



Autism Spectrum Disorder Parent Resource Guide

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Improving quality of life for people with autism through intervention, education, and research.

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Autism Spectrum Disorder (ASD) Diagnostic Criteria

ASD is a set of neurodevelopmental disorders characterized by the presence of impaired social interaction and markedly restricted repertoire of activity and interests. The severity and manifestation of the disorder varies greatly from child to child. ASD has also been referred to as “early infantile autism,” “childhood autism,” “Kanner’s autism,” “Asperger’s Syndrome,” and “Pervasive Developmental Disorder.”

Early Warning Signs¹

Below are early indicators of autism that may be useful for parents to identify early warning signs.

- Child may appear deaf.
- Child may appear “very good” or “very fussy.”
- Child may exhibit self-stimulatory behavior.
- Child may be a “selective” eater.
- Child may not exhibit anticipatory responses.
- Child may avoid eye contact.
- Child may not appear aware of what is happening.
- Child may desire “sameness.”
- Child may not communicate at age level.
- Child may repeat words or phrases over and over without understanding what is being said.
- Child may appear to be a perfectionist.
- Child may have a wide range of skills inconsistent with developmental levels.
- Child may exhibit high or low tolerance of pain.
- Child may not imitate others.
- Child may not generalize acquired information.
- Child may exhibit hypo- or hyper-sensory sensitivities.
- Child may have difficulty interacting with other children.
- Child may form extreme attachments to objects.

Diagnostic Criteria²

Below is a brief list of the diagnostic criteria used by psychologists to diagnosis autism.

A. Persistent deficits in social communication and social interaction across multiple contexts, as manifested by the following currently or by history (examples are illustrative, not exhaustive):

1. Deficits in social-emotional reciprocity, ranging, for example, from abnormal social approach and failure of normal back and forth conversation; to reduced sharing of interests, emotions, or affect; to failure to initiate or respond to social interactions.

¹ Information from the Commonwealth Autism Service and can be found at www.autismva.org

² American Psychiatric Association. (2013). Autism Spectrum Disorder. *Diagnostic and statistical manual of mental disorders* (5th ed. pp. 70-75). Washington, D.C.: Author.

2. Deficits in nonverbal communicative behaviors used for social interaction, ranging, for example, from poorly integrated verbal and nonverbal communication; to abnormalities in eye contact and body-language or deficits in understanding and use of gestures; to a total lack of facial expression and nonverbal communication.

3. Deficits in developing, maintaining and understanding relationships, ranging, for example, from difficulties adjusting behavior to suit various social contexts; to difficulties in sharing imaginative play or in making friends; to absence of interest in peers.

B. Restricted, repetitive patterns of behavior, interests, or activities, as manifested by at least two of the following, currently or by history (examples are illustrative, not exhaustive):

1. Stereotyped or repetitive motor movements, use of objects, or speech (e.g., simple motor stereotypies, lining up toys or flipping objects, echolalia, idiosyncratic phrases).

2. Insistence on sameness, inflexible adherence to routines, or ritualized patterns of verbal or nonverbal behavior (e.g., extreme distress at small changes, difficulty with transitions, rigid thinking patterns, greeting rituals, need to take same route or eat same food everyday).

3. Highly restricted, fixated interests that are abnormal in intensity or focus (e.g., strong attachment to or preoccupation with unusual objects, excessively circumscribed or perseverative interests).

4. Hyper- or hypo-reactivity to sensory input or unusual interest in sensory aspects of environment (e.g., apparent indifference to pain/temperature, adverse response to specific sounds or textures, excessive smelling or touching of objects, visual fascination with lights movement).

How is ASD Diagnosed?³

Standard guidelines have been developed to help identify ASD in children before the age of 24 months. In the past, diagnosis of autism was often not made until late preschool-age or later. The new guidelines can help identify child with autism early, which means earlier, more effective treatment for the disorder.

The standard guidelines were developed with assistance from 11 different organizations and were published in *Neurology*, a journal of the American Academy of Neurology. According to the guidelines, all children before the age of 24 months should routinely be screened for autism and other developmental delays at their well-child check-ups. Children that show developmental delays and other behavior disorders should be further tested for autism. According to the guidelines, less than 30 percent of children undergo age-appropriate screening at their well-child check-ups. By screening children early for autism, those diagnosed with the disorder can be treated immediately and aggressively.

Currently, there are two different levels of autism screening. The first level should be performed by the child's physician at the well-child check-up during the first two years of life. The physician should look for signs of developmental deficit. Typically this should include a screener like the Modified Checklist for Autism in Toddlers - Revised (M-CHAT-R), which is a screening tool used for the early detection of autism. This screener can be used to screen children as young as 18 months. Although this screener cannot diagnose ASD, it can indicate when further assessment is appropriate. The following is a list of developmental deficits that could indicate ASD⁴:

Impairment in Social Interaction:

- Lack of appropriate eye gaze
- Lack of warm, joyful expressions
- Lack of sharing interest or enjoyment
- Lack of response to name

Impairment in Communication:

- Lack of showing gestures
- Lack of coordination of nonverbal communication
- Unusual prosody (little variation in pitch, odd intonation, irregular rhythm, unusual voice quality)

Repetitive Behaviors & Restricted Interests:

- Repetitive movements with objects
- Repetitive movements or posturing of body, arms, hands, or fingers

³ Information adapted from Commonwealth Autism Service and can be found at www.autismva.org.

⁴ Wetherby, A., Woods, J., Allen, L., Cleary, J., Dickinson, H., & Lord, C. (2004). Early indicators of autism spectrum disorders in the second year of life. *Journal of Autism and Developmental Disorders*, 34, 473-493. Based on research at the [Florida State University FIRST WORDS® Project](#).

The second level of screening should be performed if there are warning signs of a developmental delay. The second level of screening is a more in-depth diagnosis and evaluation that can differentiate ASD from other developmental disorders. These evaluations are typically performed by psychologists and/or neurologists. This evaluation will assess a wide range of areas, such as the child's medical history (including prenatal development), psychological assessments, neurological evaluations and speech and language evaluations. The Autism Diagnostic Interview-Revised (ADI-R) and the Autism Diagnostic Observation Schedule – 2nd edition (ADOS-2) are typical assessments used. The ADI-R is a structured interview that assesses children as young as 18 months on three domains: quality of social interaction, communication and language, and repetitive, restricted and stereotyped behaviors and interests. The ADOS-2 consists of an observation of the child during various activities that allow the clinician to assess the child's communicative skills, social interaction and repetitive, restricted and stereotyped behaviors and interests. This observation typically lasts about 45 minutes.

At the VT Autism Clinic & Center for Autism Research, we assess the child on four major domains: developmental history, behavioral evaluations and observations, cognitive evaluations, and adaptive functioning. Depending on the particular child, we may recommend other evaluations to assess other psychological concerns, such as anxiety or attention deficit hyperactivity disorder. In addition to our evaluation, we may recommend an outside evaluation for additional concerns, such as from a physician to evaluate possible medical conditions that may be related to the current symptoms or from a speech-language pathologist to assess the extent of difficulty in language/communication.

What Treatments are Available?⁵

Parents of individuals diagnosed with ASD are frequently overwhelmed when confronted with the many treatments/educational approaches suggested for working with their children. The following is a list and brief explanation of some of the widely used techniques. This list is NOT exhaustive. Additionally, some of the techniques are comprehensive programs, while others are designed to target a specific area of difficulty. In addition, some of these intervention techniques are commonly used together to create the best intervention for the particular individual.

Applied Behavior Analysis

Applied Behavior Analysis (ABA) is a scientifically-based treatment approach consisting of several different specific programs which use the antecedent-behavior-consequence model as a basis for teaching. All actions are thought of as behavior, and each action is analyzed to determine what precedes it, how it occurs, and what follows the behavior in order to decrease inappropriate behaviors and increase appropriate behaviors.

Although often collectively referred to as ABA, there are some differences between many of the specific methodologies in ABA.

Discrete Trial Teaching

Discrete Trial Teaching (DTT) is a teaching strategy widely utilized in ABA interventions. This strategy allows individuals to master complex tasks by first learning and mastering subcomponents of the task. This strategy has been shown to be effective in teaching communication skills, gross and fine motor skills, social skills and daily living skills.

DTT has been shown to be a highly effective intervention for individuals with autism spectrum disorders. However, for the intervention to be most successful, it should be done for 30-40 hours a week in the child's home, starting as early as possible, typically by 3 years of age.

Please note that because of the limitations of DTT, many current ABA organizations, such as the Center for Autism and Related Disorders (CARD) use other methods of teaching as individuals progress to learning more complex social skills. Therefore, it is important to research the specific teaching methods and their effectiveness that individual ABA organizations use.

ABA/DTT Resources:

Center for Autism and Related Disorders: <http://www.centerforautism.com>

This website offers more information about ABA interventions, including how to evaluate ABA programs.

⁵ Information adapted from Autism Society of America and can be found at www.autism-society.org.

Behavioral Intervention for Young Children With Autism: A Manual for Parents and Professionals by Catherine Maurice, Gina Green, Stephen C. Luce

This book gives a detailed overview of how to create an ABA program, from choosing professionals and therapists to dealing with funding issues.

A Work in Progress by Ron Leaf and John McEachin

This book provides behavior management strategies and a curriculum for intensive behavioral treatment of autism.

Early Start Denver Model for Young Children with Autism: Promoting Language, Learning, and Engagement by Sally J. Rogers and Geraldine Dawson

This manual presents the Early Start Denver Model (ESDM) for toddlers and preschoolers with ASD, supported by the principles of developmental psychology and ABA, to promote development in imitation, communication, social, cognitive, and motor skills, adaptive behavior, and play.

Teaching Social Communication to Children with Autism by Brooke Ingersoll & Anna Dvortcsak

This book and DVD presents a parent training approach based on developmental and behavioral research. The guide provides step-by-step tools for promoting the social communication skills of young children with autism (up to age 6).

Pivotal Response Training

Also based on Applied Behavior Analysis (ABA) theory, PRT is considered a Naturalistic Developmental Behavioral Intervention that focuses on an instructional method which teaches social communication that is functional and spontaneous in the child's natural environments. This form of ABA offers a structured way to interact during the individual's daily routine in a comfortable, more naturalistic manner. PRT teaches "pivotal" behaviors shown to be central to wide areas of functioning, including motivation, responsivity to multiple cues, self-management, and independent responding. PRT techniques are often taught to parents to allow the child to have the greatest exposure in their every-day lives. Additionally, this training is designed to enable the individual to be more involved in inclusive environments and thus lends itself to use in school settings. PRT has been shown to be effective.

Local PRT Resources:

Virginia Tech Autism Clinic: <http://www.psyc.vt.edu/outreach/autism>

Our clinic offers a 25 hour parent training in PRT, as well as social skills and emotion management groups. Please call for availability (540) 231-2053.

PRT Resources:

USCB Koegel Autism Center: <http://www.autismprthelp.com/about-prt.php>

This website offers many resources on PRT, including various manuals for purchase.

