

Autism Spectrum Disorder (ASD) Resources

Holly Ridge Center does not endorse or claim to have personal knowledge of these resources, nor necessarily agrees with the information listed on website sources. Please use independent judgment and request references when considering the use of services from any professional.

Learn About Autism, Recommended Therapies, and More

An Animated Explanation of Autism: <https://www.youtube.com/watch?v=6fy7gUlp8Ms>

About Autism in Toddlers: [Webinar: About Autism in Toddlers – Autism Navigator](#) This **free webinar series** is for families, professionals, college students, or anyone else interested in learning about autism. This is a companion to the *Autism Navigator About Autism in Toddlers* online course that is free to the public.

This webinar series may help families learn about the core diagnostic features and early signs of autism in toddlers and see early intervention in action. Each webinar will cover:

- What is autism and what are the early signs in toddlers?
- Watch video clips together — Practice observing early signs of autism and see early intervention in action

Note: While this webinar may help families learn more about autism in very young children, the producers encourage families to enroll in their web-based program, which is very costly. **Be sure to discuss options for local, often cost-free early intervention with Holly Ridge staff before paying for this service.**

About Autism in Toddlers free course: [Courses – Autism Navigator](#) Free web-based course for parents and anyone interested in learning about autism spectrum disorder (ASD). This self-paced course has video clips of over a dozen toddlers with ASD at 18 to 24 months of age. Simply register and login to learn about core diagnostic features of autism, the critical importance of early detection and early intervention, and current information on prevalence and causes of autism.

Autism Navigator ASD Video Glossary: <https://autismnavigator.com/courses/#everyone> A free web-based tool to help families and professionals learn more about the early signs of autism; has more than 100 video clips illustrating the diagnostic features of ASD. Side-by-side video clips show behaviors that are typical in contrast with those that are red flags for autism. The Glossary also has over 100 video clips to illustrate common treatments available for children with autism.

The On-Time Autism Intervention Podcast

A podcast for parents of children three and younger who want to learn more about autism, autism diagnosis, intervention, and resources. Many parents are looking for information and answers to help guide their early steps in this new journey. This podcast will help parents learn about the characteristics of autism in very young children (0-3) as well as strategies for pursuing services, and transitioning into autism intervention, special education, and more.

Available on the following platforms:

Apple: <https://podcasts.apple.com/us/podcast/on-time-autism-intervention-podcast/id1587237005>

Spotify: <https://open.spotify.com/show/5JFQwACOVIVFTEJIZITJW8>

Google Podcasts:

<https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3luZm0vcy81OWY2ZTFkYy9wb2RjYXNOL3Jzcw>

Stitcher: <https://www.stitcher.com/podcast/ontime-autism-intervention-podcast>

Getting Started: What to Do After the Diagnosis

After An Autism Diagnosis: 13 Necessary Next Steps for Parents, by Shannon Des Roches Rosa

<http://www.thinkingautismguide.com/2017/03/after-autism-diagnosis-13-necessary.html>

Autism Speaks 100 Day Kit for Young Children <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>

This FREE download helps families of children ages four and under make the best possible use of the 100 days following the diagnosis. [A 100 Day Kit for school age children is also available.](#) The Kit is divided into the following sections:

- What is autism?
- Core signs and symptoms
- Understanding your child's behavior
- Responding to the diagnosis
- How is autism treated?
- Getting help
- Living with autism
- A week-by-week plan for the next 100 days
- Glossary

Helping Your Child at Home

WEB-BASED:

Help is in your Hands: (<https://helpisinyourhands.org/course>) **FREE** training modules teach parents how to increase young autistic children's attention, communication, joint activity routines, and how to create opportunities for learning.

We recommend starting with the **Help Is in Your Hands** course and then, when your child is preschool aged or older, consider learning more from the ADEPT modules (below).

