

# Autism Resources

## 1. Autism 101- Learning about Autism

<https://autismnavigator.com/> Autism Navigator was created by faculty and staff in the Autism Institute at the Florida State University College of Medicine. It has many excellent resources and videos for families, professionals.

[www.autismspeaks.org](http://www.autismspeaks.org)

\*100 day tool kit for new diagnosis- Needs to be ordered within the first 6 months of diagnosis- created specifically for newly diagnosed families to make the best possible use of the 100 days following your child's diagnosis

<https://mn.gov/autism/videos/>

<https://childmind.org/guide/parents-guide-to-autism/>

\* Parent Guide to Autism.

[www.semnaa.org](http://www.semnaa.org)

\*Provides information on support, education and resources in Rochester, MN area.

<https://childmind.org/guide/developmental-milestones/>

\*Parents' guide to child developmental milestones

<https://kidshealth.org/en/parents/autism-checklist-preschoolers.html?WT.ac=ctg#catfamily>

\*Autism checklist for parents for their child (birth-5) diagnosed with ASD.

### **Center for Disease Control and Prevention: Autism Spectrum Disorder**

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

### **Minnesota Autism Resource Portal**

<https://mn.gov/autism/about-autism/> State Resources for ASD

**Sesame Street websites** have some great video clips for kids ages 2-6 and printable visual schedules.

<https://sesamestreetincommunities.org/topics/autism/>

<https://sesamestreetincommunities.org/subtopics/routines-and-flexibility/>

## 2. ABA Therapy

**Rochester Center for Autism** 1811 Greenview Pl SW, Rochester, 55902 P: 507-424-3234

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

**Minnesota Autism Center** – Serves 18 months-21 years old. 3380 Northern Valley Place NE, Rochester, 55906 P: 952-767-4200- <https://www.mnautism.org/about-mac/our-locations/rochester-therapy-center/>

**Caravel Autism Health** -1470 Industrial Drive NW, Rochester, 55901. New Parent Intake Phone: 507-502-5047; Main Phone: 507-353-2829 <https://caravelautism.com/locations/rochester/>

**Bluestem Center for Autism**- 124 Elton Hills Lane NW, Rochester, 55901. P: 507-299-0984 or Phone: (507)-282-1009. Full Time Early Childhood Program, Part Time Middle Childhood Program Part Time Adolescent Program, Weekly Social Skills Groups Facebook page: fb.me/bluestemcenterforautism or Email to: [autism@bluestemcenter.com](mailto:autism@bluestemcenter.com)

### **3. Accessing Public Health Programs/Support**

**Bridge to Benefits** – Bridge to Benefits is an initiative by the Children’s Defense Fund-Minnesota to increase awareness and participation in public work support programs and federal and state tax credits. The project relies on an online screening tool that helps determine potential eligibility for an array of programs Children’s Defense Fund-Minnesota to increase awareness and participation in public work support programs and federal and state tax credits. (Programs include Medical Assistance, MNCare, Child Care Assistance, SNAP, WIC, etc)

<https://cdf-mn.org/programs/minnesota-based-programming/bridge-to-benefits/>

#### **Applying for Insurance through Minnesota Health Care Programs (Including Medical Assistance-TEFRA)**

Medical Assistance (MA) under the TEFRA option allows MA eligibility for children with disabilities in families with incomes too high to qualify for MA. TEFRA is short for the Tax Equity and Fiscal Responsibility Act, the federal law that set the rules for this option.

[https://www.olmstedcounty.gov/residents/services-individuals-families/health-medical-wellbeing/mental-health-resources-southeast/health-care-assistance-programs-medical-assistance#to-applyonline\\_open--993777700](https://www.olmstedcounty.gov/residents/services-individuals-families/health-medical-wellbeing/mental-health-resources-southeast/health-care-assistance-programs-medical-assistance#to-applyonline_open--993777700)

<https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/health-care-programs/programs-and-services/ma-tefra.jsp>

**Early Intensive Developmental and Behavioral Intervention (EIDBI)**- is a MN Health Care Program designed to offer medically necessary treatment to people under age 21 with an autism/related condition. There are qualifying factors ----- Email them at: [ASD.DHS@state.mn.us](mailto:ASD.DHS@state.mn.us)

Counties and Families Training Link: [bit.ly/EIDBI-Families](https://bit.ly/EIDBI-Families)

Providers Training Link: [bit.ly/EIDBI-Providers](https://bit.ly/EIDBI-Providers)

### **4. Advocacy**

## Autism Advocacy and Law Center of MN

<http://autismlawcenter.com/>

Mission is to provide high quality, cost-effective legal services to individuals with disabilities and their families. Our attorneys understand the challenges that parents and caregivers of individuals with disabilities face. We take the time to work with you to understand your family, your child, your child's disability, and help you determine what options will best meet your family's needs.