Pivotal Response Treatments for Autism by Robert L. Koegel and Lynn Kern Koegel

Teaching Children With Autism: Strategies for Initiating Positive Interactions by Robert L. Koegel and Lynn Kern Koegel

Overcoming Autism: Finding the Answers, Strategies, and Hope That Can Transform a Child's Life by Lynn Kern Koegel and Claire LaZebnik

Other Treatments:

Floor Time

This therapeutic approach seeks to improve developmental skills through analysis and intervention in six areas of functioning, centered on attentional skills, social interactive skills and communicative skills. More advanced skills, such as teaching the child to create mental representation or emotional symbols through engagement in pretend play and emotional intention, are also addressed. Dr. Stanley Greenspan is the most well-known promoter of this intervention strategy.

TEACCH

The strategies of this program are visually based and relate individually on the basis of a detailed assessment of needs and abilities, trying to identify potential for acquisitions rather than focusing on deficits. A basis for this intervention is the concept of “structured learning.” This technique is based on the assumption that individuals with autism learn and integrate information differently than other children. It assumes that many non-compliant behaviors of children with autism are the result of a difficulty understanding what is expected.

Structured teaching places heavy reliance upon teaching through visual modes due to the difficulties that children with autism have with processing verbal information. Visual structure is provided at a variety of levels. Classrooms can be organized to add visual structure, daily visual and/or written schedules can be used and visual instructions and organization can be used to signal the beginning and the end of activities.

Picture Exchange Communication System (PECS)

This therapeutic approach is a communication training system developed within the Delaware Autistic Program by Dr. Andy Bondy. PECS is used with students from the ages 2 through 21 years, although it can be adapted to meet the needs of older individuals. Its basis is applied behavior analysis and discrete trial training.

Individuals using PECS are required to give a picture of a preferred item to a communicative partner in exchange for the item. Requesting of items is the first skill targeted in the PECS teaching method. Within this teaching phase, the preferred items are presented as reinforcement of the response. This training is designed to be used in social

environments. The only prerequisite to the beginning of this training method is the ability to identify those items or activities that are preferred by the individual. Once the child learns how to use the pictures to communicate their wants and needs, the child is then encouraged to verbalize the request.

Dietary Interventions/Megavitamins

Several researchers have hypothesized that diet, food allergies or intolerance, or yeast may contribute to or even cause autistic symptoms. Interventions in support of this hypothesis include casein and gluten free diets, antifungal medications, herbal treatments and mega-doses of vitamin B6 and Magnesium. Although some parents report help with these treatments, no well controlled studies have supported or refuted this theory. At the VT Autism Clinic and the VT Center for Autism Research, we take the position that behavioral interventions have the best evidence for treatment of autism spectrum disorder, often supplemented with speech and occupational therapy for associated language and sensory/motor difficulties.

Speech Therapy

Many individuals with ASD have difficulties with communication. In general, speech therapy can help individuals improve both communication and behavior because it can target various communication deficits. In addition to speech therapy, some individuals with ASD can learn to use communicative devices to help meet their needs. Higher functioning individuals can also benefit from this type of therapy because it can be used to address language pragmatics or the give and take of conversation for social purposes.

Occupational Therapy

Many individuals with ASD also have difficulties with sensory reactivity and fine and gross motor skills. In general, Occupational therapy can help individuals improve in these areas by specifically targeting the individual's sensory concerns and fine and gross motor deficits.

Cognitive Behavior Therapy

Cognitive Behavior Therapy (CBT) is an evidence-based approach that targets emotional and behavioral problems often associated with ASD. CBT teaches individuals the relationship between thoughts, feelings, and behaviors in order to educate about emotions and provide coping skills. Because CBT is language-based, CBT is used with individuals who have some form of functional communication.

Additional Resources:

American Academy of Child Adolescent Psychiatry
<http://www.aacap.org/>

Association for Behavioral and Cognitive Therapies
<http://www.abct.org/home/>

American Psychological Association
<http://www.apa.org/>

National Institute of Mental Health
A Parent's Guide to Autism Spectrum Disorder
<https://www.autism-watch.org/general/nimh.pdf>

How do I Evaluate Treatments?

One of the major questions parents have in regards to treatment is to know how to assess whether or not a treatment is right for their child. To help parents, below is a list of questions to ask service providers. These questions are designed to help parents ensure that their child is obtaining services from a service provider who has expertise treating individuals with autism and can develop a quality individualized treatment plan.

Service Providers Qualifications

- What qualifications (e.g., BCBA, Ph.D., M.A., etc.) does the service provider have?
- How long has the service provider been providing these types of services?
- How many individuals with autism has this provider treated?
- What are the outcomes of their clients?
- What will their exact role in your child's treatment be (e.g., overseeing program, conducting therapy, etc.)?
- How many hours a week/month will the service provider see your child?
- Can he/she provide three other referrals? Can you contact them?
- If there is an emergency, can you contact them and how?

Program Quality

General

- Is the program based on current research findings?
- Does the program keep up with current research findings?
- Are the hours of therapy recommended consistent with research findings?
Note: For intensive ABA treatments, 25-40 hours a week has been shown to be most effective.
- Is consistency ensured (e.g., frequent consultation with family, teachers, and other people who may interact with the child on a frequent basis)?
- Is the program adequate for non-verbal children?

Individualized Treatment

- Is the program individualized to your child's progress or is a "cookbook" approach used?
- How does the program measure progress?
- How often is your child's progress reviewed?
- What happens if your child is not progressing on a particular skill?
- Is there emphasis put on generalizing skills?
- Can the program be specialized to my child's strengths and interests?
- Can the program target reduction of negative behaviors, such as hitting, biting, etc?

Developing an IEP⁶

Learning about an Individual Education Plan (IEP)

Meetings should always start on a positive note by discussing your child's strengths. This is known as "current level of functioning" or "present level of educational performance." In order for a child to be appropriately served by Special Education Services, each child must be viewed as a "whole child," with gifts and talents and abilities. Focus on positive, not simply the deficits. The way in which a child learns should also be addressed. For example, some children focus on visual learning; while other children learn better by "doing" or experiencing. Others may need different supports to enhance their learning style. Every child is different. No two children in a class will (or should) have the same Educational Plan. A child's strengths should be a part of any IEP, and these strengths should be drawn upon when developing goals and objectives.

You may want to:

- At least a week or two before your IEP meeting, start observing your child.
- Keep a journal or list of things that you notice that she/he CAN do.
- Also think about the things that you would like your child to be able to do that are developmentally appropriate.
- List your concerns about your child's future.
- Think about what your child needs.

The school system is mandated by the federal government by the Individuals with Disabilities Education Act (IDEA) to provide for your child's needs. They are also required to give your child a Free and Appropriate Public Education (FAPE). It is helpful to bring your ideas about what your child needs, in writing, with you to the team meeting.

When thinking of your child's needs, don't be limited by what you think may or may not be available at the school. It's called an IEP because a program must be individualized to each student. The program must "fit" the student.

Common Parts of IEP and IEP meeting

Your Child's Needs

Needs should be detailed, comprehensive and represent physical abilities, communication abilities, cognitive abilities, social and emotional behavior, developmental and educational growth, self-help skills and other areas specific to your child.

Goals

Goals should be realistic. What is important for your child to learn or to do from the perspective of the child, the parents and the family? Goals should not be written on the basis of what grade the child is in, what school the child is in or any other factor. Goals should be individualized to the child and have a strong correlation with the needs stated. Goals should be written in plain

⁶ Information taken from Commonwealth Autism Service and can be found at www.autismva.org.

terms, easily understandable to anyone who reads them. Remember that goals should be activities that the child can accomplish. They should not be isolated behaviors or skills.

Progress Measurement

Short-term objectives are the “baby-steps” a child will use in reaching the goals. Most goals will have more than one short-term objective, and the objectives usually build on one another. Once the child has mastered the first objective, he/she moves on to the next objective until the goal has been achieved.

Short-term goals should be measurable and observable! Make sure the IEP states how they will be measured. Below are common ways to test short-term goals:

- Testing
- Daily data collection
- Teacher notes
- Teacher observation
- Parent observation

Short-term goals need to have timelines that are met. Parents play an important role in meeting with school personnel to monitor the timelines and process. It is just as much the parent’s responsibility to initiate communication with school personnel as it is for the school personnel to keep the parents informed.

Related Services

There is no set formula for the delivery of Related Services; the formula should be individualized to the child’s needs and goals. Related Services are whatever the IEP team (which you as a parent are a part of) decides the child needs to be successful. Related Services need to be relevant to the student and her/his academic day.

Related Services can include:

- Therapy
- Transportation
- Counseling services
- Assistive technology
- Interpreters

Parent Counseling and Training

Parent counseling and training should also be discussed at the IEP meeting. The school is responsible for helping parents to acquire the necessary skills that will allow them to support the implementation of their child’s IEP.

Extended School Year Services

The team should talk about the possible need for extended school year services. This is exactly what the name implies—school extended beyond the regular school year. Please let the school know that you are aware of these services.

Signing the IEP

After the IEP has been written, the parent is asked to sign the forms. If you agree with what has been written, this is wonderful! If you have questions, don't understand something or don't agree with something on the IEP, you do not have to sign the form at that time. Schedule another meeting. Ask questions. Try to resolve the issues. You as the parent, have the legal right to object to any IEP that you think is not in the best interest of your child. If there are only a few minor sticking points, you may want to consider signing the forms and writing down what it is that you don't agree with next to your signature. Plan to work things out at a later time. Schedule another meeting. This way your child can at least begin to receive the services he/she needs with which you agree. If you come to a total impasse, then you have the right to ask for mediation.

Mediation

Mediation is provided, free of charge, by the State Board of Education. They have hired impartial individuals who have gone through special training in order to help parents and school systems resolve disputed issues. The idea is to bring in a third party who may be able to help the two parties involved find some form of middle ground that they can agree upon. The hope is to have everyone agree to the new IEP in order to keep from going to Due Process.

Due Process

Due Process is what you request when you feel that mediation has failed, and you believe you have a situation with legal merit. If you feel you need to go this route, you may want to contact the Parent Education and Advocacy Training Center at 1-800-869-6782 for more information or visit the Commonwealth Autism Service website at www.autismva.org for additional resources.

Placement

The placement of your child should not be determined until after the IEP process has been written. The placement of where your child is to be educated is based on the Least Restrictive Environment. Can the child function in a regular education classroom with added supports? For example, some additional supports might be an aide, being close to natural light of the window, or having other things in the classroom moved around to assist with the child's needs. If the child would have a difficult time in this environment, look at other classrooms that might have smaller group settings, more structure, or other things that would be able to assist the child in achieving her/his IEP goals. Always starts with the least restrictive environment and work toward the more restrictive settings until you find the proper match for your child.

IEP Resources:

The Virginia Department of Education, Division of Special Education

http://www.doe.virginia.gov/special_ed/index.shtml

Judy Hudgins, Virginia Department of Education, Parent Specialist

Phone: (804) 371-7421

E-mail: Judy.Hudgins@doe.virginia.gov

Janet P. Lennon, Educational Advocate

Phone: (540) 460-4339

E-mail: janetplennon@gmail.com

Pete Wright, Special Education Lawyer

<http://www.wrightslaw.com/>

Parent Educational Advocacy Training Center (PEATC), Virginia

Provides training & information to parents to enable them to participate more effectively with professionals in meeting the educational needs of their children.