ADEPT (Autism Distance Education Parent Training) Interactive Learning:

https://health.ucdavis.edu/mindinstitute/centers/cedd/cedd_adept.html

A **FREE** 10-lesson interactive, self-paced, online learning module providing parents with tools and training to more effectively teach their child with autism and other related neurodevelopmental disorders, functional skills using applied behavior analysis (ABA) methods. These modules **may be especially helpful for caregivers whose child is just starting to work with an ABA therapist** as this will help the caregiver understand how ABA teaches new skills and how to use these teaching methods outside of therapy.

BOOKS

Teaching Social Communication to Children with Autism & Other Developmental Delays. By Brooke Ingersol and Anna Dvortcsak; *Purchase here OR on amazon.com:* [Teaching Social Communication to Children with Autism and Other Developmental Delays: Second Edition: The Project IMPACT Manual for Parents \(guilford.com\)](#)

A very parent-friendly version of the manual Holly Ridge's ABA therapists uses. This workbook has lots of simple but powerful ideas for helping young autistic children develop important skills.

More than Words: Helping Parents Promote Communication and Social Skills in Children with Autism Spectrum Disorder (Sussman); *Buy the book + DVD set here:* [More Than Words – Guidebook and DVD for Parents of Children with Autism \(hanen.org\)](#)

Based on extensive research and used by many speech therapists, this method provides parents with simple strategies they can use during everyday routines and activities to help their child interact more meaningfully with others and experience less frustration.

An Early Start for Your Child with Autism:

https://books.google.com/books/about/An_Early_Start_for_Your_Child_with_Autis.html?id=Ve3S-aRR4aMC

From some of the creators of the *Help is in Your Hands* parent training modules (linked above) – This manual covers a lot of information and reading through it may be overwhelming for some, but thoroughly covers strategies for helping parents teach children with autism how to interact with others, covering back-and-forth interactions, nonverbal communication, and imitation. The “refrigerator lists” at the end of each chapter are especially helpful.

AS360 (Autism Support 360): <https://www.as360.org/book-learning-center> For *many* more autism-related books on various topics, check out the AS360 website.

ON-LINE/DOWNLOAD

Autism Speaks Tool Kits: [Autism Speaks Tool Kits | Autism Speaks](#) Many FREE “tool kits” (documents that outline information) about a wide variety of topics related to helping your child with autism. Some of the kits include:

- Challenging Behavior
- Guides for successful medical, dental, and haircut appointments
- Sleep, feeding, and toilet training guides
- Family Support (for parents, siblings, grandparents, and friends)
- Financial Planning
- And more!

About ABA (Applied Behavior Analysis) Therapy

Seattle Children's Autism Center: ABA – What Parents Need to Know: <https://www.youtube.com/watch?v=k-mK0o6hWMI&t=1665s> A very helpful video that gives clear information about what ABA is and answers some of the parent's questions and concerns about this type of therapy.

Finding the Right ABA Provider: [Finding the Right ABA Provider for You and Your Child - YouTube](#) Dr. Ashley Penney, BCBA-D of the UW Autism Center, shares helpful information about ABA therapy and tips for finding a good provider fit for your family and child. This video is intended for parents of children recently diagnosed with autism spectrum disorder.

Finding the Right ABA Treatment:

<https://depts.washington.edu/uwautism/wp-content/uploads/2020/10/4.-UWAC-Finding-the-Right-ABA-Treatment.pdf> Important questions to ask when looking for an ABA provider.

5 Ways to Identify a Quality ABA Provider: <https://www.autismlearningpartners.com/five-ways-to-identify-a-quality-aba-provider> Helpful considerations when looking for an ABA provider.

Kitsap County Autism Resources

Kitsap Area Autism Interventionists

Applied Behavior Analysis (ABA) Therapy Providers

For ABA therapists serving Kitsap County, please request a current list from the Holly Ridge Autism Resources Navigator.

Speech-Language, Occupational, and Physical Therapy Providers

For therapists serving Kitsap County, please request a current list from a Holly Ridge Center Family Resources Coordinator (FRC) or other Infant-Toddler program staff.

