

# Autism Resource Guidebook



The Missouri  
Office of Autism Services

May 2011





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## Description of Autism Navigator

An Autism Navigator:

- provides training and technical support to Service Coordinators and other stakeholders regarding autism and autism services;
- connects individuals and families to autism related supports and/or activities;
- attends monthly regional Parent Advisory Council (PAC) meetings and shares updates and information locally;
- acts as an advocate for individuals and families affected by Autism; and
- is available as a speaker to present information about Autism to community groups within the region.

## Autism Navigator Responsibilities (January 2011)

1. Parent Advisory Groups responsibilities:
  - facilitate and track appointment process to maintain current regional roster; maintain membership paperwork;
  - post Regional PAC meetings times/cancellations/reschedules on Office of Administration's (OA's) open meeting notice website;
  - maintain Regional PAC meeting minutes (hardcopy and electronic versions);
  - provide technical assistance at monthly Regional PAC meeting;
  - correspond pressing issues and/or concerns to the Office of Autism Services (OAS)/Central Office; and
  - assist recruitment of parent representatives.
2. Administration/coordination of special Projects/programs e.g. Autism Center collaboration
3. Assistance to Office of Autism Services to problem solve consumer-specific concerns and issues that arise involving Autism Centers
4. Assist Service Coordinators to promote and encourage families to enroll family members in the Interactive Autism Network ( [IAN](#) ).
5. Assistance in identifying topics for professional development for staff
6. Assistance in facilitating services for children in the autism waiver
7. Collaboration with regional/Senate Bill 40 Board (SB 40)/other not for Profit TCM entities to implement credible service provision in the development of an Individual Service Plan and appropriate supports for individuals with Autism Spectrum Disorder (ASD) e.g. evidence-based practices
8. Participation in Autism Contact Quarterly Conference Calls hosted by the Office of Autism Services
9. Regional representation of the Division at meetings, workshops, conferences, other gatherings as appropriate
10. Collaborate with Service Coordinators of students with ASD and Employment Coordinators to facilitate seamless transition from school setting to post-secondary school setting, employment setting, or other adult setting as opportunities allow
11. Collection of support group information to pass on to Central Office for website postings

## Autism Projects & Parent Advisory Groups

### History and Inception of the Autism Projects and Parent Advisory Groups

The Projects were established in Fiscal Year (FY) '91 to deliver family support services to consumers with autism and their families. The Projects were developed with parent input and are monitored by parent advisory groups. The Projects are consumer driven.

Until the establishment of the Autism Projects in Missouri, there were limited family support services specific to individuals with autism in rural areas.

Due to grass root efforts of dedicated families, Senator Roger Wilson, Alan Baumgartner, George Woodward, Betty Hearnes, and others, legislation was enacted that directed the Division of Developmental Disabilities (DD) to establish programs and services.

### Authority for Missouri Autism Projects and Parent Advisory Groups

#### ❖ RSMO 633.220 “programs for persons with autism to be established...”

Link: <http://www.moga.mo.gov/statutes/c600-699/6330000220.htm>

#### ❖ 9 CSR 45–3.060 Autism Services

Please see page 7-8 at <http://www.sos.mo.gov/adrules/csr/current/9csr/9c45-3.pdf>

### Missouri Parent Advisory Committee Responsibilities

- Serve as a liaison with the Regional Parent Advisory Councils and provide current information to them and the persons and families they serve
- Determine Project outcomes for autism services
- Plan and sponsor statewide activities
- Recommend service providers to the Division Director in the event a Regional Parent Advisory Council and the **Deputy Director or Assistant Director** cannot reach consensus
- Provide an annual report to the Missouri Commission on Autism Spectrum Disorders, the Governor, the Director of the Department of Mental Health, and Director of the Division of Developmental Disabilities

### Regional Parent Advisory Councils Responsibilities

- Advocacy
- Contract monitoring
- Review annual Department of Mental Health audits of Projects
- Recommendation of services to be provided based on input from families
- Recommendation of policy budget and service priorities
- Monthly review of service delivery
- Planning
- Public education and awareness
- Recommendation of service providers to the Division for administration of the Projects
- Recommendation of contract cancellation



## Regional Missouri Autism Projects Map



## Structure and Business Models of the Autism Projects

- The East Missouri Autism Project operates on a family allocation model. This Project area is served by St. Louis Regional Tri-County and St. Louis County Regional Offices.
- The Northwest Missouri Autism Project operates on a family allocation model. This Project area is served by Albany and Kansas City Regional Offices.
- The Central Missouri Autism Project operates on a single provider model. This Project area is served by Hannibal, Central Missouri, Kirksville, and Rolla Regional Offices.
- The Southeast Missouri Autism Project operates on a hybrid model, utilizing both a single provider model and the purchase of service model. This Project area is served by Sikeston and Poplar Bluff Regional Offices.
- The Southwest Missouri Autism Project operates on a shared unit model between three providers. This Project area is served by Springfield and Joplin Regional Offices.