Website: www.peatc.org

Phone: 1-800-869-6782 or 703-923-0010 (Voice/TTY)

Email: partners@peatc.org

Special Education Law

A multi-disciplinary internet resource for parents of special needs children, as well as attorneys, special education administrators, teachers, psychologists and others with a need for information relating to special education law.

Website: <http://www.specialedlaw.org/services.html>

Books:

Creating a "Win-Win IEP" for Students with Autism, second edition, Beth Fouse, Ph.D., 1999.

Wrights Law: "Special Ed Law," Peter Wright, Esq., 1999.

National Resources and General ASD Information

Autism Science Foundation

Website: <http://autismsciencefoundation.org/>

The Autism Science Foundation is a national autism organization whose mission is to support autism research and organizations conducting autism research. The organization also provides information about autism to the general public.

Autism Speaks

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

Autism Speaks is a national autism organization that seeks to promote autism awareness, advocacy and research.

Service providers can be found by state at: <https://www.autismspeaks.org/family-services/resource-guide>

A 100 Day Kit for Newly Diagnosed Families of Young Children can be found at: https://www.autismspeaks.org/docs/family_services_docs/100day2/100_Day_Kit_Version_2_0.pdf

National Autism Center

Website: www.nationalautismcenter.org

E-mail: info@nationalautismcenter.org

Phone: 1 (877) 313-3833

The National Autism Center is a new non-profit organization dedicated to supporting effective, evidence-based treatment approaches and providing direction to families, practitioners, organizations, policy-makers and funders. The center is bringing nationally renowned experts together to establish national standards, model best practices, and conduct applied research, serving as a vital source of information, training and services.

National Professional Development Center on Autism Spectrum Disorder

Website: <https://autismpdc.fpg.unc.edu/national-professional-development-center-autism-spectrum-disorder>

Since 2007, the National Professional Development Center on Autism Spectrum Disorder (NPDC) has worked to develop free professional resources for teachers, therapists, and technical assistance providers who work with individuals with ASD. Resources include detailed information on how to plan, implement, and monitor specific evidence-based practices.

Organization for Autism Research (OAR)

Website: <https://researchautism.org/>

E-mail: info@researchautism.org

Phone: (866) 366-9710

The Organization for Autism Research (OAR) was created in December 2001 – the product of the shared vision and unique life experiences of OAR’s seven founders. Led

by these parents and grandparents of children and adults on the autism spectrum, OAR set out to use applied science to answer questions that parents, families, individuals with autism, teachers and caregivers confront daily.

University of California Davis Mind Institute

2825 50th Street

Sacramento, CA 95817

Phone: (916) 703-0280

Massie Family Clinic: (916) 703-0300

Website: <http://www.ucdmc.ucdavis.edu/mindinstitute/centers/iddrc.html>

The MIND Institute IDDRC provides resources to its member scientists that are designed to encourage and accelerate the pace of research that moves the field closer to treatments, strategies for prevention, and eventual cures. Established in 1963 by Congress as "centers of excellence" for research in intellectual and developmental disabilities, the Eunice Kennedy Shriver Intellectual and Developmental Disabilities Research Centers represent the nation's first and foremost sustained effort to prevent and treat disabilities through biomedical and behavioral research.

University of Washington Autism Center

1701 NE Columbia Rd

P.O. Box 357920, University of Washington

Seattle, WA 98195

Toll-free: 877-408-UWAC

Phone: 206-221-6806

Website: <http://depts.washington.edu/uwautism/resources/my-next-steps-a-parents-guide-to-understanding-autism/>

The UW Autism Center is a nonprofit organization devoted to supporting individuals and families affected by autism spectrum disorders through exceptional clinical services, innovative scientific research and high-quality training. Their mission is: to offer state-of-the-art clinical services to individuals with ASD from birth through young adulthood, and their families, to increase community knowledge and service capacity through public awareness and professional training and to conduct research to understand what causes ASD, how it develops, and how it can be treated or prevented.

Virginia Commonwealth University Autism Center for Excellence

1314 West Main Street

P.O. Box 842011

Richmond, VA 23284-2011

Phone: (855) 711-6987

TTY: (804) 828-2494

Fax: (804) 828-2193

Website: <https://vcuautismcenter.org>

VCU-ACE is a university-based technical assistance, professional development, and educational research center for Autism Spectrum Disorder in the Commonwealth of Virginia.

Yale Child Study Center

230 South Frontage Rd.

New Haven CT, 06519

Phone: (203) 785-2540

Website: <http://medicine.yale.edu/childstudy/>

Since 1911, the Center has been serving children and families from birth through adolescence. Their mission is to improve the lives of children and families through research, service, and training. They are committed to continual improvement in what they do for children and families and in learning from all that they do as to inform that growth and improvement.

Psychologists and Other Therapists

The following list of local or Virginia-based resources is organized by resource type and subdivided by location in alphabetical order. *An asterisk (*) identifies professionals with ASD expertise.*

Abingdon

Blue Mountain Therapy*

27018 Lee Hwy

Abingdon, VA 24211

Phone: 276.525.6043

<http://bluemountaintherapy.com>

Offering Applied Behavior Analysis (ABA), Speech, Occupational, and Physical therapies.

Blacksburg

Harvey Barker, Ph.D.

305 Washington Street SW

Blacksburg, VA 24060

Phone: (540) 230-7033

Email: hmbarker5@gmail.com

Website: <http://www.harveybarkerphd.com/>

Dr. Marilyn Hutchins

Licensed Professional Counselor, LPC

1999 South Main Street Suite 505 J

Blacksburg, VA 24060

Phone: (540) 961-9330

Associates in Brief Therapy, Inc.

200 Country Club Drive, Suite D-2
Blacksburg, VA 24060
Phone: 540-772-8043 (Blacksburg Office)
Phone: 1-877-895-8674 (Toll Free)
Website: <http://www.abtcounseling.com/>

The Cascade Group*

200 Professional Park Drive Suite 4
Blacksburg, VA 24060
Phone: (540) 951-4800
Fax: (540) 951-3081
Email: cascadegroup@earthlink.net

The Cascade Group is a team of therapists who offer services and are experts in these following areas: individual therapy, couple therapy, marital and family therapy, adolescent therapy, eating disorders, anxiety, depression, psychological assessments.

Family and Psychological Services

Roy Crouse, Ph.D., Licensed Clinical Psychologist
Mark Prosser, M.S., Licensed Professional Counselor
Bozana Young, Ph.D., Licensed Clinical Psychologist
820 University City Blvd Suite 1
Blacksburg, VA 24060
Phone: (540) 961-2380
Website: <http://www.familyandpsychological.com/>

-Family and Psychological Services is a group of Licensed Clinical Psychologists and Licensed Professional Counselors who provide a wide range of services to individuals, couples, families, and organizations. Treatment is provided by clinicians who each have over twenty years of experience in their areas of expertise. All therapists in our practice are licensed by the State of Virginia.

-The staff at Family and Psychological Services offers personalized care for a variety of life problems, including Depression, Stress and Anxiety problems, Health-related problems, Life Adjustment problems, Anger control, Addictive problems, Couples problems, and Family problems. Psychological assessments, career testing, personnel testing, and organizational consulting are also available.

Psychological Services Center*

Director: Lee Cooper, Ph.D., LCP
3110 Prices Fork Road, Blacksburg VA 20461-0355
Phone: (540) 231-6914

Virginia Autism and Behavior Consulting*

106 Faculty St. Blacksburg, VA 24060
<https://va-abc.com/>
(540) 404-1189

ABA and occupational therapy

Virginia Tech Autism Clinic & Center for Autism Research (VTAC/CAR)*

Director: Angela Scarpa, Ph.D., LCP
3110 Prices Fork Rd., Blacksburg, VA 24061
Phone: (540) 231-2053 or (540) 231-6914
E-mail: autism@vt.edu

Website : <https://support.psyc.vt.edu/centers/autism>; www.vtcar.science.vt.edu

Offering mental health therapy, pivotal response treatment parent training, social skills groups, parent psychoeducation, community trainings and consultation, and ASD diagnostic evaluations. Limited mobile services are also available through our Mobile Autism Clinic in the Galax and Marion areas.

Christiansburg

Alexa Z. Casey, Psy.D.

159 Walters Dr.
Christiansburg, VA 24073
Phone: (540) 381-3101

Kristine Barton, Ph.D.

Carilion Clinic Physical Medicine
2900 Tyler Road
Christiansburg, VA 24073
Phone: (540) 731-2992

David Hamilton, Ph.D.

Carilion Clinic Psychiatry and Behavioral Medicine
2900 Lamb Circle
Christiansburg, VA 24073
Phone: (540) 731-7311

Daleville

Associates in Brief Therapy, Inc.

44 Catawba Road
Suite 103
Phone: (540)772-8043 or toll free: (877) 895-8674
Fax: (540) 772-8242

Floyd

Rhoda Hurst, Ph.D., L.C.S.W., C.C.M.

Floyd Counseling and Care Management (Affiliated with Associates in Brief Therapy)
202 N. Locust Street

PO Box 573
Floyd, VA 24091
Business Phone: (540) 745-4357
For Appointments, call toll free (877) 895-8674 or 540-772-8043
Fax: (540) 745-2432

Lynchburg

Tim Barclay, Ph.D.*

Wyndhurst Counseling Center, ADHD Clinic of Lynchburg
105 Hexham Drive
Lynchburg, Virginia 24502
Phone: (434) 237-2655
Fax: (434) 237-4422

Terry W. Jefferson, Ph.D., LCP *

Yoder, Jefferson & Associates
3712 Old Forest Road, Suite 500
Lynchburg, Virginia 24501
Phone: (434) 385-0744
Fax: (434) 385-8358
Works with all disorders

Ann Luedke, Ph.D., LCP

66 Timberoak Court
Lynchburg, Virginia 24502
Phone: (434) 237-6236

Centra Autism and Developmental Center*

Bridges Treatment Center; Clinical Coordinator: Heather Newman, RN
693 Leesville Road
Lynchburg, VA 24502
Phone: (434) 200-5065
Fax: (434) 200-1662
Email: heather.newman@centrahealth.com
Website: <http://bridgesrtc.com/index.php/centra-autism-services>

Centra Autism and Developmental Center will test children and adolescents starting at age 3 who may be on the autism spectrum.

Radford

Anna R. Caldwell, LCSW, BCBA, LBA *

Spectrum Therapeutic Services, PLLC
140 E Main Street
Radford, VA 24141

Phone: (540) 585-3075

Email: anna@spectrumtherapeutic.com

Scarlett Williams, LPC*

600 E Main, Suite C

Radford, VA 24060

Website: scarlettwilliamsipc.com

Email: scarlettwilliamsipc@gmail.com

Phone: (540) 818-2838

Roanoke

Gudrun M Freeman, Ph.D.