Agencies Providing Multiple Intervention Services

Holly Ridge Center (Birth to Three only): (360) 373-2536

See 'IFSP' below; to request an evaluation: <https://hollyridge.org/request-an-evaluation/>

Occupational Therapy/Physical Therapy/Speech Therapy/Home Visits

5112 NW Taylor Road Bremerton, WA 98312

Harrison Hospital (Silverdale) Pediatric Rehabilitation Services: (360) 744-6080

Occupational Therapy/Physical Therapy/Speech Therapy

1780 NW Myhre Road, Suite G-210 Silverdale, WA 98383

Mary Bridge Children's Hospital: (253) 403-1424

Autism Nurse Navigator (specialty clinic at Mary Bridge, Tacoma)

Occupational Therapy/ Physical Therapy/ Speech Therapy

311 South L Street Tacoma, WA 98405

Kitsap Children's Therapy: (ABC Speech Therapy shares office) (360) 697-2228

Physical Therapy/Occupational Therapy /Pool Therapy (They accept most insurances and Medicaid)

19319 7th Ave. NE Bldg. B, #104 Poulsbo, WA 98370

Mental Health Support

First: Make sure that your insurance provider will cover the type of services you are seeking (for example, evaluations and therapies). **Washington's Mental Health Referral Service for Children and Teens** may be helpful for this as they connect patients and families with evidence-supported outpatient mental health services in the family's local community. This free, telephone-based referral service is funded by Washington Healthcare Authority and operated by Seattle Children's.

Call (833) 303-5437 or visit the website to fill out an online request form:

<https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens/>

You may also consider doing the following:

If your child has private medical insurance, contact their insurance provider to find out:

- what your policy covers for psychological/psychiatric evaluation and care
- a list of in-network psychologists or psychiatrists who work with children & adolescents and
- ask if you can self-refer or if you'll need your child's primary care provider (PCP) to give your child a referral to see an in-network psychologist/psychiatrist (if you need a referral, then you'll have to contact your child's doctor to ask for this).

If your child has Medicaid coverage: Contact Kitsap Mental Health Services (KMHS) [Kitsap Mental Health Services - compassionate mental health treatment](#) call (360) 373.5031 [Crisis line: (888) 910-0416] Kitsap Mental Health may only do intake for counseling services but request a *Full Comprehensive Evaluation* at the time of intake and they'll help your child get this.

Kitsap Area Mental Health Therapists

The following is a list of *some* mental health providers with autism expertise in our area; there may be others not included here.

Karen Casseday, ARNP: <https://www.kc-family.com/> KC Family Hope Center

Kitsap Mental Health Services (KMHS): <https://www.kitsapmentalhealth.org/> To get help, call (360) 373-5031
Crisis line (888) 910-0416

Peninsula Community Health Services: <https://www.pchsweb.org/> Sliding scale medical, dental, & behavioral services.
(360) 377-3776

Lifespan Psychological Services: <https://lifespanps.com/contact/> 11290 Sunrise Dr. NE, Suite B, Bainbridge Island, WA 98110 Office (206) 780-7782

Front Street Clinic: [Front Street Clinic | Psychiatry & Psychotherapy Services](#) Locations in Poulsbo, Silverdale, Port Orchard, Bainbridge Island, and Seattle

Northwest Family Psychology: [Homepage | NW Family Psychology | Visit Premier Psychological Facility in NW](#)
Locations in Silverdale, Bainbridge Island, & Seattle

SOUND: [Intellectual and Developmental Disabilities - Sound](#) This agency serves adolescents & adults with intellectual & developmental disabilities **in King County**, *not* in Kitsap, but it may be helpful to call and ask if they are able to provide tele-consultation.

Search for other area mental health providers here: <https://www.psychologytoday.com/us> You might also try this website to look for psychologists/psychiatrists/support groups in our area. Put your location in the search bar and a drop-down menu appears for the type of provider you're looking for; there is also an option to filter by type of insurance.

UW Medical Center Resources List for Families:

https://depts.washington.edu/dbpeds/Resources.html#section4_textarea31_heading A **very** extensive list of regional and web-based resources for many types of disabilities and mental health care needs related to child, adolescent and family developmental & behavioral health across Washington state. Many of these are on the east side of the sound but may be worth looking through to find specialized resources in Washington.

