THRIVE EMERGE

Resource List

Practical Supports for Navigating Neurodivergence & Education

Parents often feel flooded with information. The goal is not to consume everything -- it is to find tools that fit your family.

Understanding Educational Rights & Advocacy

- **Wrightslaw** – Comprehensive explanations of special education law, IEPs, 504 plans, and advocacy strategy.
- **Understood.org** – Clear, parent-friendly guides on learning differences and accommodations.
- **Your state's Department of Education website** – State-specific guidelines and procedural safeguards.

Executive Functioning & Homework Support

- *Smart but Scattered* by Peg Dawson & Richard Guare – A foundational book explaining executive skills in practical terms.
- *Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning* by Joyce Cooper-Kahn and Laurie Dietzel
- ADDitude Magazine – Articles and webinars focused on ADHD, motivation, and organization.
- Executive function coaching (for older teens who need skill-building rather than therapy).

Testing & Assessment

- Neuropsychological evaluation for comprehensive cognitive and learning profiles.
- Psychoeducational testing through schools or a local psychologist (understanding limitations and scope).
- Ask evaluators to translate findings into practical recommendations -- not just scores.
- The Highlands Ability Battery- objectively measures natural abilities through a series of tasks and then connects them directly to the federal jobs database (O*NET) for career counseling. ***Offered at Thrive***

Transition to College or Post-High School

- *The K&W Guide to Colleges for Students with Learning Differences*.
- Colleges That Change Lives is a good place to look for small, student-centered colleges
- Disability Services offices at colleges (contact before enrollment; supports differ from high school).
- Gap year programs and vocational training pathways.
- Supported employment programs for young adults who need scaffolding.

Parent Support & Regulation

- Therapy for caregivers experiencing chronic stress.
- Mindfulness or nervous system regulation practices.

The most important resource is not a book or website.

It is community and informed strategy.