Manassas Group

3635 Manassas Dr.

Roanoke, VA 24018

Phone: (540) 774-4686

Fax: (540) 989-8893

Active, self-empowering treatment for anxiety with a focus on the whole person or family group

Rob Lanahan, Psy.D.

1315 2nd St SW

Roanoke, VA 24016

Phone: (540) 344-5940

Fax: (540) 344-5941

Daniel B. Porter, Ph.D.

4248 Old Cave Road

Roanoke, VA 24018

Phone: (540) 989-5640

ACA Counseling Services

Michael Chiglinsky, Ph.D.

Joanne Chiglinsky, M.S.W.

Bethany Cook, M.S.W

3247 Electric Rd.

Suite 1-A

Roanoke, VA 24018

Phone: (540) 772-0690

Fax: (540) 772-0692

Email: office@acacounselingroanoke.com

Appalachian Counseling Center

Alan Katz, Ph.D.

Klaire Mundy, Psy.D.
4330 Old Cave Spring Road
Roanoke, VA 24018
Phone: (540) 774-4211

Dominion Youth Services*

Contact: Danielle Yoder Hill, M.Ed., BCBA, LBA
3023 B Peters Creek Road, NW
Roanoke, VA 24019
(540) 632-9533

www.dominionyouthservices.com

Provider of a broad array of services to include ABA, mental health, and education, serving people with intellectual disabilities and autism.

Family Insight, P.C.

Director: Heather Moor, BA, QMHP
3433 Brambleton Ave.
Suite 201-A
Roanoke, VA 24018
Phone: (540) 266-7550
Fax: (540) 266-7230
Website: <http://www.familyinsight.net/locations/roanoke/>

Psychological Health Roanoke

Lisa Teegarden-Cabay, Ph.D., LCP*
David Meshorer, Ph.D.
Bruce A. Sellars, Psy.D.

Colonnade Corporate Center One
2840 Electric Road, Suite 200
Roanoke, VA. 24018
Phone: (540) 772-5140
Fax: (540) 772-5158

Email for appointments: scheduling@psychhealthroanoke.com

Website: <http://www.psychhealthroanoke.com/clinicians.html>

(Dr. Teegarden-Cabay) She has specialized in child, adolescent and family assessments and therapy since completing her training, mostly in private/group settings. Her specialties include working with children and adolescents on the Autistic Spectrum, including social skill development.

(Dr. Meshorer) Works primarily with adults having problems with anxiety, depression, and substance abuse, has special interest in geriatrics, working with people dealing with issues of aging and loss

(Dr. Sellars) Virginia Autism and Behavior Consulting*

139 E. Court St. Rocky Mount, VA 24151

(540) 404-1189

<https://va-abc.com/>

ABA and occupational therapy

Outpatient cognitive-behavioral treatment provided for a wide range of anxiety disorders, such as panic disorder, phobias, OCD, generalized anxiety, hoarding, PTSD, and trichotillomania. Adult and geriatric population. Many insurance plans accepted.

Rocky Mount

Virginia Autism and Behavior Consulting*

3243 Electric Road Building E Suite 1B Roanoke, VA 24018

<https://va-abc.com/>

(540) 404-1189

ABA and occupational therapy

Salem

Alan Beach, Ph.D., L.C.S.W., L.M.F.T.*

811 S. College Ave.

Salem, VA 24153

Phone: (540) 387-3977

Email: aebeach3@gmail.com

Dr. Beach is a child and family therapist in private practice, providing assessment services, traditional outpatient therapy, and social skills training groups.

Lissa Hoprich, M.A., B.C.B.A., L.B.A.*

ABC's of Applied Behavior Analysis

1630 Braeburn Dr.

Salem, VA 24153

Phone: (540) 588-9582

Fax: (540) 380-8155

Email: abcsofaba@gmail.com

Website: <http://www.abcsofaba.com/>

ABC's of ABA provide "in home" ABA interventions and programming, consulting, and training. The clinic's primary goal is to prepare children for the transition to the school environment. Because of this, both the clinic's physical environment and teaching environment are modeled after actual pre-school classrooms.

Associates in Brief Therapy, Inc.

508 East Main St., Suite 500

Salem, VA 24153

Phone: (540) 772-8043, (877) 895-8674

Shawsville

Lisa F. Pugh, M.S., L.P.C., N.C.C.*

Christian Counseling and Support Services

602 Radford Street

Christiansburg, VA 24073

Phone: (540) 712-2177

As a solution-focused therapist, Ms. Pugh specializes in mental health counseling for individuals of all ages. Her therapeutic approach integrates biblical counseling with complementary methodologies and techniques. She specializes in depression, anxiety, and grief.

Troy

Damon Christoine Watson MPH, QMHP

Lafayette School

103 Zion Station Rd

Troy, Virginia 22974

Phone: (434) 808-0389

Wytheville

Blue Mountain Therapy*

1480 E Main St Suite 503

Wytheville, VA 24382

Phone: (276) 525-6043

<http://bluemountaintherapy.com/>

Offering Applied Behavior Analysis (ABA), Speech, Occupational, and Physical therapies.

Psychiatrists

Blacksburg

John I. Walker, M.D.

200 Professional Park Drive SE, Suite 1

Blacksburg, VA 24060

Phone: (540) 230-1120

General psychiatry in adults

New River Valley Community Services

700 University City Blvd

Blacksburg, VA 24060

Phone: (540) 961-8300
Fax: (540) 961-8465
Website: <http://www.nrvcs.org/psychiatric-services-adults/>

Christiansburg

Gary M. Rooker, D.O.

Rooker Psychiatric Services
102 Miller St. SE
Christiansburg, VA 24073
Phone: (540) 381-5832
General psychiatry

Carilion St. Alban's Behavioral Health

David Dalrymple, M.D.
David A. Downs, Jr. M.D.
Douglass M. Anderson, M.D.
George Paul Hlusko M.D. (Child and Adolescent Psychiatry)
Ron Myers, M.D. (Adult)
2900 Lamb Circle
Christiansburg, VA 24073
Phone: (540) 731-2000

Fairfax

The Child & Family Counseling Group, PLC

David Clayton, MD (Child, Adolescent, and Adult Psychiatry)
Thad Garland, MD (Child, Adolescent, and Adult Psychiatry)
Stacy Paggi, MD (Child, Adolescent, and Adult Psychiatry)
3959 Pender Drive Suite 320
Fairfax, VA 22030
Phone: (703) 352-3822 ext. # 12, 36, 16
Website: <http://www.childandfamilycounseling.com/>

Lynchburg

Edward Kuhnley, M.D.

Horizon Behavioral Health, Child and Family Services
2215 Langhorne Rd, Suite 101
Lynchburg, VA 24501
Phone: (430) 948-4831

Centra Piedmont Psychiatric Center

Office Manager: Jillian Collier, R.N.

3300 Rivermont Avenue
Lynchburg, Virginia 24503
Phone: (434) 200-5999; (888) 528-5999
Email: jillian.collier@centrahealth.com
Website: <http://mentalhealth.centrahealth.com/services/piedmont-psychiatric-center>

Radford

Hal G. Gillespie, M.D.

Virginia Highlands Health Associates, PC
7457 Lee Highway
Fairlawn, VA 24141
Phone: (540) 731-1939

Roanoke

Carilion Clinic Psychiatry – Child & Adolescent

Anuradha Reddy, M.D.
Thomas R. Milam, M.D., M.Div.
Felicity Adams-Vanke, M.D.
J. Eric Vance, M.D.
Jeffrey J. Wilson, M.D.
2017 South Jefferson Street, 2nd floor
Roanoke, VA 24014
Phone: (540) 853-0900

Salem

Himanshu S. Patel, M.D., Child Psychiatry

Sellars Center for Emotional Care
400 E. Burwell St., Suite A
Salem, VA 24153
Phone: (540) 387-3105

Specialists

Many Locations

Music Therapy of the New River Valley

Cindie L. Wolfe, MT-BC
Phone: 540-315-1357
cwolfe@musictherapynrv.com
<http://www.musictherapynrv.com/>

Blacksburg

Thomas Williams, Ph.D.

314 War Memorial Hall (0313)

Blacksburg, VA, 24061

Phone: (540) 231-8337

email: thwilli1@vt.edu

Website: <http://www.soe.vt.edu/specialed/williams.html>

Provides staff training on the topic of adults with severe developmental disabilities for New River Community Services.

Radford

Radford University Speech and Hearing Clinic

Clinic Director: Rebecca Epperly, M.S., CCC-SLP

Audiology Coordinator: Lauren Smith Flor, Ph.D., AuD, CCC-A

122 Waldron Hall

Radford, VA 24142

Phone: (540) 831-7166 (speech)

Phone: (540) 831-7737 (audiology)

Experience with older kids/teenagers and young adults

Roanoke

Amy Kageals, M.S., CCC-SLP* --Manager, Pediatric Therapy

Carilion Clinic Children's Hospital

Carilion Pediatric Therapy (Speech, OT)

101 Elm Ave

Roanoke, VA 24013

Office: (540) 985-9813

Multi-disciplinary approach to pediatric feeding and swallowing disorders that includes parent/family involvement.

Hospital-Base Care **(Inpatient and Partial Hospitalization)**

Lynchburg

Centra Adult Acute Psychiatric Program

Unit Manager: Jacob Cash, R.N.

Centra Virginia Baptist Hospital

Adult Acute Psychiatric Unit, Mundy building, 3rd Floor

3300 Rivermont Avenue

Lynchburg, Virginia 24503

Phone: (434) 200-4644

Fax: (434) 200-7463

Website: <http://mentalhealth.centrahealth.com/services/adult-psychiatric-program>

Centra provides comprehensive inpatient psychiatric treatment for adults (ages 18 and older) who struggle with daily life because of emotional crises or troubling thoughts and behaviors. They may suffer from depression, anxiety, schizophrenia, bipolar disorder, personality disorders or other psychological disorders.

Centra Child & Adolescent Acute Psychiatric Program

Director: Stephanie Loveridge, M.S.M., NEA-BC, RN-BC

Centra Virginia Baptist Hospital

3300 Rivermont Avenue

Krise Building, 6th Floor (Krise-6)

Lynchburg, VA 24503

Phone: (434) 200-4137

Fax: (434) 200-4145

Website: <http://mentalhealth.centrahealth.com/services/adult-psychiatric-program>

Centra treats children and adolescents who need immediate, intensive help with severe emotional or behavioral problems. Designed to provide short-term, acute, inpatient care for children ages 5-18, Centra Child & Adolescent Acute Psychiatric Program offers crisis stabilization, diagnostic evaluation, focused therapy, daytime treatment and further referral.