Kitsap Providers Who Diagnose Autism

Holly Ridge Center (*birth to three only*): [Evaluations - Holly Ridge](#) Evaluations for Early Intervention eligibility are provided at no cost and parents can self-refer to Holly Ridge for any reason, including suspected autism. Your child does *not* need a referral from a doctor to be assessed at Holly Ridge. Call (360) 373-2536

It's important to know that Holly Ridge nurse practitioners are certified by WA state HCA to diagnose autism in children on Medicaid insurance plans; if your child is a military dependent covered by Tricare, they must be evaluated by a doctor and if you are a civilian with private insurance (non-Medicaid), your child may also need to be evaluated by a doctor instead of a nurse practitioner.

Providers Who Diagnose Autism in Children

The following list of medical professionals and psychologists may not be comprehensive; there may be other providers in Kitsap and nearby counties who also diagnose autism. It is always best to start by sharing your concerns about your child's development with their primary care doctor and ask for a referral for autism evaluation if you and your child's medical team believe this is the right next step:

Kitsap Mental Health Services (KMHS): <https://www.kitsapmentalhealth.org/> (360) 373-5031
Crisis line (888) 910-0416

Steve Tutty, Ph.D.: <https://nwfamilypsychology.com/clinical-psychologist-providers/steve-tutty-phd/> NW Family Psychology, Silverdale

R Barney Voegtlen MD FAAP, COE: <https://www.kitsapchildrensclinic.com/> Kitsap Children's Clinic LLP

Karen Casseday, ARNP: <https://www.kc-family.com/> KC Family Hope Center (360) 567-6109

Tasia Hulst, MD: <https://www.thedoctorsclinic.com/> The Doctor's Clinic, Port Orchard

Katie Elgas, MD, COE: <https://www.soundpeds.com/your-doctor-1> Sound Pediatrics

Violeta Gomez, MD, COE: winlockpediatrics@gmail.com Winlock Pediatrics

Pediatric Neurology: [Meet Our Specialists | Neurology Clinic | Mary Bridge Children's](#) Mary Bridge Hospital, Tacoma

Victoria Crescenzi, MD: (*Military members: request a referral from your primary care provider*) Developmental Pediatrician at Naval Hospital, Bremerton

Providers Who May Diagnose Autism in Adults

Lifespan Psychological Services: <https://lifespanps.com/contact/> (206) 780-7782 Bainbridge Island

Karen Casseday, ARNP: <https://www.kc-family.com/> KC Family Hope Center (360) 567-6109

Front Street Clinic: [Front Street Clinic | Psychiatry & Psychotherapy Services](#) Locations in Poulsbo, Silverdale, Port Orchard, Bainbridge Island, and Seattle

Northwest Family Psychology: [Homepage | NW Family Psychology | Visit Premier Psychological Facility in NW](#)
Locations in Silverdale, Bainbridge Island, & Seattle

Alta Vista Integrated Life Services: altavistakitsap@gmail.com | altavistapierce@gmail.com 253-858-5846 Gig Harbor

Kitsap Area Family Support

The Kitsap County Parent Coalition (KCPC)

Provides support for people with intellectual and developmental disabilities to get the services they need to improve their lives.

Program Activities:

- KCPC connects families to resources on a community, state, and federal level.
- Provides training for families on issues and services affecting children with disabilities.
- Help families advocate so that parent voices are heard at all levels of decision-making on issues affecting their children.

Melia Hughes, Coordinator

Kitsap County Parent Coalition

Easter Seals Washington

Developmental Disabilities Resources & Referrals

(360) 373-2502 Ext 100

<https://www.facebook.com/kitsapcountyparentcoalition>

<https://kitsapcountyparentcoalition.org/>

Parent To Parent Kitsap/Jefferson Counties

Program Activities:

Provides parent and family Support, including:

- Mentor programs for parents with children who have developmental and intellectual disabilities.
- Support in filling out DDA forms, finding financial resources to help with some items/equipment, and support with IEP meetings (e.g., may attend meetings and help in requesting services or needed changes).
- Parent and Caregiver Support Groups
- Family Activities, Events, & Meet ups
- Monthly Newsletter
- Training & Workshops
- Quarterly Sibshops

The Arc of the Peninsulas (*The Arc is Parent to Parent's sponsoring agency*)

Description: As an affiliate of the national Arc network, The Arc of the Peninsulas promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community across the life span.