## Resources for Frequently Navigated Points

### Autism Centers

- **MU Thompson Center for Autism & Neurodevelopmental Disorders**  
205 Portland St.  
Columbia, MO 65211  
<http://thompsoncenter.missouri.edu/>  
888-720-0015 (toll-free) or 573-882-6081
- **Knights of Columbus Developmental Center at SSM Cardinal Glennon Children's Medical Center**  
1465 S. Grand Blvd.  
St. Louis, MO 63104  
<http://cardinalglennon.com/Pages/default.aspx>  
(search for developmental center)  
314-577-5609
- **Children's Mercy Hospitals & Clinics Developmental & Behavioral Sciences**  
2401 Gillham Rd.  
Kansas City, MO 64151  
<http://www.childrens-mercy.org/>  
(search for developmental sciences)  
816-234-3674
- **Southeast Missouri State University Autism Center for Diagnosis and Treatment**  
611 N. Fountain St.  
Cape Girardeau, MO 63701  
<http://www.semo.edu/autismcenter/>  
573-986-4985
- **Burrell Autism Center**  
1300 E. Bradford Parkway  
Springfield, MO 65804  
<http://www.burrellautismcenter.com/>  
417-761-5330
- **Ozark Center for Autism**  
2411 S. Jackson Ave.  
Joplin, MO 64803  
<http://www.freemanhealth.com/ozarkcenterforautism>  
417-347-7850
- **Midwest Center for Autism Spectrum Disorders**  
College of Education  
Lovingier 2190  
Warrensburg, MO 64093  
660-543-4272

## Identification, Screening & Diagnosis

- For information on screening and diagnosis see **Autism Spectrum Disorders: Missouri Best Practice Guidelines for Screening, Diagnosis, and Assessment** and/or the 3 companion overview and summary publications designed for clinicians, families, and service providers and educators at <http://www.autismguidelines.dmh.missouri.gov/>
- **Could My Child Have Autism?** brochure link: <http://dmh.mo.gov/docs/dd/childautism.pdf>
- **Screening and Referral** training module link: <http://dmh.mo.gov/docs/dd/screeningaut.pdf>
- **Autism Speaks**
  - **Learn The Signs** link: <http://www.autismspeaks.org/whatisit/learnsigns.php>
  - **Video Glossary** link: <http://www.autismspeaks.org/video/glossary.php>
  - See the homepage for other information, education, and family services at <http://www.autismspeaks.org/>
- **American Academy of Pediatrics** link: <http://www.aap.org/healthtopics/autism.cfm>
- **National Institute of Mental Health** link: <http://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-pervasive-developmental-disorders/index.shtml>
- **CDC Learn the Signs Act Early** offers free educational materials at the following link: <http://www.cdc.gov/ncbddd/actearly/index.html>
- **First Signs** link: <http://www.firstsigns.org/>

## New to ASD Diagnosis

- **Navigating Autism Services: A Community Guide for Missouri** link: <http://dmh.mo.gov/docs/dd/navigationguide.pdf>
- **Understanding Autism** training module link: <http://dmh.mo.gov/docs/dd/understandingautflyer.pdf>
- The **First 100 Days Kit** was developed by Autism Speaks to assist families in the early stages of receiving and understanding the diagnosis of ASD, the kit can be accessed at [http://www.autismspeaks.org/community/family\\_services/100\\_day\\_kit.php](http://www.autismspeaks.org/community/family_services/100_day_kit.php)
- **IAN** (Interactive Autism Network) provides articles and information to address issues that are commonly on the minds of parents new to the ASD diagnosis. The below information and descriptions were copied from [http://www.iancommunity.org/cs/newly\\_diagnosed/](http://www.iancommunity.org/cs/newly_diagnosed/)
  - [It's Not Your Fault](#)
  - [You're Not Alone](#)
  - [Getting a Handle On It: Educating Yourself](#)
  - [Prioritizing and Taking Action](#)
  - [Becoming Your Child's Advocate](#)
  - [Caring For Yourself](#)
  - [Participating in Research: Being Part of the Long-Term Solution](#)
  - [Frequently Asked Questions About Autism Spectrum Diagnoses](#)  
Catherine Lord, Director of the University of Michigan Autism and Communication Disorders Center, answers some of parents' most urgent questions about Autism Spectrum diagnoses.
  - [Very Late Diagnosis of Asperger's Syndrome](#)  
Professor Simon Baron-Cohen and his colleagues discuss the "lost generation" –those with Asperger's who grew up before the diagnosis existed. They describe a unique program designed to help diagnose and assist these adults, helping them to understand themselves as well as to access services and support.
- **When Your Child Is Diagnosed with an Autism Spectrum Disorder** from the Indiana Resource Center for Autism website at <http://www.iidc.indiana.edu/index.php?pageId=379>

## New to ASD Diagnosis con't

- **Talking with Parents About Autism** – this video is for childcare providers but may be helpful to the families too; available in English and Spanish
  - English version: <http://www.youtube.com/watch?v=xaWUsXk4nD8&feature=channel>
  - Spanish version: <http://www.youtube.com/watch?v=922zfYZNQ3Y&feature=channel>