## PACER.org

[https://www.pacer.org/?gclid=EA1aIQobChMIwvj3nM3x7QIVquHAC0kbA1PEAAAYASAAEgJcFD\\_BwE](https://www.pacer.org/?gclid=EA1aIQobChMIwvj3nM3x7QIVquHAC0kbA1PEAAAYASAAEgJcFD_BwE)

PACER is an organization that helps parents advocate for their child's educational needs. If parents ever need assistance with IEPs, communicating with schools etc., they can contact PACER and ask to get connected with a parent advocate.

## 5. Books:

*An Early Start for Your Child with Autism* by Drs Sally Rogers, Geraldine Dawson, Laurie Vismara

\* An early intervention program that provides doable, practical strategies you can use every day

*Activity Schedules for Children with Autism* by Lynn McClannahan

\*A teaching tool to help children successfully engage in self-directed and purposeful activities, based on ABA methods

*Ready, Set, Potty!* by Brenda Batts

\*A guide to help with toilet training for Children w/Autism and Develop Disorders

*1001 Great ideas for Teaching & Raising Children with Autism* by Ellen Notbohm

\*Offers parents tips, advice and strategies to help achieve success

*1-2-3 Magic* by Thomas Phelan

\*A guide to discipline techniques for children with difficult behaviors

*Ten Things Every Child With Autism Wishes You Knew* by Ellen Notbohm

\*Helps describe 10 characteristics that help illuminate-not define-children with Autism

*A Different Dream for My Child* by Jolene Philo

\*Meditations for parents of children with chronic illnesses

*Good Friends Are Hard to Find* by Fred Frankel

\*A guide to teach social skills to children and help with peer relations

*Population One: Autism, Adversity, and the Will to Succeed* by Tyler McNamer. Tyler has ASD and wrote book at the age of 17

*Becoming ONE: Autism, Adversity, and the Transition to Adulthood* by Tyler McNamer. Tyler is a writer from perspective of someone with Autism.

*The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism* by Naoki Higashida

*Neurotribes: The Legacy of Autism and the Future of Neurodiversity* by Steven Silberman (Considers the idea that neurological differences such as autism, dyslexia, and ADHD are not errors of nature or products of the toxic modern world, but the result of natural variations in the human genome.)

*My Life Beyond Autism. A Mayo Clinic Patient Story*, by Hey Gee and C.Ano. MC9039-01-298501

## **6. Crisis Supports:**

### **• Managing Aggressive or Self-Injurious Behavior at Home/School:**

Family should seek a behavioral consult from someone with experience treating self-injurious behavior or aggressive behavior. **If the behavior is happening at school, families can formally request an FBA or Functional Behavior Assessment to be completed.** Rochester Public Schools have BCBA's (Board Certified Behavior Analysts) on staff that can come in to do an FBA. A Functional Behavior Assessment will determine why the behavior is happening and create a plan based on the individual child.

The family can also contact **Dreaming Tree for an FBA and intervention plan**, (IF the child attends ROCHESTER SCHOOLS) depending on the resources they have available (e.g. they could pay for this with a waiver from the county - I don't think dreaming tree takes MA). Amy (or the other BCBA she works with) would likely come in and do a thorough assessment and then follow-up over the course of 8-10 weeks to help the family implement the plan at home. The benefit of this is the family is working first hand with the BCBA and being trained directly.

- **Autism Speaks has some great tools for parents/caregivers:** Go to <https://www.autismspeaks.org/> and search for **Aggressive and Challenging Behaviors Tool Kit**. You can sign up and then download the document. Has some great examples from parents who have struggled with addressing their child's aggressive behavior as well as strategies and tips.

- **Southeast Regional Crisis Center (SERCC) 507-322-3019**

<https://www.crisisresponsesoutheastmn.com/SERCC>

Located next to RCTC/Olmsted Recycling Center, the SERCC is a 24/7 walk-in mental health facility located in Rochester for people experiencing a mental health crisis. Crisis response services available to anyone within 10-county area of Southeastern MN. SERCC also houses short-term residential facilities for those that need longer care. With 16 beds, the center has separate units for adults and youth (ages 10-18), has 24/7 nursing staff and supervision, individual and group counseling, and care coordination upon discharge. Mobile Crisis Response Team is a service provided 24/7 by the SERCC. **IN CRISIS? Call 1-844-274-7472**

- **National Suicide Prevention Lifeline 1-800-273-8255**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. <https://suicidepreventionlifeline.org/>

Nacional de Prevención del Suicidio- 1-888-628-9454

For Deaf and Hard of Hearing- For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