Website: www.penarc.org/

Facebook: <https://www.facebook.com/thearcofkitsapandjeffersoncounties/>

PAVE: Partnership for Action, Voices for Empowerment

Description: PAVE is a parent directed organization that works with families, individuals with disabilities, professionals, and community members in all walks of life and with all types of disabilities.

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

Phone Numbers: (360) 479-6657 / (800) 572-7368

327 Pacific, Bremerton, WA 98337

Contact: Vanessa Lewis

Lifespan Respite of WA: [Child Respite Care Providers | Tacoma, WA | Lifespan Respite \(lifespanrespitewa.org\)](#)

Kitsap Accessible Family Events: <https://www.facebook.com/kitsapaccessibleevents>

Kitsap Public Health District: Children with Special Needs Program Resource/Referral List
[Kitsap County CSHCN Resource Referral List 07-31-18.pdf \(kitsapgov.com\)](#)

Military Family Support

Exceptional Family Member Program (EFMP), Naval Base Kitsap: [Exceptional Family Member Program \(EFMP\) \(navylifepnw.com\)](#)

Naval Base Kitsap School Liaison: [Naval Base Kitsap School Liaison \(navylifepnw.com\)](#)

Military One Source: Special Needs: [Military Special Needs Families • Military OneSource](#)

Kitsap Adult Services

Holly Ridge Center, Adult Employment Services (AES): <https://hollyridge.org/adult-employment-services/>

(360) 373-2536
5112 NW Taylor Rd
Bremerton, WA 98312

Trillium Employment Services: <https://trillium.org/>

(360) 698-6659
3501 NW Lowell St. Suite 101
Silverdale, WA 98383

Easter Seals Gateway Adult Services: [Easterseals Washington | Gateway Adult Services](#)

(360) 377-9810
4414 Perry Ave NE
Bremerton, WA 98310

Bainbridge Island Special Needs Foundation: [Contact | BISNF Stephens House \(bispecialneedsfoundation.org\)](#)

(206) 780-1211
105 Winslow Way W.
PO Box 10919
Bainbridge Island, WA 98110

IFSP: Individualized Family Services Plan

Ages Birth to 3 years old

No Referrals Needed!

The IFSP is a written treatment plan for Early Intervention (EI). It details your child's current levels of functioning, specific needs, and goals for treatment (referred to as outcomes). The first step in writing the IFSP will be for members of the Holly Ridge team to conduct several types of assessments to show your child's individual strengths and needs. The IFSP will include information about your child's current level of development in the following areas: physical development, cognitive development, communication development, social & emotional development, adaptive development, and fine and gross motor skills. The IFSP is developed with input from the child's entire family, and it includes features that are designed to support the entire family.

You do *not* need a doctor's referral for your infant or toddler (under age 3) to be evaluated at Holly Ridge Center. If you have questions about your young child's development, follow this link to contact Holly Ridge <https://hollyridge.org/request-an-evaluation/> or call (360) 373-2536.

IEP: Individualized Education Plan

Ages 3 to 21 years old

Special Education

An IEP is a plan developed to ensure that a child with an identified disability, who is attending a public elementary or secondary school receives specialized instruction and related services. The IEP is developed by a team of individuals from various educational disciplines, children with a disability, family members, and/or designated advocates.