## Treatment

### ❖ Regional Resource Brochures & Early Intervention

- Your regional brochure of **Help for You and Your Child with Autism** is under the “Manuals, Publications, and Reports” heading on the OAS home page at <http://dmh.mo.gov/dd/autism/>
- **First Steps** assists families of children with a developmental delay or disability from birth – 3 years by providing coordinated supports, resources and early intervention services. Locate First Steps providers at <http://www.eikids.com/mo/matrix/search/cnty/index.asp>

### ❖ ABA Consultants

- The **Behavior Analyst Certification Board** provides a search to locate a board certified ABA therapist at <http://www.bacb.com/index.php?page=100155&by=state>
- **Project Access** provides regional lists of ABA consultants at <http://education.missouristate.edu/access/ABAConsultants.htm>

### ❖ Topics Commonly Explored by Families

- **IAN** helps families explore common treatment topics. The below articles can be accessed at [http://www.iancommunity.org/cs/therapies\\_treatments/](http://www.iancommunity.org/cs/therapies_treatments/)
  - [Seeking Answers: Trying Anything and Everything](#)
  - [Treatment for ASDs: What Do We Really Know?](#)
  - [Social Skills Interventions](#)
  - [Educational and Behavioral Therapies](#)
  - [Medications](#)
  - [Vitamins and Supplements](#)
  - [Special Diets](#)
  - [Treatment of Feeding Disorders in ASD](#)
  - [Sensory Based Therapies](#)
  - [Evaluating Treatments: How Do You Know When a Treatment Really Works?](#)
  - [How IAN Research Can Make a Difference](#)
  - [Introduction: Most Popular Autism Treatments](#)
  - [Speech and Language Therapy](#)
  - [Occupational Therapy and Sensory Integration Therapies](#)
  - [Medications](#)
  - [Special Diets](#)
  - [Social Skills Groups](#)

## Treatment con't

### ❖ Best Practice Guidelines and Evidence-Based Resources

- For information about assessment for treatment after a diagnosis has been made, please see Chapter 4: Assessment for Intervention Planning (p. 79) of the ***Autism Spectrum Disorders: Missouri Best Practice Guidelines for Screening, Diagnosis, and Assessment***.  
Link: <http://www.autismguidelines.dmh.missouri.gov/>
- The **National Autism Center** is [May Institute's](#) center for the promotion of evidence-based practice. It is a nonprofit organization dedicated to serving children and adolescents with Autism Spectrum Disorders (ASD) by providing reliable information, promoting best practices, and offering comprehensive resources for families, practitioners, and communities.  
The above and below excerpt/description was taken from <http://www.nationalautismcenter.org/about/>
- The **National Autism Center's National Standards Report**  
In 2009, the National Autism Center completed an unprecedented multi-year project — the [National Standards Project](#) — to establish a set of standards for effective, research-validated educational and behavioral interventions for children on the spectrum. These standards identify treatments that effectively target the core symptoms of ASD. The resulting National Standards Report is the most comprehensive analysis available to date about treatments for children and adolescents with ASD. The report at [http://www.nationalautismcenter.org/pdf/NAC%20NSP%20Report\\_FIN.pdf](http://www.nationalautismcenter.org/pdf/NAC%20NSP%20Report_FIN.pdf) provides a **review of evidence-based interventions**.
- ***Evidence-Based Practice and Autism in the Schools Educator Manual*** is a guide to providing appropriate interventions to students with Autism Spectrum Disorders, including an explanation of the intervention packages, goal setting, data collection, etc.  
Link: <http://www.nationalautismcenter.org/learning/practitioner.php>
- **Evidence-Based Practice (EBP) Briefs** have been developed for all 24 identified evidence-based practices. To access the overview of the practice and downloadable PDF files for the EBP brief and the individual components go to the **National Professional Development Center on Autism Spectrum Disorders** ' web page at <http://autismpdc.fpg.unc.edu/content/briefs>
- **IMPAQ International Report on Evidence-Based Practice** link: <http://www.impaqint.com/files/4-content/1-6-publications/1-6-2-project-reports/finalasdreport.pdf>
- The **Missouri Reference and Users' Guide for the Treatment of Autism Spectrum Disorders** is currently under development. Watch for this guide on the OAS homepage at <http://dmh.mo.gov/dd/autism/>

## Challenging Behavior & Behavior Supports

- Access **Positive Behavior Support Manual** and documents at <http://dmh.mo.gov/dd/pbs/index.htm>
- 2011 Update re: **Behavioral Service Providers** <http://dmh.mo.gov/docs/dd/behsvcpviders.pdf>
- The **Behavior Analyst Certification Board** provides a search to locate a board certified ABA therapist at <http://www.bacb.com/index.php?page=100155&by=state>
- **Project Access**
  - provides regional lists of ABA consultants at <http://education.missouristate.edu/access/ABAConsultants.htm>
  - provides helpful fact sheets at <http://education.missouristate.edu/access/7755.htm>
- **IAN** helps families explore the common following topics concerning challenging behavior at [http://www.iancommunity.org/cs/challenging\\_behavior/](http://www.iancommunity.org/cs/challenging_behavior/)
  - [Social Issues](#)
  - [Communication and Language Issues](#)
  - [Stimming: Repetitive, Stereotyped, and Sometimes Self-Injurious Behaviors](#)
  - [Restricted Interests: Obsessions, "Special Topics", and Attention Deficits](#)
  - [Insistence on Sameness](#)
  - [Sensory Issues: Seeking and Avoiding](#)
  - [Mood Instability and Meltdowns](#)
  - [Sleep Issues](#)
  - [Motor Skills Issues](#)
  - [Executive Function Issues](#)
  - [Activities of Daily Living](#)

