

# Autism Spectrum Disorder Resources

## **Autism / Pervasive Developmental Disorder / Not Otherwise Specified Resources**

Let Me Hear Your Voice. By Catherine Maurice. This is the story of a mother's journey to get help for her two children with autism that helped to focus national attention on the benefits of early intensive behavioral intervention, and the possibility of recovery.

Comic strip conversations and Social Stories. By Carol Gray. This is a collection of techniques many people have found useful in the development and practice of social skills. These techniques require vocal communication and will not help non-vocal children.

Right from the start: Behavioral intervention for young children with autism. By Harris, & Weiss. A number of behavioral interventions to help children with Autism-Spectrum Disorders and their families to have a more peaceful and happy co-existence.

Education children with autism. By the National Research Council. Committee on Educational Interventions for Children with Autism. Division of Behavioral and Social Sciences and Education. Washington, DC: National Academy Press (ww.nap.edu).

## **Asperger's/High-Functioning Autism-Spectrum Disorders Resources**

The Complete Guide to Asperger's Syndrome. By Tony Attwood. A collection of and summation of all of Tony writing and advice to parents of children with Asperger's Syndrome as of 2007.

Freaks, Geeks and Asperger Syndrome: A user's guide to Adolescence. By Luke Jackson and Tony Attwood. Book written from the perspective of a 13 year old boy with asperger's.

This is Aspergers Syndrome. By Elisa Gagnon & Brenda Smith Myles. Cartoon book depicting a day in the life of a young boy with asperger's.

## **Connecticut Online Resources**

<http://www.ct-asrc.org/>

**Connecticut Autism-Spectrum Resource Center:** This is a nonprofit group dedicated to spreading information, giving resources, and supporting people with Autism-Spectrum Disorders in Connecticut. They provide a fairly comprehensive set of information to help answer most questions you may have.

<http://www.ctfeat.org/>

**Connecticut Families for Effective Autism Treatment:** This is a nonprofit group run by and dedicated to parents of children with Autism-Spectrum Disorders. This is a good site for parents finding support groups, and getting involved. Please remember that what works for some children may not work, or even be harmful, for other children – but is a wealth of support and knowledge here.

<http://www.ct.gov/DDS/site/default.asp>

**The Connecticut Department of Developmental Services:** This is the primary governmental body in the state of Connecticut charged with helping g families or individuals with developmental disabilities, including autism.

<http://www.ct.gov/dcf/site/default.asp>

**The Connecticut Department of Children and Families:** Many parents are nervous about using this resource at first, but the voluntary branch o f the DCF (NOT the branch for reporting abuse) can provide free in-home services including respite, therapy, and intensive treatment for qualifying families.

## National Online Resources

<http://www.autismspeaks.org/>

**Autism Speaks:** This is the largest nationwide organization dedicated to help people with Autism-Spectrum Disorders, support research, and give assistance to families much of which is very helpful; in particular the 100 day kit: [http://www.autismspeaks.org/docs/family\\_services\\_docs/100\\_day\\_kit.pdf](http://www.autismspeaks.org/docs/family_services_docs/100_day_kit.pdf)

<http://www.aspergersyndrome.org/>

**Online Asperger Syndrome Information and Support (OASIS):** This site has many useful tips and support for people diagnosed with Asperger’s Syndrome or higher-functioning individuals with Autism or PDD. This is less likely to help individuals with substantial language or cognitive impairments.

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

**American Association of Pediatrics website on autism:** This website has numerous questions and answers from a medical perspective such as evidence of treatment effects, medications, questions about vaccines and prevalence. It is an excellent source of medical knowledge, but offers little non-medical information.

## Connecticut Autism Spectrum Resource Center

101 North Plains Industrial Rd,  
Wallingford  
203-265-7717

[www.ct-asrc.org](http://www.ct-asrc.org)

The ASRC is a family run, non-profit organization in Connecticut that serves individuals with autism spectrum disorders, their family members, and the professionals who work with them. ASRC is a private non-profit organization and not currently funded by state or federal funds. Members will receive mailings and emails (if desired) about upcoming events, and discounts on many programs. Selected programs and services are offered to members only. Membership fees and donations are essential in helping us pay for services we provide including:

A network of family support groups for parents, family members, and adults with ASD. For members only.

Support groups for adults with ASD. We hope to eventually have groups throughout the state. Currently

we have groups in Wallingford, Avon and Trumbull.