The Office of Superintendent of Public Instruction (OSPI) fulfills the requirements of the federal *Individuals with Disabilities Education Act* (IDEA), which ensures all children with disabilities have access to a free appropriate public education. You can find your local school district contact information here: <https://www.k12.wa.us/student-success/special-education>

Kitsap & North Mason School District Special Education Departments

Bainbridge Island School District (BISD) [Instructional Support Services / Special Education \(bisd303.org\)](https://www.bisd303.org/instructional-support-services/special-education)

For information, call the special services office (206) 842-2907 or specialservices@bisd303.org

North Kitsap School District (NKSD) [Special Education - North Kitsap School District \(nkschools.org\)](https://www.nkschools.org/special-education)

For information, call: (360) 396-3024

Central Kitsap School District (CKSD) [Special Education - Central Kitsap Schools \(ckschools.org\)](https://www.ckschools.org/special-education)

For information, call the special services office: (360) 662-1040

South Kitsap School District (SKSD) [Office of Special Services - South Kitsap School District \(skschools.org\)](https://www.skschools.org/office-of-special-services)

For information, call the special services office: (360) 443-3625 or specialservices@skschools.org

Bremerton School District (BSD) [Special Education & Services / Overview \(bremertonschools.org\)](https://www.bremertonschools.org/special-education-services)

For information, call: (360) 473-1011

North Mason School District (NMSD) [Special Education - North Mason School District \(wednet.edu\)](http://www.wednet.edu)

For information, call: (360) 277-2111

Grapeview School District (GSD) [Student Services - Grapeview School District \(gsd54.org\)](http://gsd54.org)

For information, call: (360) 426-4921

WA State Autism Support, Advocacy, & Research (*Outside of Kitsap County*)

WA State Father's Network: <https://fathersnetwork.org/> Connecting men with each other and resources
(425) 653-4286

Dad's Move: <https://www.dadsmove.org/> Mission is to strengthen the father's role in raising children with behavioral health needs through education, peer support, and advocacy (800) 736-0979

Ben's Fund: [Ben's Fund | Families For Effective Autism Treatment \(bensfund.org\)](http://bensfund.org) was Founded by Seahawks General Manager/EVP John Schneider and his wife Traci in honor of their son Ben, who was diagnosed with autism at the age of 3. In partnership with Seattle Foundation Ben's fund supplies financial support and guidance to children and young adults in the state of Washington who have autism.

F.E.A.T of WA (*Families for Effective Autism Treatment*) Autism Resource Guide:

<https://feautismguide.wordpress.com/>

Open Doors for Multicultural Families: <https://www.multiculturalfamilies.org/> Provides culturally and linguistically relevant information, services and programming to families of persons with developmental disabilities.
(253) 216-4479

Washington Autism Alliance and Advocacy: www.washingtonautismadvocacy.org/updates/ Our mission is to ensure that all children and adults with [Autism Spectrum Disorders \(ASD's\)](#) & other developmental disabilities (DD) have every opportunity to thrive and become productive members of society. We do this by helping families access ASD & DD health insurance benefits, effective services in schools, and supportive community-based services, regardless of their financial situation.

Family to Family Health Information Center: [Diagnosis: Neurodevelopmental Disorders - Family to Family Health Information Center \(familyvoicesofwashington.org\)](http://familyvoicesofwashington.org) Serves families who have children and youth with special health care needs age birth to 26 years; supplies individual information on supporting your child in the health care system and refers you to health care resources available in Washington State.

Autism Support: Seattle Children's Hospital and the University of Washington have partnered to create the AS360 (Autism Support 360) facility, outreach, and digital navigation platform. The focus of this resource is helping families navigate ASD to reduce the time needed for assessments, increase access to clinical services, and provide the best education, training, and family wellness services. Extensive resources are listed on this site including information about autism, assessments, research & education, book learning, and a directory of providers throughout Washington state. Seattle Children's Hospital and the University of Washington have partnered to create the AS360 (Autism Support 360) facility, outreach, and digital navigation platform. The focus of this resource is helping families navigate ASD to reduce the time needed for assessments, increase access to clinical services, and provide the best education, training, and family wellness services. Extensive resources are This site lists extensive resources, including listed on this site including information about autism, assessments, research & education, book learning, and a directory of providers throughout Washington state.