## Early Education & Child Care

- **Parents as Teachers** provides information, support and encouragement to parents of young children. Visit [www.parentsasteachers.org](http://www.parentsasteachers.org) or contact your local school district.
- **Child Care Aware of Missouri** helps parents find childcare and provides education to childcare providers. Visit <http://www.childcareaware.org/> or call 800-200-9017 (toll-free).
- **Head Start/Early Head Start** offers child development programs for children birth to age 5. Access information can be found at <http://www.moheadstart.org/Missouri%20Head%20Start%20Map.aspx>

## Special Education

### ❖ Special Education Guides and Best-Practice Manual

- **Evidence-Based Practice and Autism in the Schools Educator Manual** is a guide to providing appropriate interventions to students with Autism Spectrum Disorders, including an explanation of the intervention packages, goal setting, data collection, etc.  
Link: <http://www.nationalautismcenter.org/learning/practitioner.php>
- The following guides can be accessed on the **Organization for Autism Research's** (OAR) website at <http://www.researchautism.org/resources/reading/index.asp>
  - [An Educator's Guide to Autism](#) (Spanish and English)
  - [An Educator's Guide to Asperger Syndrome](#) (Spanish and English)
  - [A Guide for Transition to Adulthood](#) (Spanish and English)
  - [A Parent's Guide to Assessment](#)

## Special Education con't

### ❖ Department of Elementary & Secondary Education and Affiliates

- **School Districts** help children age 3 or older with a developmental delay or disability <http://dese.mo.gov/directory/> 573-751-4212
- **DESE's Special Education Compliance** webpage at <http://dese.mo.gov/divspeced/Compliance/> provides helpful information for school age consumers such as
  - Parent's Guide to Special Education in Missouri
  - Transition from First Steps to Early Childhood Special Education
  - Update to the Revisions of the Standards and Indicators
  - Revisions to the Standards and Indicators Manual
  - Compliance/Range of Minutes
  - Accommodations for MAP and EOC Testing
  - Model IEP Form/Changes/Assessments
  - ECSE/Part C to Part B Transition/IEP in Place Age 3
  - State Regulations/IDEA Part B
  - Speech Implementer Model/Reminder
  - Public School Responsibilities Concerning Approved Private Agencies
- **Project ACCESS** below excerpts are from <http://education.missouristate.edu/access/default.htm>
  - Mission: Project ACCESS provides autism resource information to public schools in the form of on-site and telephone consultations, as well as support via internet. In addition, Project ACCESS designs autism specific professional development opportunities and trains professional credentialed individuals to present these courses through Missouri's [RPDCs](#). These trainings are offered to Missouri school district staff and educators who work with youngsters ages 0-21 years, who experience [Autism Spectrum Disorder \(ASD\)](#) and related disabilities. On-site child specific consultations can be arranged through the use of [Missouri Autism Consultants](#) and district staff can be trained to be [In-district Autism Consultants](#)
  - Project Access: assists Local Education Agency (LEA) personnel serving students with autism and other pervasive developmental disorders (PDD), and those exhibiting behaviors characteristic of the target disorders; educates and trains school district personnel who serve students with autism and related developmental disabilities; and refers professional consultants to school districts desiring on-site child-specific consultations with programming recommendations.
- **Missouri Regional Professional Development Centers (RPDCs)**  
Link: <http://www.dese.mo.gov/divteachqual/leadership/rpdc/>

### ❖ Special Education Law and Advocacy

- **Individuals with Disabilities Act (IDEA)** <http://idea.ed.gov/>
- **Missouri Parents Act (MPACT)** provides information and training for parents concerning their child's educational services. Visit [www.ptimpact.org](http://www.ptimpact.org) or call 800-743-7634 (toll-free).
- **Wrightslaw** is a popular website about special education law and advocacy, that provides articles, cases, and free resources about dozens of special education topics. Visit <http://wrightslaw.com/>
- **Missouri Protection & Advocacy (MO P&A)** provides legal services for families. Visit [www.moadvocacy.org](http://www.moadvocacy.org) or call 800-392-8667 (toll-free).
- **Legal Services of Missouri** provides legal services (including education plans) for income eligible persons. Visit <http://www.lsmo.org/Home/PublicWeb/LegalSvcs>

