলা), Bosnian (Bosanski), Cambodian (ភាសាខ្មែរ), Chinese (中国的), French (Français), Greek (ελληνικά), Haitian Creole (Kreyòl Ayisyen), Korean (한국어), Laotian (ພາສາລາວ), Portuguese (Portuguesa), Romanian (Română), Russian (русский), Serbian (српски), Somali (Af-Soomaali), Spanish (Español), and Vietnamese (Tiếng Việt)

Local Resources: Find our Local Resource Directory under “Resources” on www.arcoftricity.com. **For help navigating and understanding local, state and federal resources**, attend quarterly “Resource Help Meetings” or watch for parent trainings at The Arc of Tri-Cities.

Find us on Facebook: we have a public page with information and upcoming Arc and community events, “The Arc of Tri-Cities” and for parents, “Parent to Parent, The Arc of Tri-Cities”. We also have a closed Facebook group only for local families dealing with autism and other disabilities, “Better Together of The Arc of Tri-Cities”.

Sign up for newsletter and monthly e-alert on www.arcoftricity.com to receive info of all upcoming parent trainings and support opportunities.

For Support and help with resources, please contact Melissa Brooks, RN, Parent to Parent Coordinator at The Arc of Tri-Cities, P2P@arcoftricity.com or (509) 783-1131, ext. 108.

For Spanish support and help, contact Maria Villarreal at mariar@arcoftricity.com or (509) 619-2711.

*Please note that The Arc of Tri-Cities is not endorsing or recommending any one resource. This is for informational purposes only. Please let us know of any missing or incorrect information. Contact Melissa Brooks, RN at (509) 783-1131, ext. 108 or p2p@arcoftricity.com.