Community Service Boards (multiple locations)

New River Valley Community Services (NRVCS) - <http://www.nrvcs.org/>

Tom Meadows, NRVCS ID Case Management Supervisor

700 University City Boulevard

Blacksburg, VA 24060

tmeadows@nrvc.org

Early Intervention Services Manager for NRVCS

Phone: 540.961.8343

jbehl@nrvc.org

NRVCS REACH program for adults with intellectual or developmental disabilities

824 W. Main Street

Radford, VA 24141

Phone: (855) 887-8278 (emergency and information line)

Phone: (540) 267-3435

Fax: (540) 267-3403

info@swvareach.org

NRVCS Child & Family Coordinator
700 University City Blvd.
Blacksburg, VA 24060
Phone: (540) 961-8300
Website: <http://www.nrvcs.org/>
Phone: (540) 357-0058

NRVCS Pointe West Club
810 University City Blvd.
Blacksburg, VA 24060
Phone: (540) 557-4060
Fax: (540) 557-4062
Website: <http://www.nrvcs.org/>
Pointe West Club (PWC) is a day support program for adults with developmental disabilities.

NRVCS Floyd Clinic
274 Floyd Highway South
Floyd, VA
Phone: (540) 745-2047
Fax: (540) 745-2048
Website: <http://www.nrvcs.org/floyd-clinic>

NRVCS Giles Clinic
705 Wenonah Avenue
Pearisburg, VA 24134
Phone: 540-921-2238; 540-961-8400 (emergencies)
Fax: 540-921-1028
Website: <http://www.nrvcs.org/>

NRVCS Recovery Community Center
1044 E. Main Street
Pulaski, VA
Phone: (540) 961-8300
Fax: (540) 322-1853
Website: <http://www.nrvcs.org/>

NRVCS New Horizons Crisis Stabilization
7191 Warden Court
Radford, VA 24141
Phone: (540) 831-5916
Fax: (540) 831-4034
Website: <http://www.nrvcs.org/>
New Horizons Crisis Stabilization is a 24-hour facility that serves adults (both male and female) with acute mental health issues.

NRVCS PACT / ICT
613 Second Street
Radford, VA 24141
Phone: (540) 961-8300 ext. 2706, 2702, 2708 or 2709
Website: <http://www.nrvcs.org/>

NRVCS Transportation (Community Transit)
2B Corporate Drive
Radford, VA 24141
Phone: (540) 831-5911
Website: <http://www.nrvcs.org/>

Social Services Board
Montgomery County
Health and Human Services Bldg.
210 S. Pepper St., Ste. B
Christiansburg, VA 24073
Phone: (540) 382-6990

ASD Medical, Neurologic, and Diagnostic Resources

Charlottesville

UVA Child Development and Rehabilitation Center

University of Virginia
Battle Building, 4th floor
1204 West Main St.
Charlottesville, VA 22903
Phone: (434) 924-5161
Website: <http://childrens.uvahealth.com/locations/profile/child-development-and-rehab-center>

Christiansburg

Jill Cramer, M.D., Neurology Specialist

Blue Ridge Associates in Neurology
2955 Market Street, Suite B
Christiansburg, VA 24073-6575
Phone: (540) 391-6211

Pediatric Gastroenterology

2900 Lamb Circle
Christiansburg, VA 24073
Phone: (540) 985-9832

Website: <https://www.carilionclinic.org/locations/pediatric-gastroenterology-christiansburg>

Fishersville

Woodrow Wilson Rehabilitation Center (WWRC)*

243 Woodrow Wilson Avenue

Fishersville, VA 22939

Phone: (540) 332-7000

Toll Free: (800) 345-9972

Website: <http://wwrc.virginia.gov/default.htm>

Woodrow Wilson Rehabilitation Center provides people (aged 14 and up) with disabilities comprehensive, individualized services (both medical and vocational training opportunities) to realize personal independence through employment.

Lynchburg

The Rimland Center for Integrative Medicine

Elizabeth Mumper, M.D., FAAP, Pediatrician

2919 Confederate Ave

Lynchburg, VA 24501

Phone: (434) 528-9075

Website: <http://www.rimlandcenter.com/index.php>

Radford

Radford University Autism Center

Director: Diane Millar, Ph.D.

Phone: (540) 831-7635

Email: dcmillar@radford.edu

Radford University Speech-Language-Hearing Clinic (RUSLHC)

Clinical Director: Rebecca Epperly, M.S., CCC-SLP

Audiology Coordinator: Lauren Smith Forehand, Ph.D., Au.D., CCC-A

Waldron Hall

Jefferson Street, Radford, VA

Mailing Address:

RUSLHC

P.O. Box 6961

Radford University

Radford, VA 24142

Speech-Language Referral Line: (540) 831-7166

Audiology Referral Line: (540) 831-7737

Email: speech@radford.edu

Website: <http://www.radford.edu/content/wchs/home/cosd/our-clinic.html>

Roanoke

Amy K. Barnhart, M.D., Pediatrician

Thomas J. Donohue, M.D., Pediatrician

Carilion Clinic Pediatric Medicine

4040 Postal Drive

Roanoke, VA 24018

Phone: (540) 772-4453

Steven Douglas Nack, D.O., Neurologist

210 Professional Park Drive SE

Blacksburg, VA 24060

Phone: (540) 961-0410

General psychiatry in adults

Michole M. Pineda, M.D., Pediatric Neurodevelopmental Specialist

Carilion Clinic - Pediatric Neuro-Developmental Clinic

1030 South Jefferson Street, Suite 201

Roanoke, VA 24016

Phone: (540) 224-4520

Website: <http://www.CarilionClinic.org>

Carilion Clinic Children's Pediatric Neurology

J. Thomas Wilson, III, M.D., Chief, Pediatric Neurology

Michael A. Sisk, M.D.

Scott I. Otallah, M.D.

102 Highland Avenue, Suite 104

Roanoke, VA 24013

Phone: 540-985-8454

Website: <https://www.carilionclinic.org/locations/pediatric-neurology-roanoke>

Carilion Clinic Pediatric Therapy (Carilion Roanoke Community Hospital)

Amy Kageals: Pediatric SLP, Clinical Supervisor (contact her)

Sandra Leet, Pediatric SLP

Samantha Litz, Pediatric SLP

101 Elm Avenue, 2nd Floor

Roanoke, VA 24013

(540) 985-9813

Website: <https://www.carilionclinic.org/pediatric-speech-therapy>

Pediatric Gastroenterology and Nutrition

Michael H. Hart, M.D. (Professor of Pediatrics; Chief, Pediatric Gastroenterologist)

102 Highland Avenue, Suite 305

Roanoke, VA 24013

Phone: (540) 985-9832

Email: mhhart@carilionclinic.org

Website: <https://www.carilionclinic.org/locations/pediatric-gastroenterology-roanoke>

Roanoke Neurological Associates

Dr. Christopher J Scherer, MD, Neurologist

Dr. Michael A Sisk, MD, Child & Adolescent Neurologist, Pediatrician

Dr. Nordeli Estronza, MD, Neurologist

Dr. James T Wilson III, MD, Pediatrician, Child & Adolescent Neurologist

Dr. John G Burch, MD, Neurologist

Dr. Zakia D Bell, MD, Neurologist

Dr. Mark A Scialabba, MD, Neurologist

4461 Starkey Rd SW

Ste 101

Roanoke, VA 24018

Phone: (540) 342-0211

Website: <http://www.roanokeneuro.com/>

ASD Community Resources

Amherst

Central Virginia Autism Action Group (CVAAG)

Contact: Jennifer Keller

Phone: (434) 851-0955

Email: cva.autismactiongroup@gmail.com

<http://www.autismva.org/sites/default/files/files/CVAAG%20Family%20Support%20Group.pdf>

The mission of the Autism Action Groups is to provide leadership in the implementation of a regional system of services and resources to maximize the potential and quality of life of each individual with autism spectrum disorder, and their families, across the lifespan.

Laurel Regional Program Autism Specialist

Contact: Jennifer Berkeley

Phone: (434) 851-0955

Email: berkeleyjk@lcsedu.net

Website: <http://www.lcsedu.net/schools/laurel/school-information/autism-specialist-news>

Bedford

Central Virginia Autism Action Group (CVAAG)

Contact: Jennifer Keller

Phone: (434) 851-0955

Email: cva.autismactiongroup@gmail.com

Website:

<http://www.autismva.org/sites/default/files/files/CVAAG%20Family%20Support%20Group.pdf>

The mission of the Autism Action Groups is to provide leadership in the implementation of a regional system of services and resources to maximize the potential and quality of life of each individual with autism spectrum disorder, and their families, across the lifespan.

Laurel Regional Program Autism Specialist

Contact: Jennifer Berkeley

Phone: (434) 851-0955

Email: berkeleyjk@lcsedu.net

Website: <http://www.lcsedu.net/schools/laurel/school-information/autism-specialist-news>

Blacksburg

New River Valley Autism Action Group (NRVAAG)

Contact: Latrelle Rogers

700 University City Blvd.

Blacksburg, VA 24060

Email: lrogers@nrvc.org

The mission of the Autism Action Groups is to provide leadership in the implementation of a regional system of services and resources to maximize the potential and quality of life of each individual with autism spectrum disorder, and their families, across the lifespan.

Virginia Tech Autism Clinic & Center for Autism Research (VTAC/CAR)

Director: Angela Scarpa, Ph.D., LCP

3110 Prices Fork Rd., Blacksburg, VA 24061

Phone: (540) 231-2053 or (540) 231-6914

E-mail: autism@vt.edu

Website : <https://support.psyc.vt.edu/centers/autism>

www.vtcar.science.vt.edu

Buena Vista

Blue Ridge Autism and Achievement Center (BRAAC)

2424 Magnolia Ave

Buena Vista, VA 24416

Mailing Address: PO Box 611, Buena Vista, VA 24416

Phone: (540) 261-1289

Email: braac.bv@gmail.com

Website: <http://www.blueridgeautismcenter.com/>

Campbell

Central Virginia Autism Action Group (CVAAG)

Contact: Jennifer Keller

Phone: (434) 851-0955

Email: cva.autismactiongroup@gmail.com

Website:

<http://www.autismva.org/sites/default/files/files/CVAAG%20Family%20Support%20Group.pdf>

The mission of the Autism Action Groups is to provide leadership in the implementation of a regional system of services and resources to maximize the potential and quality of life of each individual with autism spectrum disorder, and their families, across the lifespan.

Laurel Regional Program Autism Specialist

Contact: Jennifer Berkeley

Phone: (434) 851-0955

Email: berkeleyjk@lcsedu.net

Website: <http://www.lcsedu.net/schools/laurel/school-information/autism-specialist-news>

Floyd

Strengthening Our System, Inc.*

464 Christiansburg Pike

Floyd, VA 24091

Email: info@strengtheningoursystem.com

Phone: (540) 585-4078

Offers in-home residential support, mental health support, therapeutic psychological consultation, service facilitation, and intensive in-home services

Lynchburg

Central Virginia Autism Action Group (CVAAG)

Contact: Jennifer Keller

Phone: (434) 851-0955

Email: cva.autismactiongroup@gmail.com

Website:

<http://www.autismva.org/sites/default/files/files/CVAAG%20Family%20Support%20Group.pdf>

The mission of the Autism Action Groups is to provide leadership in the implementation of a regional system of services and resources to maximize the potential and quality of life of each individual with autism spectrum disorder, and their families, across the lifespan.