## Adolescence to Adulthood Transition

- **Autism Speaks Transition Tool Kit**  
The Autism Speaks Transition Tool Kit was created to serve as a guide to assist families on the journey from adolescence to adulthood. The following tool kit sections can be accessed at [http://www.autismspeaks.org/community/family\\_services/transition.php](http://www.autismspeaks.org/community/family_services/transition.php)
  - [Introduction](#)
  - [Self-Advocacy](#)
  - [Why Do We Need A Transition Plan?](#)
  - [Community Living](#)
  - [Employment and Other Options](#)
  - [Post-Secondary Educational Opportunities](#)
  - [Housing](#)
  - [Legal Matters to Consider](#)
  - [Health](#)
  - [Internet & Technology](#)
  - [Getting Organized](#)
  - [Conclusion](#)
  - [Resources](#)
- The **Transition Coalition** provides online information, support, and professional development on topics related to the transition from school to adult life for youth with disabilities. Link: <http://transitioncoalition.org/transition/> The Transition Coalition has partnered with Missouri DESE since 2005 to provide training and technical assistance as well as resources focusing on secondary transition. Link: <http://transitioncoalition.org/transition/section.php?pageId=150>
- **Missouri Transition** <http://missouritransition.org/moodle/index.php>
- **MU Thompson Center for Autism and Neurodevelopmental Disorders** offers a list of resources that may be helpful in planning the transition of a child with ASD into adulthood. See *Transitioning into adulthood with ASD* at <http://thompsoncenter.missouri.edu/transition/transitions.php>
- *Students with Disabilities Preparing for Postsecondary Education: Know Your Rights and Responsibilities* is from the Office of Civil Rights, U.S. Department of Education and can be accessed at <http://www2.ed.gov/about/offices/list/ocr/transition.html>
- *Understanding Asperger Syndrome: A Professor's Guide* is a video produced by OAR that focuses on educating professors, teaching assistants, and others on what it means to be a college student on the spectrum and how they might best be able to help them succeed.  
Link: <http://researchautism.org/resources/AspergerDVDSeries.asp>
- **Project Access** provides the following fact sheets at <http://education.missouristate.edu/access/7755.htm>
  - [Transition For Continuity And Employability](#)
  - [Transitioning To The Next Environment](#)
- *Life Journey Through Autism: A Guide for Transition to Adulthood* by Danya International, Inc.; Organization for Autism Research; and Southwest Autism Research & Resource Center is located at <http://www.researchautism.org/resources/reading/documents/TransitionGuide.pdf>



## Adults with Autism

- IAN provides the below articles and more at <http://www.iancommunity.org/cs/adults/>
  - [Deciding When to Disclose](#)
  - [Rules of the Road: Driving and ASD](#)
  - [IAN Report: National Town Hall Meeting Focuses on Adults on the Autism Spectrum](#)
  - [First Look: Data on Adults on the Autism Spectrum](#)
  - [Two-Year Anniversary: IAN Launches Adult with ASD Surveys](#)
  - [Romantic Relationships for Young Adults with Asperger's Syndrome and High-Functioning Autism](#)
  - [The 'C' Word: Common Cause in Spite of Conflicting Perspectives](#)
  - [Adults with ASD: The Spectrum](#)
  - [Adults with ASDs: My Brother's \(Sister's\) Keeper](#)
  - [Adult Employment: Strangers in a Strange Land](#)
  - [Behavior Therapy Beyond Childhood](#)
  - [Very Late Diagnosis of Asperger's Syndrome](#)
- **Advancing Futures for Adults with Autism (AFAA)** is a national consortium seeking to create meaningful futures for adults with autism that include homes, jobs, recreation, friends and supportive communities.  
Link: <http://www.afa-us.org/site/c.IIYIkNZJuE/b.5063863/k.BE3C/Home.htm>
- **National Association of Residential Providers for Adults with Autism (NARPAA)**  
<http://www.narpaa.org/>
- ***Adult Autism & Employment: A Guide for Vocational Rehabilitation Professionals*** by Scott Standifer, Ph.D. <http://dps.missouri.edu/Autism.html>
- ***Helping Students with Cognitive Disabilities Find and Keep a Job***  
[http://www.nichcy.org/InformationResources/Documents/NICHCY\\_PUBS/ta3.pdf](http://www.nichcy.org/InformationResources/Documents/NICHCY_PUBS/ta3.pdf)

## Health Services Resources

- Also see the **Financial Resources** section of this guidebook
- The **Missouri Health Insurance Pool (MHIP)** provides medical and prescription coverage to Missourians who can't find insurance in the standard market because of a health condition and to those whose insurance through an employer has ended. MHIP's coverage is offered through two pools: the state pool and a federal pool. For more information about MHIP coverage and eligibility requirements, visit [www.mhip.org](http://www.mhip.org) or call 800-821-2231.
- The **Autism Speaks Dental Tool Kit** offers a dental guide and video to provide tips for improving oral hygiene at home, as well as information about how parents and dental professionals can make a visit to the dentist's office less stressful and more productive. The excerpt describing the tool kit was copied at the following link where the tool kit can be accessed  
[http://www.autismspeaks.org/community/family\\_services/dental.php](http://www.autismspeaks.org/community/family_services/dental.php)