● **Crisis Text Line Text HOME to 741741**

Text anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. <https://www.crisistextline.org/>

## **7. Dentists**

Dentists in Rochester that see pediatric patients and then will consider sedation if needed through OMC include:

- Rochester Pediatric Dentistry: 507-288-0102; Dr. Kelly Jones and Dr. Nicole Youngers
- Dr. Jones and Dr. Youngers also do dental procedures at Mayo Health System Albert Lea, MN The consult appt is at their Rochester Dental office
- Dentistry for Children: 507-288-8060: Dr. Kala Hinz
- Apollo Dental: 507-287-8320: Dr. Sonja Joseph

<https://www.youtube.com/watch?v=5OIaO16rGo4> Let's Go to the Dentist

<https://pathfindersforautism.org/articles/healthcare/social-stories-for-going-to-the-dentist/> Social stories for going to the dentist

[https://www.google.com/search?q=dental+play+set&rlz=1C1GCEB\\_enUS938US939&source=lnms&tbm=shop&sa=X&ved=2ahUKewiKiZfggrHzAhWhlWoFHamhAFwQ\\_AUoAXoECAEQAw&biw=1920&bih=1000&dpr=1](https://www.google.com/search?q=dental+play+set&rlz=1C1GCEB_enUS938US939&source=lnms&tbm=shop&sa=X&ved=2ahUKewiKiZfggrHzAhWhlWoFHamhAFwQ_AUoAXoECAEQAw&biw=1920&bih=1000&dpr=1)  
(Dental play sets)

<https://www.educationandbehavior.com/wp-content/uploads/2017/06/I%20Am%20Going%20to%20the%20Dentist.pdf> I Am Going to the Dentist Social Story

## **8. Disability Services**

**SEMCIL-** SE MN Center for Independent Living- SEMCIL is a community-based, cross disability, non-residential, non-profit organization offering a variety of independent living services and supports for people with disabilities, including the Disability Hub MN and Personal Care Assistance. <https://www.semcil.org/>

**Olmsted County Developmental Disability Case Manager:**

<https://www.olmstedcounty.gov/residents/services-individuals-families/child-youth/child-developmental-disabilities>

**Lori Hilmer (507 – 328 - 6640)** handles the referrals of **children birth to three.**

Lonnie Larson (507 – 328 – 6683) handles the referrals of individuals age 3 or above.

## 9. Family Support

1. **PAIIR-Parenting a child with special needs group is for parents with children who have a delay, disability or illness ages 0-5<sup>th</sup> grade.** Topics are chosen by parents and discussion is led by licensed parent educator. Typically meets one Monday/month. Call to see about dates/times. Register online at [www.rochesterce.org/paiir](http://www.rochesterce.org/paiir) or call PAIIR at 507-328-4020.

2. **CARES institute- parent support educational group.**  
<http://www.rtaaf.org/how-we-can-help/rtaaf-cares.php>

RTAAF CARES is a 12 week intensive training program for parents of children who have been diagnosed with autism within the last year. Parents meet weekly for 12 weeks in a small group of 4-6 other parents. The cost of CARES is covered by charitable donations and grants, and the group is open to families who live within a 50 mile radius of Rochester, MN. Childcare is not available at this time and children do not attend the group. CARES groups meet at the RTAAF offices in a safe and confidential setting, led by a Licensed Clinical Social Worker and/or a Licensed Special Education Teacher. CARES facilitators also offer individual consultation and referrals for each family that participates.

3. **Rochester Center for Children (Formerly Rochester Center for Autism) has a PARENT SUPPORT GROUP welcome to any caregiver of a child on the spectrum.**

Parents can email Katie Kummeth, Family Support Specialist @ [katiekummeth@rcenterforchildren.com](mailto:katiekummeth@rcenterforchildren.com) to tell her interested in group. Or call Rochester Center for Children to get more info at: 507-424-3234

4. **Autism support & Discussion group:** first Tuesday of the month @ 6:30 pm. Coordinated by Kim Hicks. They meet at the Tap House South, Rochester.

## 10. GPS Tracking:

Project Life Saver- Project Lifesaver relies on proven radio technology and a specially trained search and rescue team of the Olmsted County Sheriff's Office and Rochester Police Department. Applicants who are enrolled in the Project Lifesaver program wear a personalized wristband that emits a unique tracking signal.

<http://www.rtaaf.org/how-we-can-help/project-life-saver.php>

Angel Sense-

<https://www.angelsense.com/> Angel Sense is its own GPS Tracking Device sold through their website.