Laurel Regional Program Autism Specialist

Contact: Jennifer Berkeley

Phone: (434) 851-0955

Email: berkeleyjk@lcsedu.net

Website: <http://www.lcsedu.net/schools/laurel/school-information/autism-specialist-news>

The ARC of Central Virginia - Day Support Services*

1508 Bedford Ave

Lynchburg, VA 24504

Phone: (434) 845-4071 or 1-888-604-2677, ext. 5

Email: info@arcofva.org

Website: www.arcofva.org

Located in Lynchburg, the Central Virginia chapter of The Arc of America provides day support services for persons with a variety of special needs, including autism.

Radford

Regional Education Assessment Crisis Services Habilitation (REACH)

Children's Crisis Services

824 West Main Street

Radford, VA 24141

Phone: 1 (855) 887-8278

REACH children's providers will be available 24/7 to provide mobile crisis intervention and stabilization as well as on-call services to eligible youth and their families. REACH does not offer out of home residential crisis placement to individuals under the age of 18 years.

Adult Crisis Services

Project Manager: Erica Whiting, Psy.D.

824 West Main Street

Radford, VA 24141

Phone: 1 (855) 887-8278

REACH provides 24/7 mobile crisis intervention and stabilization as well as on-call services to eligible individuals and their families.

Richmond

VCU Autism Center for Excellence

1314 West Main Street

P.O. Box 842011

Richmond, VA 23284-2011

Phone: (855) 711-6987

TTY: (804) 828-2494

Fax: (804) 828-2193

Website: www.vcuautismcenter.org

Email: autismcenter@vcu.edu

Roanoke

Blue Ridge Autism and Achievement Center (BRAAC)

312 Whitwell Drive, Roanoke, VA 24019

Phone: (540) 366-7399 or (540) 777-1218

Website: <http://www.blueridgeautismcenter.com/>

Email: braac.roanoke@gmail.com

Greater Roanoke Valley Autism Action Group (GRVAAG)

Contact: Heather Overstreet

Blue Ridge Independent Living Center

1502 B Williamson Road NE

Roanoke, VA 24012

Email: info@roanokeforautism.org

Website: <http://www.blackwood.tierranet.com/GRVAAG/GRVAAG.htm>

The mission of the Autism Action Groups is to provide leadership in the implementation of a regional system of services and resources to maximize the potential and quality of life of each individual with autism spectrum disorder, and their families, across the lifespan.

Roanoke Valley Resources For Autism

Website: <http://www.roanokeforautism.com/>

Salem

Lissa Hoprich, M.A., B.C.B.A., L.B.A.*

ABC's of Applied Behavior Analysis

1630 Braeburn Dr.

Salem, VA 24153

Phone: (540) 588-9582

Fax: (540) 380-8155

Email: abcsofaba@gmail.com

Website: <http://www.abcsofaba.com/>

ABC's of ABA provide "in home" ABA interventions and programming, consulting, and training. The clinic's primary goal at the clinic is to prepare children for the transition to the school environment. Because of this, both the clinic's physical environment and teaching environment are modeled after actual pre-school classrooms.

Education Resources

Bedford

Bedford County Public Schools Special Services

Director of Special Services: Sara Staton

310 S. Bridge Street
Bedford, VA 24523
Phone: (540) 586-1045, ext 248
Email: sstaon@bedford.k12.va.us

Blacksburg

Virginia Tech's Training & Technical Assistance Center (T/TAC)

250 South Main Street, Suite 326 (0254)
Blacksburg, VA 24061
Phone: 1 (800) 848-2714 or 1 (540) 231-5167
TTY: 1 (540) 231-3315
Website: www.ttac.vt.edu
E-mail: ttac@vt.edu

The goal of T/TAC is to improve educational opportunities and contribute to the success of children and youth with disabilities (birth–22 years). T/TAC provides high-quality professional development that fosters access to the general education curriculum, achievement in the least restrictive environment, and the knowledge and skills to transition to adult settings. These services are provided in the context of a school's improvement plan in collaboration with building and division administrators.

Tutor for Students with ASD (available during summer time)

Colleen Gentry: Special Education Teacher at Price's Fork Elementary, MCPS
cgency@mcps.org

Christiansburg

Montgomery County Public School System, Special Education Office

Patricia Nelson, Director of Special Education
Email: patnelson@mcps.org
Phone: (540) 382-5100 (ext. 1081)
Fax: (540) 394-4448
200 Junkin Street, Christiansburg, VA, 24073
Website: http://www.mcps.org/departments/special_education

Montgomery County Public Schools Special Education Advisory Committee (SEAC)

Special Education Office Phone: (540) 382-5114
Website: http://www.mcps.org/departments/special_education/s_e_a_c

The Montgomery County Special Education Advisory Committee was formed in 1972. We recruit members who are persons with disabilities, parents of persons with disabilities, representatives from civic organizations, business or industry or any public agency concerned with the care of persons with disabilities.

The purpose of the Special Education Advisory Committee (SEAC) is to:

1. Advise the local school division of needs in the education of children with disabilities;
2. Participate in the development of priorities and strategies for meeting the identified needs of children with disabilities;
3. Submit periodic reports and recommendations regarding the education of children with disabilities to the division superintendent for transmission to the local school board;
4. Assist the local school division in interpreting plans to the community for meeting the special needs of children with disabilities for educational services;
5. Review the policies and procedures for the provision of special education and related services prior to submission to the local school board; and
6. Participate in the review of the local school division's annual plan.

All meetings are open to the public. The SEAC welcomes anyone interested in special education. There is designated time for public comment during the meeting. This is an opportunity to share successful educational experiences and express general concerns regarding educational issues for students with disabilities. Meetings take place at the MCPS Special Education Office.

Floyd

Floyd County Public School Office

Josie Loomis, Special Education Director
140 Harris Hart Rd NE, Floyd, VA 24091
Phone: (540) 745-9400
Email: loomisj@floyd.k12.va.us

Harrisonburg

Commonwealth Autism

c/o Harrisonburg City Public Schools
Contact: Michelle VanSetten
1 Court Square, 3rd Floor
Harrisonburg, VA 22802
Phone: (540) 434-2752
Website: www.autismva.org

Provides consultation services to teachers to assess student strengths and needs, develop an action plan, support staff and students.

c/o Rockingham County Public Schools
Autism-Behavior Interventionist: Kara Hartman
100 Mount Clinton Pike
Harrisonburg, VA 22802-2507
Phone: (540) 434-2061
Fax: (540) 564-3250
www.autismva.org

Provides consultation services to teachers to assess student strengths and needs, develop an action plan, support staff and students.

Minnick School, Harrisonburg Campus

Principal: Allison Stein
779 Massanutten Street
Harrisonburg, VA 22802
Phone: (540) 437-1814

Website: <http://lfsva.org/educational-services-minnick-schools/locations-school-calendars/>

Minnick Schools offer an opportunity to take a different path. Highly trained educators help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive. Experiencing academic success focuses students on a new way of interacting with teachers and classmates. Learning becomes fun again as they acquire strategies to achieve academic and transitional goals.

Lynchburg

Centra Autism Program (CAP) in Rivermont Schools

Coordinator: Crystal Collette
Phone: (434) 363-5306
Email: cystal.collette@centralhealth.com

Centra Autism Program (CAP) provides academic and behavioral services focusing on family-centered, evidence-based treatments with a foundation in Applied Behavioral Analysis (ABA) and Verbal Behavior for children and adolescents with Autism Spectrum Disorders. CAP is available in Lynchburg, Danville, Roanoke, Virginia Beach, Lexington and Greater Petersburg.

Norfolk

Commonwealth Autism

c/o Southeastern Cooperative Education Programs (SECEP)
6160 Kempsville Circle, Suite 300B
Norfolk, VA 23502
Phone: (757) 892-6100
Website: <http://www.secep.net/>

Provides consultation services to teachers to assess student strengths and needs, develop an action plan, support staff and students.

Pearisburg

Giles County Public School Office

Michele Thompson, Special Education Director
151 School Rd, Pearisburg, VA 24134
Phone: (540) 921-1421, Ext 21
Fax: (540) 921-1424
Email: mthompson@gilesk12.org

Pulaski

Pulaski County Public School Office

Dr. Benjamin R. Tickle, Special Education Director
202 N. Washington Ave, Pulaski, VA 24301
Phone: (540) 994-2546
Email: telitharp@pcva.us

Radford

Radford City Public Schools Office

David Sable, Special Education Director
1612 Wadsworth St., Radford, VA 24141
Phone: (540) 267-3223
Email: dsable@rcps.org

Richmond

Commonwealth Autism Service

4108 East Parham Road
Richmond, VA 23228
Phone: (804) 355-0300
Website: www.autismva.org

Provides consultation services to teachers to assess student strengths and needs, develop an action plan, support staff and students.

Roanoke

Minnick School, Roanoke Campus

Educational Coordinator: Ashley Wittl
775 Dent Rd NW
Roanoke, VA 24019
Phone: (540) 265-4281
Fax: (540) 265-4287
Website: <http://lfsva.org/educational-services-minnick-schools/locations-school-calendars/>

Minnick Schools offer an opportunity to take a different path. Highly trained educators help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Starkey Station (Branch Campus of Minnick School, Roanoke Campus)

Transition Coordinator: Kim Irvin
6405 Merriman Road
Suites 103, 104, and 105
Roanoke, VA 24018
Phone: (540) 206-3270, ext. 3401

Website: <http://lfsva.org/educational-services-minnick-schools/locations-school-calendars/>

Minnick Schools offer an opportunity to take a different path. Highly trained educators help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Roanoke County Public Schools

5937 Cove Road
Roanoke, VA 24019
Phone: (540) 562-3700

Website: http://www.rcs.k12.va.us/pages/Roanoke_CPS/Departments/Special_Education

Director of Special Education and Pupil Personal Services: Dr. Jessica McClung

Phone: (540) 562-3900, ext 10181
Fax: (540) 562-3984

Preschool Program

Each RCPS elementary school has a pre-school program that serves students with disabilities, including autism. Service delivery within the preschool class is determined by the IEP team, but may include additional adult supports, accommodations and modifications, consultations from the RCPS Autism Department for recommendations for academic, behavioral, communication, and self-help skills, and/or specially designed programs for the student with ASD that are implemented within the pre-school classroom setting. Each preschool teacher/student case manager participate in annual trainings on various topics including, but not limited to, First Aid and CPR, autism and autism related issues, data collection and behavioral issues.

Roanoke's Elementary Autism Program (REAP)

Each RCPS elementary school has access to the REAP. For students working within the REAP model, the IEP team has determined that student's needs warrant an individualized program based on the principles of Applied Behavior Analysis (ABA).

ABA is utilized as the fundamental approach to address behavioral challenges and teach new skills. This instructional approach emphasizes the importance of looking at the ABC's (antecedents, behaviors, and consequences) of behaviors, teaching new behaviors, and developing systematic instructional plans to teach new skills. Skills are broken down into small units through task analysis. New skills are taught through the systematic use of techniques such as reinforcement, shaping, prompting, fading, chaining, and discrimination. Data collection and analysis is an important component of an ABA

instructional program. Data is used to measure progress on the acquisition of new behaviors and new skills.