## Family Support

- **Office of Autism Services Website** <http://dmh.mo.gov/dd/autism/>
- Coming soon (Spring 2011) **NAC's A Parent's Guide to Autism and Evidence-Based Practice**  
<http://www.nationalautismcenter.org/learning/>
- **Interactive Autism Network (IAN)** provides recent information on topics such as current therapies and treatments, how parents can tell which therapies are working the best, and the impact of autism on the family. Parents may also participate in online research. [www.ianproject.org](http://www.ianproject.org)
- **Missouri Family-to-Family (MoF2F)** is a free statewide program that provides information and referral services, connects parents to other parents who understand what it is like to be there, and offers leadership development opportunities. Visit [www.mofamilytofamily.org](http://www.mofamilytofamily.org) or [www.sharingourstrengths.com](http://www.sharingourstrengths.com) or call 800-444-0821(toll-free).
- **Missouri Families for Effective Autism Treatment (MO-FEAT)** provides education and support for families and also offers an online resource directory. [www.mofeat.org](http://www.mofeat.org) or 877-275-8988 (toll-free)
  - Support Groups [http://mo-feat.org/directory\\_Search.htm](http://mo-feat.org/directory_Search.htm)
  - Camps [http://mo-feat.org/summer\\_camp.htm](http://mo-feat.org/summer_camp.htm)
- **Missouri Centers for Independent Living** provide services to persons with disabilities to enable them to remain in their own home [www.mosilc.org/CIL.htm](http://www.mosilc.org/CIL.htm) or 877-222-8963 (toll-free)
- Missouri Rapid Response **regional autism resource brochures** <http://dmh.mo.gov/dd/autism/>
- **Autism Alliance of Greater Kansas City** <http://autismalliancekc.org/>
- **Organization for Autism Research (OAR)**  
<http://www.researchautism.org/resources/reading/index.asp>
- **Autism Speaks Family Services**  
[http://www.autismspeaks.org/community/family\\_services/index.php](http://www.autismspeaks.org/community/family_services/index.php)
- **Autism Now The National Autism Resource & Information Center** <http://autismnow.org/about-us/>

## Safety

- The **Autism Safety Project** is an online tool kit for first responders, individuals with autism and families that provides information and strategies to promote safety in emergency situations.  
Link: <http://www.autismsafetyproject.org/>

## Financial Resources

- **Autism Insurance Legislation** The Department of Insurance, Financial Institutions & Professional Registration (DIFP) provides resources and help to families, health care providers and others concerning Missouri's new autism law at [www.insurance.mo.gov](http://www.insurance.mo.gov) or by phone at 800-726-7390. Following is information taken from their website.
  - [Resources for parents](#)
    - [Autism FAQ](#) - answers to questions about the new law.
    - [Glossary of common insurance terms](#)
    - Missouri Department of Mental Health, [Office of Autism Services](#)
    - Making sure your child's autism treatment is reimbursed by insurance - a step-by-step guide
  - [Resources for health care providers](#)
    - [Autism FAQ](#) - answers to questions about the new law
    - Filing a complaint - see [Health care provider complaint process](#)
    - Identification of fully insured health plans
    - Autism and ABA services – survey of health insurance companies  
DIFP conducted a survey of the major fully insured health plans in Missouri to ask them several key questions regarding billing and other insurance related matters that providers will need regarding ABA treatment.
  - [Read the law - House Bill 1311](#)
  - [Consumer and health care provider complaints](#)
  - [DIFP guidance to insurers](#)
  - [Frequently asked questions about Missouri's new autism insurance law](#)
- **Department of Social Services, Family Support Division** If you do not have health insurance, you can apply for Medicaid at the local Family Support Division office in your county [www.dss.mo.gov/fsd/office/index.htm](http://www.dss.mo.gov/fsd/office/index.htm) or complete an application online at [www.dss.mo.gov/mhk/appl.htm](http://www.dss.mo.gov/mhk/appl.htm)
- For **Autism Waiver information**, visit <http://dmh.mo.gov/dd/progs/waiver/autism.htm>
- **The Prevention Waiver aka The Partnership for Hope Waiver** information is available at <http://dmh.mo.gov/dd/progs/waiver/prevention.htm>
- For information about **Funding Mechanisms** visit <http://dmh.mo.gov/dd/manuals/scmanual.htm#F>
- **Financial Resources for Missouri Children and Youth with Developmental Disabilities** <http://dmh.mo.gov/docs/dd/finresource.pdf>
- **Financial Resources for Missouri Children and Youth with Developmental Disabilities Frequently Asked Questions** <http://dmh.mo.gov/docs/dd/finresourcefaq.pdf>
- The **Missouri Health Insurance Pool (MHIP)** provides medical and prescription coverage to Missourians who can't find insurance in the standard market because of a health condition and to those whose insurance through an employer has ended. MHIP's coverage is offered through two pools: the state pool and a federal pool. For more information about MHIP coverage and eligibility requirements, visit [www.mhip.org](http://www.mhip.org) or call 800-821-2231.