Many educational opportunities. Individual workshops and longer-running training series' for both parents and professionals who work with children and adults with ASD. ASRC members receive priority registration and a discounted price on their registration fees.

A bi-monthly newsletter. The ASRC NETWORK contains articles on a variety of family and educational topics along with news around Connecticut.

An Autism Spectrum Resource Guide. A statewide listing of doctors, therapists, schools, camps, etc. and articles about diagnosis, family issues and school programming. To order the ASRC Resource Guide, [click here](#).

Development of new resources in the state. ASRC works with Parks and Recreation Departments, schools, private practitioners (like doctors, therapists) and state service providers (like DMR, Birth to Three and BRS) to establish or improve services.

Advocacy training. A training series designed for parents. Learn how to become an effective advocate by educating yourself about the special education system, educational programs, and communication strategies. ASRC members receive priority registration.

Recreation opportunities for teens and adults. ASRC offers a variety of activities geared to the specific needs and requests of our members. Currently we offer golf, a teen rock band, hiking and 1-day outings such as ice-skating, mini golf, bowling and more. Offered to ASRC members only.

Phone assistance and referrals on a variety of topics involving ASD. Topics for assistance might include diagnosis, educational advocacy, services, support for families, etc. Members receive priority due to phone volume.

A Legislative education campaign to obtain state-funded services for adults with ASD. Currently, only individuals with a second diagnosis of mental retardation or mental illness receive state-funded services.

Because of ASRC's work with legislators, a Pilot Program for adults with autism (without mental retardation or mental illness) has been initiated.

A community awareness campaign to educate the general public about autism spectrum issues. This includes:

Our annual Walk for Autism, a great day of activities and food in addition to the walk. The annual Walk is also our major fundraiser.

The annual Autism Spectrum Resource Fair, where families and professionals can speak with providers of all kinds of services in and outside of Connecticut (from therapies, to camps and schools, to agencies - it's all here).

Providing Spanish-translated and early intervention materials to area centers and public offices.

Conducting seminars and workshops in the community (schools, support groups, agencies, etc.) to improve knowledge about ASD.

A comprehensive and expanding website including helpful articles, announcements, Bulletin Board and much more.

## **Connecticut Families for Effective Autism Treatment**

P.O. Box 370352

West Hartford

CT 06137-0352

(860) 571-3888

<http://www.ctfeat.org/>

"Connecticut Families for Effective Autism Treatment" (CT FEAT) is a non-profit organization formed by parents and family members to provide information and support to the families of children with Autism Spectrum Disorders (ASD).

The parents at CT FEAT want to help the families who come after us to learn about, and have access to, effective treatment as soon as possible following diagnosis

## **Child Development Infoline**

1-800-505-7000

<http://www.ctunitedway.org/cdi.html>

Child Development Infoline (CDI) is a specialized unit of United Way of Connecticut. Care Coordinators are available to answer the phone Monday through Friday from 8am-6pm, except on holidays. Messages can be left 24 hours a day, seven days a week, and are returned promptly. This service is free and confidential, with multi-lingual and TTY capacity.

CDI care coordinators provide education on development, behavior management strategies and programs, make referrals to services, and provide advocacy and follow-up as needed. They take great pride in working with families to understand their individual needs, connect them to the best services available, and follow up to ensure their needs are being met. They are available by phone to help with questions or concerns about:

General child development  
Challenging behaviors  
Disability and health related issues  
And more...

By calling the toll free Child Development Infoline # (1-800-505-7000), families, child care, health care and social service providers have access to many of Connecticut's programs and services for children and their families including:

**Birth to Three:**

For children birth-36 months of age with significant developmental delays or disabilities.

Free developmental evaluation

Service coordination

In-home direct services

[More information >>](#)

**Help Me Grow:**

For families with children birth through age 8, who are looking for information or services to support their child's development.

Connects families to community based resources

Provides [Ages and Stages Child Monitoring Program](#)

[More information >>](#)

**Early Childhood Special Education:**

For preschool and kindergarten age children with significant developmental delays.

Provided by each Connecticut school district

Provides public education based on a child's individual needs

[More information >>](#)

**Children and Youth with Special Care Needs**

Children and Youth with Special Health Care Needs

For children and youth birth to age 21 with chronic physical, developmental, behavioral, or emotional conditions who require more health and related services than other children the same age.

Coordinates medical care services

Family/Caregiver support

Referrals to community based services

[More information >>](#)