REAP Within the Home School Setting

When the IEP team determines that the student is in need of the REAP within the home school the RCPS Autism Department may be asked to assist classroom teachers and instructional assistants with the implementation of Applied Behavior Analysis principles and methods through regularly scheduled visits to assigned classrooms. This includes assistance in program development and modification, assessment and data collection, and on-site and follow-up training to classroom staff. In addition, the RCPS Autism Department support school teams with the completion of functional behavior assessments, behavior intervention plans, crisis intervention and development of crisis plans.

REAP – Center Based

IEP teams may determine that a rising kindergarten student's needs warrant placement within the Center Based REAP. This is a self-contained classroom for students with intense needs. There is an application process for the Center Based REAP which is based on student need, availability within the program, a complete understanding of the home schools' responsibilities and the current make up of the classroom (to help determine if this really is the most appropriate placement for the student). The classroom student to adult ratio is 1:1, with a class maximum of 8 students, and all instruction is based on the principals of ABA. Generally, students spend one to two years within the program before returning to their home school with trained support staff.

For information about the DD Waiver:

Terri Martin
Roanoke City Health Department
1502 Williamson Road N.E. 2nd Floor
Roanoke, VA 24016
Phone: (540) 204-9991

Winchester

Commonwealth Autism Service

c/o Northwestern Regional Educational Programs
1481 Senseny Road
Winchester, VA 22602
Phone: (540) 665-0103

Website: http://nrep.frederick.k12.va.us/pages/Northwestern_Regional_EP

Provides consultation services to teachers to assess student strengths and needs, develop an action plan, support staff and students.

Wise

Minnick School, Wise Campus

Educational Coordinator: Lori Long

P.O. Box 828
515 Hurricane Road, Building N
Wise, Virginia 24293
Phone: (276) 328-7181
Website: <http://lfsva.org/educational-services-minnick-schools/locations-school-calendars/>

Minnick Schools offer an opportunity to take a different path. Highly trained educators help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Woodstock

Commonwealth Autism

c/o Shenandoah County Schools
600 N. Main Street, Suite 200
Woodstock, VA 22664
Phone: (800) 649-8481
Website: www.autismva.org

Services provided are information & referral, consultative services for individuals with autism, workshops for family members and professionals, training for professionals in evidence-based strategies, Action Groups, and coordination of effective statewide services. No minimum/maximum age.

Wytheville

Minnick School, Wytheville Campus

Educational Coordinator: Cynthia Preuss
425 Grayson Road – Building #6
Wytheville, VA 24382
Phone: (276) 228-8088
Website: <http://lfsva.org/educational-services-minnick-schools/locations-school-calendars/>

Minnick Schools offer an opportunity to take a different path. Highly trained educators help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Parent/Family and Other Resources

Bedford

Bedford County Parent Resource Center

c/o Bedford Community Resources Center
Coordinator: Lula Bowyer
403 Otey St. Suite B4

Bedford, VA, 24523

Phone: (540) 587-8990, ext 103

Email: lbowyer@bedford.k12.va.us

Website: www.bedford.k12.va.us

Information includes Information & Referral Services, Autism Action Group information across the state, as well as Family Support Groups; Assistance with Transition & Adult Services; Transition Council Meeting Information; Public Safety Training Opportunities for local and statewide police officers, first responders, judges, attorneys, and caregivers.

Blacksburg

Community Opportunities (Co-Op), Inc. (The Arc of the New River Valley)

Community Opportunities is an organization dedicated to forming circles of support and microboards around people with significant disabilities. A microboard is a small group of committed family and friends that form a non-profit association with a person with a disability. The microboard exists to provide support and empowerment to that person.

Executive Director: Mac McArthur-Fox

Phone: (540) 961-7346

P.O. Box 11204

Blacksburg, VA 24062-1204

E-mail: microboardsnrv@communityopportunities.org

Email: communityopportunities@yahoo.com

Website: <http://www.thearcofva.org/about-the-arc/local-chapters/>

Montgomery County Public Schools Special Education Parent Resource Center

Center Coordinator: Cassie Fitzgerald

208 College Avenue

Christiansburg, VA 24073

Phone: (540) 381-6100

Website: <http://www.montgomeryschoolsmd.org/departments/special-education/parent-resources/>

Contact Email: cassiefitzgerald@mcps.org

The Parent Resource Center of Montgomery County Public Schools promotes parent awareness of the services provided by MCPS for children with special needs. Our center encourages parent participation in the educational decision-making process and provides support, mentoring and information to strengthen the parent/teacher partnership in all activities.

STEMABILITY, Exploring Science and Engineering

Virginia Tech

Blacksburg, VA 24061

Website: www.stemability.org

Email: Stemability@vt.edu

Families served: Rising high school junior & senior students with disabilities who expect to attend a 2 or 4 year college, are seeking an advanced studies or standard diploma, have

a letter of recommendation from a teacher or counselor, are able to function independently in residential and dining activities, and want to explore science, engineering and technology related fields. July 10-11, 2017.

Blue Ridge

Camp Virginia Jaycees

2494 Camp Jaycee Rd.

Blue Ridge, Va. 24064

Phone: (540) 947-2972

Website: www.campvajc.org/

Camp Virginia Jaycee is located in Blue Ridge, VA. A summer outdoor recreational and educational program for children and adults with intellectual and developmental disabilities, ages 5-18 +. Family camp and respite weekends are also offered. Offers swimming, horseback riding, crafts, music, sports, nature, fishing, tent camping, and well supervised fun.

Boones Mill

Healing Strides of Virginia

672 Naff Road

PO Box 456

Boones Mill, VA 24065

Phone: 540-334-5825

Website: <http://www.healingstridesofva.org>

Located in Boones Mill, Va., offers an equine assisted activities and therapies, therapeutic riding, hippotherapy, mental health support through equine assisted learning and psychotherapy.

Bristol (Tennessee)

River's Way Outdoor Adventure Center

Contact: Tom Hanlon

10 6th Street

Bristol, TN 37620

Phone: (423) 789-2011

Website: www.riversway.org

Email: tom@riversway.org

During the summer months, Rivers Way provides team building and adventure programming for a wide variety of organizations, the majority of who serve youth from disadvantaged families and/or youth with disabilities. River's Way also runs a weeklong inclusive camp for youth and young adults with disabilities.

Charlottesville

Charlottesville Area Riding Therapy

Director: Sarah Daly

5924 Fried Farm Road

Crozet, Virginia 22932

Phone: (434) 823-1178

Website: <http://www.cartcrozet.org/>

CART serves children and adults with a range of special needs including autism, cerebral palsy, spinal cord/brain injuries, ADD/ADHD, stroke, cognitive defects, muscular dystrophy, amputations, spina bifida, learning disabilities, hearing/speech/visual impairments, and many other emotional and physical disorders.

Camp Holiday Trails

400 Holiday Trails Lane

Charlottesville, VA 22903

Phone: (434) 977-3781

Website: <http://www.campholidaytrails.org/>

Camp holiday Trails located in Charlottesville, Va., offers a camp for children and youth with special health care needs. They believe that all children with special health needs should be given an opportunity to enjoy a summer camp experience.

Chesterfield

Camp Baker

7600 Beach Road

Chesterfield, Virginia 23838

Phone: (804) 748-4789

Website: <http://www.richmondarc.org/services/developmental-services/camp-baker-services/>

Camp Baker, located in Chesterfield, Va. offers a variety of support services for families living with children with developmental disabilities such as: Summer Camp- Day and Overnight and Respite Care Services.

Christiansburg

Creative Family Solutions, Inc.

Corporate Office/NRV Branch

180 Teel Street

Christiansburg, VA 24073

Phone: (540) 381-3940

Website: <http://www.creativefamilysolutions.net/>

Offers intensive in-home intervention, mentoring, mental health supports, supported residential services/in-home intervention under the MR and DD Waivers, and crisis stabilization and/or supervision under the MR and DD Waivers.

Family Preservation Services

Regional Director: Laura Taylor, LPC
3 N. Franklin Street
Christiansburg, VA, 24073
Phone: (540) 381-7500

Offers intensive in-home services, home-based counseling, therapeutic day treatment, mental health support, parental sensei services, therapeutic mentoring, and therapeutic foster care.

Fairfax

The Washington Group: Special Care Planning Team

Jerry L. Hulick, CLU, ChFC, ChSNC, CLTC
3925 Old Lee Highway
Suite 53-B
Fairfax, VA 22030
Phone: 703-865-6501
Email: jhulick@financialguide.com

The Washington Group Special Care Planning Team's mission is to help make a positive difference in the lives of individuals with special needs, their caregivers, and other family members. The Special Care Planners, many of whom focus on this field because of close ties to Special Needs individuals in their own lives, assist families with developing valuable financial strategies, and creating strategic financial solutions that integrate with Government programs and other community supports. Through their network of organizations, professionals, and specialists, they can provide appropriate referrals to further assist families with their unique situations. They also help coordinate family education and communication.

Fries

Camp Dickenson

801 Camp Dickenson Lane
Fries, VA 24330
Phone: (276) 744-7241
Website: <http://www.campdickenson.com/>

The week is designed for mild to moderate developmentally challenged youth & adults grades 7-12, and ages 18 and up. Campers must be ambulatory & self-sufficient in caring for their own personal restroom needs. Activities are lead with ability in mind, so that all campers experience the joy of a sense of accomplishment. 3 nights and 4 days of camp fun, excitement, support, nurture, and challenge.

Lynchburg

Lutheran Family Services of Virginia Developmental Services

3601 Old Forest Road
Lynchburg, VA 24501
Phone: (434) 385-0262

Email: info@lfsva.org

Website: <http://lfsva.org>

Lutheran Family Services offers in-home services available for individuals of all ages. Day support, respite care, and group homes available for individuals 18 & up.

The ARC of Central Virginia - Camp Meadowlark

Contact: Connie Blackwell

1508 Bedford Ave

Lynchburg, VA 24504

Website: <http://arcofcva.org/programs/camp-meadowlark/>

Phone: (434) 845-4071

Email: cblackwell@arcofcva.org

Summer day camp for those with disabilities ages two through adulthood.

United Methodist Family Services

2420 Memorial Avenue

Lynchburg, VA 24501

Phone: (434) 846-2002

Email: Lynchburg@umfs.org

Website: www.umfs.org

Offers a range of in-home services that support children and families, which include individual and family counseling, case management, crisis intervention, behavior management/parenting education, & communication skills counseling.

New Castle

Autism Society of America-Greater Roanoke Valley Chapter

Contact: Shirl Light

Phone: (540) 864-5478

Email: chapter705@autism-society.org

Email: swlight12@juno.com

Pulaski Parent Resource Center

Coordinator: Jackie Fagan

202 North Washington Av.

Pulaski, VA 24301

Office Phone: (540) 994-2559

Work Cell: (540) 235- 4581

Camp Easter Seals UCP Virginia

900 Camp Easter Seals Rd.

New Castle, VA 24127

Phone: (540) 777-7325

Email: camp@eastersealsucp.com

<http://www.easterseals.com>

Camp Easter Seals UCP is an overnight camp in New Castle, Va. for children and adults with disabilities offering weekend respites, summer camps and family camps. Ages: 7 yrs. – adult. Fee schedule depending upon the program; financial assistance available.