## Resources in Other Languages

### ❖ Spanish Resources

- **Developmental Milestones** brochure <http://dmh.mo.gov/docs/dd/trackmiles spanish.pdf>
- **Could My Child Have Autism?** brochure <http://dmh.mo.gov/docs/dd/childautismspanish.pdf>
- **Navigation Guide** <http://dmh.mo.gov/docs/dd/navguidespanish.pdf>
- **Visions with Hope** in Kansas City <http://www.visionswithhope.org/>
- **Talking with Parents About Autism** – this video for childcare providers may also be helpful to the families and is available in English and Spanish.
  - English version: <http://www.youtube.com/watch?v=xaWUsXk4nD8&feature=channel>
  - Spanish version: <http://www.youtube.com/watch?v=922zfYZNQ3Y&feature=channel>
- These 5 websites provide information on autism and have materials that can be downloaded in Spanish.
  - <http://www.cdc.gov/ncbddd/Spanish/autism/index.html>
  - <http://www.autism-society.org/site/PageServer?pagename=autismo>
  - <http://www.asdatoz.com/espanol/index.html>
  - <http://nichd.nih.gov/publications/pubskey.cfm?from=autism>
  - [http://www.easterseals.com/site/PageServer?pagename=ntlc8\\_whyES\\_espanol](http://www.easterseals.com/site/PageServer?pagename=ntlc8_whyES_espanol)
- The Organization for Autism Research (OAR) provides the following resources at <http://www.researchautism.org/resources/reading/index.asp#Educator>
  - [A Parent's Guide to Research](#) (Spanish and English)
  - [An Educator's Guide to Autism](#) (Spanish and English)
  - [An Educator's Guide to Asperger Syndrome](#) (Spanish and English)
  - [A Guide for Transition to Adulthood](#) (Spanish and English)

### ❖ Other Non-English Resources

- The **Georgia Department of Community Health** provides brochures, fact sheets, and other resources in several languages at <http://health.state.ga.us/programs/bcw/publications.asp>
- The **National Autistic Society** provides resources for 25+ languages (from the UK, so some of the vernacular may be different)  
<http://www.autism.org.uk/en-gb/about-autism/autism-library/in-other-languages.aspx>

## Training & Education

Please note that any trainings listed in this section are not to be considered required but rather training and education opportunities that are currently available.

### What is Autism?

- ❖ **Autism Speaks – Learn the Signs**

<http://www.autismspeaks.org/whatisit/learnsigns.php>

- ❖ **American Academy of Pediatrics**

<http://www.aap.org/healthtopics/autism.cfm>

- ❖ **National Institute of Mental Health**

<http://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-pervasive-developmental-disorders/index.shtml>

- ❖ **Understanding Autism in Young Children**

This Rapid Response training module provides an overview of the characteristics of autism spectrum disorders (ASD) and the criteria used to diagnose children with ASD. Family members, childcare providers, school personnel and others who interact with young children are encouraged to take this training module to learn more about the signs of ASD. Link to eLearning:

<http://elearning.networkofcare.org/MOMHDMH/signin.asp>

### Screening & Referral

- ❖ **Autism Spectrum Disorders: Screening and Referral**

This Rapid Response module focuses on screening for ASD. It also describes the next steps if referral for further evaluation is needed. Health care providers, childcare providers, school personnel, family members, and others who interact with young children are encouraged to take this training module to learn more about this process. Link to training flyer:

<http://dmh.mo.gov/docs/dd/screeningaut.pdf>

### Behavior

- ❖ **Positive Behavior Supports**

The “Positive Behavioral Support Guidelines” manual attempts to move from previous philosophies and theories on behavior, usually called behavior management, to a philosophy called positive behavioral support, which is more in accordance with the Missouri Quality Outcomes and current best practice standards. These guidelines serve as a guiding philosophy for providing services and supports for all people who have developmental disabilities, including those with challenging behaviors.

Link to manual and related documents: <http://dmh.mo.gov/dd/pbs/index.htm>

- ❖ **Functional Behavior Assessment**

This training is currently being developed by DESE and will be available soon.

## Evidence-Based Practice

### ❖ **Autism Spectrum Disorders: Evidence-Based Practice and Interventions**

This Rapid Response training module focuses on treatment for ASD and provides information about evidence-based interventions and why they are important, cautions regarding treatment choices, and resources. Health care providers, childcare providers, school personnel, family members, and others who interact with young children are encouraged to take this training. The module is currently under development and will be accessible soon under **Education and Training** on the OAS website at <http://dmh.mo.gov/dd/autism/>

### ❖ **OALI Autism Internet Modules**

The following excerpt/description was taken from <http://www.autisminternetmodules.org/>  
The Autism Internet Modules were developed with one aim in mind: to make comprehensive, up-to-date, and usable information on autism accessible and applicable to educators, other professionals, and families who support individuals with ASD. Written by experts from across the U.S., all online modules are free, and are designed to promote understanding of, respect for, and equality of persons with ASD. Link to access modules: <http://www.ocali.org/>  
Link to list of current and upcoming modules:  
[http://www.autisminternetmodules.org/user\\_mod.php](http://www.autisminternetmodules.org/user_mod.php)

### ❖ **The NPDC on Autism Spectrum Disorders' Briefs on Evidence-Based Practice**

The following excerpt/description was taken from <http://autismpdc.fpg.unc.edu/content/briefs>  
Evidence-based practice (EBP) briefs have been developed for all 24 identified evidence-based practices. Select a practice to access the overview of the practice and downloadable PDF files for the EBP brief and the individual components.

