

## *It's About the Journey: Supporting Our Children with Autism to Live Their Best Life*

April 29, 2021

For more about our speakers, check out:

*Simple Ways to Practice Self-Care While Caring For Your Child with Special Needs* by Sheila Garcia at <https://voiceandvisioninc.org/blog/entry/simple-ways-to-practice-self-care-while-caring-for-your-child-with-special-needs/>  
<https://voiceandvisioninc.org/?s=mind+meals+and+movement>

*A Change of Perspective About Autism* by Jennifer Halberstein at <https://voiceandvisioninc.org/blog/entry/a-change-of-perspective-about-autism/>

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### **GENERAL**

#### **ASCEND Group**

*"...to create a community of people who are concerned about the many ways that AS and other Autism spectrum disorders (ASD) affect children and adults and their families in the home, at school and in every area of their lives."*  
<https://www.ascendgroup.org/>

#### **Autism Now**

*"The nation's source for resources and information on community-based solutions for individuals with autism, other developmental disabilities, and their families."*  
<https://autismnow.org/>

#### **Autism Speaks**

*"Enhancing lives today and accelerating a spectrum of solutions for tomorrow"*  
<https://www.autismspeaks.org/>  
*Planning for a Crisis*  
<https://www.autismspeaks.org/tool-kit-excerpt/planning-crisis>

#### **Center for Disease Control and Prevention/National Center on Birth Defects and Developmental Disabilities**

<https://www.cdc.gov/ncbddd/autism/index.html>

#### **National Autism Conference**

*"...provides comprehensive, evidence-based information to assist educators, other professionals, and families in developing effective educational programming for all students with autism spectrum disorders."*  
<https://autism.outreach.psu.edu/>

### **EDUCATION**

#### **PA Training and Technical Assistance Network PDE Bureau of Special Education Conference**

*Making a Difference: Educational Practices That Work*  
<https://www.pattan.net/Training/Conferences/Pennsylvania-Department-of-Education-Conference>

#### **PA Standards**

*"... a comprehensive, researched-based resource to improve student achievement. SAS identifies six elements that impact student achievement: Standards, Assessments, Curriculum Framework, Instruction, Materials & Resources, and Safe and Supportive Schools."*  
<https://www.pdesas.org/default.aspx>

#### **Character Education in Pennsylvania Public Schools**

*"...a course of instruction designed to educate and assist students in developing basic civic values and character traits, a service ethic and community outreach and thus to improve the school environment"*  
<http://lbfc.legis.state.pa.us/Resources/Documents/Reports/500.pdf>

#### **Does Your Classroom Cultivate Student Resilience?**

<https://www.edutopia.org/blog/8-pathways-cultivate-student-resilience-marilyn-price-mitchell>

### **PARENTING & LEADERSHIP**

#### **How Kids Learn Resilience**

<https://www.theatlantic.com/magazine/archive/2016/06/how-kids-really-succeed/480744/>



**Temple University Institute on Disabilities**

**C2P2 Partners in Policymaking**

<https://www.temple.edu/instituteondisabilities/c2p2/c2p2-ei.html>

**Families to the Max**

<https://www.pealcenter.org/families-to-the-max-pennsylvania-statewide-family-network/>

**STATE AND COUNTY AGENCIES**

**ASCERT**

*"The Autism Services, Education, Resources, and Training Collaborative is a statewide initiative funded by the Office of Developmental Programs (ODP). The goal ...is to provide streamlined access to information for Pennsylvanians living with autism."*

<https://paautism.org/>

**Regional County Intermediate Units**

*"As educational innovators, we ensure optimal growth of all learners by collaborating with our school districts and community to initiate, design, and deliver exemplary leadership, teaching and learning."*

<https://www.bucksiu.org/>

<https://www.cciu.org/>

<https://www.dciu.org/>

<https://www.mciu.org/>

**Pennsylvania Office of Developmental Programs**

*"...the entity within the Department of Human Services responsible for the oversight of intellectual and developmental disability services in PA."*

<https://www.myodp.org/>

**Pennsylvania Office of Vocational Rehabilitation (OVR)**

*"...provides vocational rehabilitations services to help persons with disabilities prepare for, obtain, or maintain employment"*

<https://www.dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx>

**Pennsylvania Secondary Transition**

*"...provides youth, young adults, parents, and professionals with secondary transition resources to facilitate a young person's progress towards post-secondary goals related to education, employment, and community living."*

<https://secondarytransition.org/>

**SERVICES**

**Behavioral Analysis Certification Board**

*"The BACB's mission is to protect consumers of behavior-analytic services by systematically establishing, promoting, and disseminating professional standards of practice."*

<https://www.bacb.com/services> (Click on Find a Certificant)

**Occupational Therapy: How to teach their kids how to understand themselves**

*"Interoception is a sense that provides information about the internal condition of our body—how our body is feeling on the inside."*

<https://www.kelly-mahler.com/what-is-interoception/>

**Life Course Tools**

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

**Transition Discoveries**

<https://www.transitiondiscoveries.org/>

**Smart Futures**

<https://smartfutures.org/>

**Explore Work**

<https://explore-work.com/>

**CRISIS HELP**

For a non-medical emergency, DIAL 911.

Be CLEAR, CONCISE, and CALM.

Provide as much information as possible:  
Include your family member's diagnosis and his/her list of prescribed medications.

FIND OUT if there are Crisis Intervention Team (CIT) Officers in your area. These officers have special training to help individuals who experience crisis situations.

When calling 911,

**YOU MUST REQUEST A CIT OFFICER**

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24-Hour Hotline

Suicide & Crisis Intervention Services  
1-800-499-7455