Radford

Radford University Speech-Language-Hearing Clinic

Radford University

Radford, VA 24142

Email: speech@radford.edu

Phone: (540) 831-7640

Families served: Toddlers & preschoolers with a variety of communication needs and Kindergarten through 8th grade students who are having difficulty meeting age or grade level expectations in reading, writing, spelling, speaking and/or listening comprehension.

Richmond

Camp Rainbow Connection

Camp Coordinator: Stacy Roberts

The Virginia Conference of The United Methodist Church

10330 Staples Mill Road

Glen Allen, VA 23058-5606

Phone: 1 (800) 768-6040 or (804) 521-1100

Email: stacyroberts@vaumc.org

Website: <http://www.vaumc.org/campirainbow>

A week-long respite camp held once in July and once in August for individuals with intellectual disabilities.

Center for Family Involvement

Partnership for People with Disabilities

Virginia Commonwealth University

Director: Dana Yarbrough

Box 843020

Richmond, VA 23284-3020

Phone: (804) 828-0352

English / Spanish Phone: (877) 567-1122

Email: dvyarbrough@vcu.edu

Website: www.centerforfamilyinvolvement.vcu.edu

Department of Medical Assistance Services (DMAS)

600 East Broad Street

Richmond, VA 23219

Phone: (800)-552-8627 (in state)

(804) 786-4231 (out of state)

Website: www.dmas.virginia.gov

Oversees the Virginia Medicaid Waiver System, including Developmental Disabilities (DD) and the Mental Retardation (MR) Waiver Services

Infant and Toddler Connection of Virginia

1220 Bank Street, 9th Floor

P.O. Box 1797

Richmond, Virginia 23219-1797

Phone: (804) 786-3710

Fax: (804) 371-7959

Website: www.infantva.org

A system of services and supports designed to promote the greatest possible developmental outcomes for Virginia's infants and toddlers (birth to age 3) with developmental delays or disabilities. The system has been established in accordance with the Individuals with Disabilities Education Act (IDEA), Part C - Early Intervention.

Ridgeway

Infinity Acres Ranch

Contact: Rick and Laura Steere

136 Joppa Rd.

Ridgeway, VA 24148

Phone: (276) 358-2378

Website: www.infinityacres.org

Enriching Nurturing Animal Based Learning Experiences (ENABLE) Program meets twice a week, applications required

Roanoke

Blue Ridge Independent Living Center

1502 B Williamson Road NE

Roanoke, VA 24021

Phone: (540) 342-1231

Website: <http://www.brilc.org/>

Offers information, referrals, housing assistance, employment services, transition assistance, support groups, and assistive technology.

Blue Ridge Autism and Achievement Center (BRAAC) Summer Programs

312 Whitwell Drive

Roanoke, VA 24019

Phone: (540) 366-7399, (540) 777-1218

Website: <http://braacroanoke.org/our-programs/summer-programs>

BRAAC hosts a summer program for children with autism, learning disabilities and children without unique learning challenges. Special emphasis is placed on social play

and development, communication skills and social skill development, while targeting certain learning goals. Please go to their website for application, schedules and program information.

Friday Night Friends - Roanoke

Free respite care for parents of children with a disability

Website: <http://www.fnfroanoke.org/>

Email: fnfroanoke@gmail.com

Roanoke Location:

Cave Spring Baptist Church Family Life Center

4873 Brambleton Avenue, Roanoke, VA 24018

Contact: Larry McCulloch

Phone: (540) 890-1244

Email: larry68@cox.net

iCan Bike Roanoke

Spectrum Sports Academy

Contact person: Lea & Ginny Riddle

3710 Tom Andrews Rd. NW

Roanoke, VA 24019

Website: <http://icanshine.org/ican-bike-roanoke-va/>

Email: icanshineroanoke@gmail.com

iCan Bike program teaches individuals with disabilities to ride a conventional two-wheel bicycle and become lifelong independent riders. Families of children with intellectual and developmental disabilities, special health care needs and sensory or physical disabilities can participate. Riders attend one 75-minute session each day for five consecutive days where they learn to ride while accompanied by spotters.

Staunton

Goodwill Valleys

1106-C Greenville Avenue

Staunton, VA 24401

Phone: (540) 886-2001

Fax: (540) 886-2211

Website: <http://www.goodwillvalleys.com/>

Goodwill Industries of the Valleys is a non-profit organization dedicated to helping people with disabilities and disadvantages overcome barriers to employment. We provide workforce development programs that empower people to achieve and retain a level of independence to participate more fully in life.

Ridgeway

Infinity Acres

136 Joppa Rd

Ridgeway, VA 24148

Phone: 276.358.2378

Website: <https://www.infinityacres.org/animal-adventure-summer-camp.html>

Animal handling activities, games, crafts & lots of FUN! Session 1: June 26- June 30,
Session 2: July 10- July 14, Session 3: Special Needs TBA.

Housing Resources for Individuals with Developmental Disabilities

De Paul Community Resources

www.depaulcr.org

Since 1991, DePaul Community Resources has been a leader in offering people with developmental disabilities a family-based solution to their needs. Individuals are supported by experienced, well-trained staff and dedicated leaders who provide ongoing oversight. It is their mission to provide the supports for each individual to choose services which increase self-sufficiency and promote hope, growth, quality of life, and inclusion in his or her community.

DePaul Community Resources is licensed by the Department of Behavioral Health and Developmental Services (DBHDS) and funded primarily through the Intellectual Disabilities Medicaid Waiver and the Developmental Disabilities Medicaid Waiver. Referrals for services are accepted from community services boards, Departments of Social Services, state training centers, or an individual's family. The following De Paul Community Resources are the types of services provided: Family Care Homes, Group Homes, OPTIONS Day Support Centers, and Respite Care Services.

Provided below are the locations of De Paul services, please contact your closest location for more information about the type of services you're interested in.

**106 Abingdon Place
Abingdon, VA 24211**

Phone: (276) 623-0881

After Hours: (855) 337-2857

**15409 Patrick Henry Hwy
Amelia, VA 23002**

Phone: (804) 561-7400

**2677 Steelsburg Hwy
Suite 10**

Cedar Bluff, VA 24609

Phone: (276) 963-2360

After Hours: (855) 337-2857

**522 Hillsdale Drive
Charlottesville, VA 22901**

Phone: (434) 977-9847

Fax: (434) 977-2809

**80 College Street
Suite H**

Christiansburg, VA 24073

Phone: (540) 381-1848

**203 Riverview Drive
Danville, VA 24541**

Phone: (434) 793-5358

After Hours: (855) 337-2856

After Hours: (855) 337-2854

After Hours: (877) 337-2858

Contact: Rebecca Dunn, Social Worker
Treatment and Foster Care
Email: rdunn@depaulcr.org

**1320 Ohio Street
Suite M
Waynesboro, VA 22980**
Phone: (540) 941-8111

**36 Southgate Court
Suite 102
Harrisonburg, VA 22801**
Phone: (540) 437-0033
After Hours: (434) 972-1927

**4859 Waterlick Road
Suites A through D
Forest, VA 24551**
Phone: (434) 455-3727

**Main Office
5650 Hollins Road
Roanoke, VA 24019**
Phone: (540) 265-8923
Toll Free: (888) 233-7285
After Hours: (855) 337-2855

De Paul Community Resources – Family Care Homes

DePaul Community Resources' care providers provide safe and supportive homes for individuals with developmental disabilities. Care providers offer an environment that protects and encourages the individual's independence, dignity, choice and decision-making.

Care providers ensure each individual receives:

- Assistance with Personal Care and Daily Living
- Behavior Intervention
- Care and Compassion
- Medical and Health Care Coordination
- Community Access
- Leisure Activities
- Emotional Support

Locations:

**Amelia
Cedar Bluff
Lynchburg
Roanoke
Waynesboro**

De Paul Community Resources – Group Homes

De Paul group homes are staffed 24/7, giving individuals the option to not participate in a day program. We require that residents be supervised at all times when off the group home property. Therefore, individuals will not be able to walk the neighborhood without staff supervision. The level of supervision and assistance provided by our staff is based on the needs of each resident. Residents are given the choice to participate in a variety of community activities including work, school or vocational training, day support, volunteer opportunities, and recreational activities. DePaul has 24-hour emergency coverage that staff can utilize if necessary.

Call (434) 455-3727 for more information about homes.

Locations:

Forest

Forest Park Home
117 Forest Park
Forest, VA 24501
Male-only home

Waynesboro

Harvard Home
1828 HARVARD ROAD
Waynesboro, VA 22980
Female-only home

Lynchburg

Rustburg Home
20190 Timberlake Rd
Lynchburg, VA 24502

De Paul Community Resources – OPTIONS Day Support Centers

OPTIONS (Opening People To Individual Opportunities in a Network of Support) offers day support to individuals with developmental disabilities. The activities at OPTIONS include a variety of individualized and group projects which are both center and community-based.

The goals of the OPTIONS program are to:

- Develop self-esteem and self-worth
- Increase social, recreational and leisure activity levels
- Increase integration into the community
- Teach individuals effective ways to interact in their environment
- Provide volunteer service opportunities to enhance positive community impact

Individuals must be 18 years or older to be enrolled in the OPTIONS Day Support Program. DePaul Community Resources currently operates four OPTIONS Day Support Centers; two in the **Lynchburg** area, one in **Roanoke** and one in **Waynesboro**. For more information about OPTIONS, please contact the closest DePaul Community Resources location.

New River Valley Community Services (NRVCS)

New Life Recovery Center

7193 Warden Court

Radford, VA 24141

Phone: (540) 831-4000

Website: <http://www.nrvcs.org/>

New Life Recovery Center is a residential treatment facility for adults living with substance use disorders.

New River Valley Community Services (NRVCS)

Elmtree

205 Tazewell Street

Pearisburg, VA

Phone: (540) 921-3203

Fax: (540) 921-4956

Website: <http://www.nrvcs.org/>

Elmtree is a residential group home for adults with developmental disabilities. The 13-bed facility offers congregate care for residents with staff on site 24-hours a day.

New River Valley Community Services (NRVCS)

Fairview Home

5140 Hatcher Road

Dublin, VA

Phone: (540) 674-5260

Fax: (540) 674-1570

Website: <http://www.nrvcs.org/>

Fairview Home is a 24-hour Assisted Living Facility.

Wall Residences

Wall Residences provides residential support to individuals ages five to 90 and over with a diagnosis of intellectual disabilities (ID Waiver / Comprehensive Services Act funding), mental illness (Discharge Assistance Planning funding) and/or other developmental disability (DD Waiver funding).

PO Box 235, Floyd, Virginia 24091

Phone: 540-745-4216

Email: info@wallresidences.com

Website: http://www.wallresidences.com/about_us/