### ❖ **The National Autism Center's National Standards Report**

The National Standards Project – addressing the need for evidence-based practice guidelines for Autism Spectrum Disorders. The report provides a review of evidence-based interventions.  
Link: [http://www.nationalautismcenter.org/pdf/NAC%20NSP%20Report\\_FIN.pdf](http://www.nationalautismcenter.org/pdf/NAC%20NSP%20Report_FIN.pdf)

### ❖ **Evidence-Based Practice and Autism in the Schools Educator Manual**

A guide to providing appropriate interventions to students with Autism Spectrum Disorders, including an explanation of the intervention packages, goal setting, data collection, etc.  
Link: <http://www.nationalautismcenter.org/learning/practitioner.php>

## Special Education

### ❖ Project ACCESS

Project ACCESS will offer free trainings targeted for public school personnel but available to anyone. The following trainings will require two days in the classroom and two days online: **Intro to Autism**; **Working with Students with Autism in the Schools (WASS)**; **Early Intervention for Young Children with Autism (EIYCA)**. Information about the trainings will be available soon at <http://education.missouristate.edu/access/default.htm>

### ❖ Texas Modules

The following excerpt/description was taken from <http://www.region10.org/specialeducation/Autism.html>  
Web-based and on-demand core-training courses in autism are offered by the *Texas Statewide Leadership for Autism* and are housed on the Region 13 server... Each course is free of charge, six hours of training, has multimedia (audio, text, video), is open to all professionals, paraprofessionals, parent/family and community member and need not be completed in one sitting. To receive a certificate-of-completion, a short test with 70% accuracy is required.  
Link: <https://ci.esc13.net/login.html>

### ❖ Autism Classroom.com

The following excerpt/description was taken from <http://www.autismclassroom.com/home/>  
On this site you will be able to find out helpful information about how to teach students with autism, view our autism education [online trainings](#), take "classes" with our web training class, request [consultative support](#), download our free magazine and tons of [free materials](#), post a question, message or response at Ask.AutismClassroom.com or at our [Chatboard message board](#), and listen to our audio podcasts.

## Additional Resources

- Additional resource directories are under development. Other autism resource information can be found on the Office of Autism Services website at <http://dmh.mo.gov/dd/autism/>
- Link to DMH DD SharePoint where regional resources may be developed <http://moteam.state.mo.us/dmh/DD/DDRegionalOffices/default.aspx>
- Access MO Rapid Response **regional autism resource brochures** <http://dmh.mo.gov/dd/autism/>

## Service Coordination Manual

You may access the entire Division of Developmental Disabilities Service Coordinator Manual at <http://dmh.mo.gov/dd/manuals/scmanual.htm#A>

## Targeted Case Management Manual

You may access Targeted Case Management Manuals at <http://dmh.mo.gov/dd/manuals/>

## Acronyms

ABA	Applied Behavior Analysis
ACSP	Affiliated Community Service Provider
AFAA	Advancing Futures for Adults with Autism
ASD	Autism Spectrum Disorder
CDC	Centers for Disease Control and Prevention
CSR	Code of State Regulations
DD	Division of Developmental Disabilities
DESE	Department of Elementary and Secondary Education
DIFP	Department of Insurance, Financial Institutions & Professional Registration
DMH	Department of Mental Health
EBP	Evidence-based practice
EIYCA	Early Intervention for Young Children with Autism
FY	Fiscal Year
IAN	Interactive Autism Network
IDEA	Individuals with Disabilities Education Act
MHIP	Missouri Health Insurance Pool
MO	Missouri
MoF2F	Missouri Family-to-Family
MOFEAT	Missouri Families for Effective Autism Treatment
MO P&A	Missouri Protection & Advocacy
MPACT	Missouri Parents Act



MU	University of Missouri (Columbia)
M/Y	Month/Year
NAC	National Autism Center
NARPAA	National Association of Residential Providers for Adults with Autism
NPDC	National Professional Development Center
OA	Office of Administration
OAS	Office of Autism Services
OAR	Organization for Autism Research
PAC	Parent Advisory Council or Parent Advisory Committee
RPDC	Regional Professional Development Centers
RSMo	Missouri Revised Statutes
SB40	Senate Bill 40
TCM	Targeted Case Management
U.S.	United States
WASS	Working with Students with Autism in the Schools







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Missouri Department of Mental Health  
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To submit additional resources to include in future revisions of this document, please email [Katherine.Pigg@dmh.mo.gov](mailto:Katherine.Pigg@dmh.mo.gov)