Seattle Children's Hospital Autism Center: <https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/> Seattle Children's Autism Center provides assessment, diagnosis, treatment, and support for autism spectrum disorders. We offer a range of medical and mental health services for babies, children, and young adults. (206) 987-8080

University of Washington Autism Center, Seattle: [UW Autism Center Center on Human Development and Disability - UW Autism \(washington.edu\)](http://uwautismcenter.org/) Evaluation, treatment, training, and research. (206) 221-6806

Washington State Department of Health Autism Guidebook:

<https://doh.wa.gov/sites/default/files/legacy/Documents/8340/970-NonDOH-AutismGd-en-L.pdf>

This is large but has some valuable information about ASD resources in our state.

State & Federal Government Support for Developmental Disabilities

Health Care Authority: www.hca.wa.gov/medicaid/abatherapy/Pages/index.aspx The Health Care Authority has an Applied Behavior Analysis (ABA) therapy benefit for Apple Health Kids clients with a diagnosis in the autism spectrum disorder classification. Contact the Health Care Authority to start or learn about the coverage process. (360) 725-1681, email: ABA@hca.wa.gov

Social Security Administration (SSA): [Supplemental Security Income | SSA](http://www.ssa.gov/ssi/) Determines eligibility for Supplemental Security Income (SSI) as well as other federal benefit programs for seniors and persons with disabilities. (800) 772-1213

Developmental Disabilities Administration: www.dshs.wa.gov/ddd (DDA) Home and community-based services for children and adults with developmental disabilities, including Medicaid Personal Care, Employment, Supported Living, Therapies, and Respite.

Kitsap County Developmental Disabilities: [Developmental Disabilities \(kitsapgov.com\)](http://www.kitsapgov.com/developmental-disabilities) In partnership with the Washington State Department of Social and Human Services, Developmental Disabilities Administration (DDA), Kitsap County Developmental Disabilities administers a range of services by subcontracting with local agencies. Address & contacts for the local office: <https://www.dshs.wa.gov/location/dshs-dda-bremerton-fo>

KC Developmental Disabilities Resources Guide: [KC Resource Guide 2020-2021.pdf \(kitsapgov.com\)](http://www.kitsapgov.com/kc-developmental-disabilities-resources-guide)

Perspectives from Autistics & Allies

The Autistic Self-Advocacy Network: www.autisticadvocacy.org, www.autismacceptancemonth.com Seeks to advance Autism self-advocacy and disability rights.

Thinking Person's Guide to Autism: thinkingautismguide.com Mission is to provide carefully selected, evidenced-based, neurodiversity-steeped information from autistic people, parents, and professionals.

"The Autistic Brain" by Temple Grandin: <https://www.youtube.com/watch?v=MWePrOuSeSY>

"Learn from Autistics" - Stories, experiences, and conversations with autistic adults:
<https://www.learnfromautistics.com/>

Two Sides of the Spectrum Podcast: [Two Sides of the Spectrum on Apple Podcasts](#) Meg Proctor, an occupational therapist, describes her podcast as, "a place where we can explore research, amplify autistic voices, and change the way we think about autism in life and in professional therapy practice." Currently around 40 episodes.

Uniquely Human Podcast: [Uniquely Human | Dr. Barry M. Prizant \(barryprizant.com\)](#) Dr. Barry Prizant, author of the book Uniquely Human, developed this podcast to "expand the conversation on autism and neurodiversity by amplifying the voices of autistic individuals and thought leaders in providing insightful, cutting-edge and practical information about the autistic experience." Currently around 40 episodes.

Ted Talk: "Letting go of Control and Rethinking Support for Autistic Individuals"

https://www.ted.com/talks/amy_laurent_compliance_is_not_the_goal_letting_go_of_control_and_rethinking_support_for_autistic_individuals

National Organizations

Autism Society: www.autism-society.org Autism info, advocacy, education, and support.

Autism National Standards Project: [Home - National Autism Center at May Institute](#) List of evidence-based treatments for Autism.

Autism Speaks: www.autismspeaks.org Resource finder and free informational toolkits.

Organization for Autism Research (OAR): <https://researchautism.org/> Resources and info on Autism, toolkits for parents and educators.