There are small phone trackers that parents could put in the child's backpack, shoe or clothing. They can be found at Walmart. <https://www.walmart.com/search?q=gps+live+phone+tracker+for+kids+>

## **11. Navigating the Mpls/St. Paul Airport:**

The number to **TSA cares is 855-787-2227**. Families can call this number and a TSA member can walk them right through security and they will get them directly to their gate. They also had someone escort them from one flight to another.

Minneapolis/St. Paul International Airports offers kids with special needs free monthly practice runs through the airport. They also have a social story online that you can print off and use for your child.

<https://www.msairport.com/navigating>

<https://www.tsa.gov/travel/special-procedures>

## **12. Puberty and Sexual Development:**

- *Autism Speaks Parent's Guide to Puberty and Adolescence for Children with Autism*  
<https://www.autismspeaks.org/sites/default/files/2018-08/Puberty%20and%20Adolescence%20Resource.pdf> (If link doesn't work, go to <https://www.autismspeaks.org/>, search for Puberty, and download the Resource Guide.
- <https://vkc.vumc.org/healthybodies/>
- <https://depts.washington.edu/dbpeds/Resources.html> - there is a whole section on this particular website about Puberty/Sexuality
- **Sex Education Resources for the Learner who is Visually Impaired**  
[This list of resources](#) includes replicas and dolls that would be super helpful for a variety of learners, especially those with visual impairments.
- **Sex Ed for People with Disabilities Project YouTube Videos**  
These are all the videos in the Sex Ed for people with disabilities series, created by the [National Council on Independent Living](#) (NCIL) and Rooted in Rights, with support from the WITH Foundation

### **Books:**

- *Taking Care of Myself* Paperback by Mary Wrobel:  
<https://www.amazon.com/Taking-Care-Myself-Personal-Curriculum/dp/1885477945>
- The American Girl Series: The Care & Keeping of You  
<https://www.amazon.com/Care-Keeping-You-Younger-American/dp/1609580834>

- *The Care & Keeping of You 2: The Body Book for Older Girls* 2013, by Cara Familian Natterson  
[https://www.amazon.com/Care-Keeping-You-Older-Girls/dp/1609580427/ref=sr\\_1\\_1?crid=3PN05KPUO63R8&keywords=The+Care+and+Keeping+of+YOur+2&qid=1642718617&s=books&sprefix=the+care+and+keeping+of+you+2%2Cstripbooks%2C77&sr=1-1](https://www.amazon.com/Care-Keeping-You-Older-Girls/dp/1609580427/ref=sr_1_1?crid=3PN05KPUO63R8&keywords=The+Care+and+Keeping+of+YOur+2&qid=1642718617&s=books&sprefix=the+care+and+keeping+of+you+2%2Cstripbooks%2C77&sr=1-1)
- *From Diapers to Dating: A parent's guide to raising sexually healthy children.* 2008 by Debra Haffner
- *The Autism Friendly Guide to Periods.* Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation.  
[https://www.amazon.com/Autism-Friendly-Guide-Periods-Robyn-Steward/dp/1785923242/ref=sr\\_1\\_1?crid=LA3S8OF2UTFZ&keywords=Sex+Education+for+Parents+of+Children+with+Autism+Spectrum+Disorder&qid=1642447522&s=books&sprefix=sex+education+for+parents+of+children+with+autism+spectrum+disorder%2Cstripbooks%2C83&sr=1-1](https://www.amazon.com/Autism-Friendly-Guide-Periods-Robyn-Steward/dp/1785923242/ref=sr_1_1?crid=LA3S8OF2UTFZ&keywords=Sex+Education+for+Parents+of+Children+with+Autism+Spectrum+Disorder&qid=1642447522&s=books&sprefix=sex+education+for+parents+of+children+with+autism+spectrum+disorder%2Cstripbooks%2C83&sr=1-1)
- *Sex Education for Parents of Children with Autism Spectrum Disorder* 2002 by Mark Steege & Shannon L. Peck.
- "Step To Independence: Teaching Everyday Skills to Children with Special Needs," by Bruce Baker and Alan Brightman. Section One outlines an approach to teaching skills, the STEPSTO or Steps-To Approach. The Steps-To Approach is as follows: (1) setting out, (2) targeting a skill, (3) establishing steps, (4) picking rewards, (5) setting the stage, (6) teaching, and (7) observing progress and troubleshooting. Section Two outlines skill teaching such as self-help skills and toilet training. Section Three outlines behavior problem management.
- **People:**  
Katie Thune, who works out of the Twin Cities does conferences and parents can attend. She has created curriculum for schools and community providers. (Sexuality for all Abilities: Katie Thune [katie@madhatterwellness.com](mailto:katie@madhatterwellness.com)).

### **13. Rochester Police Dept Support:**

If you would like to **alert Rochester Police Dept that your child has autism**, you can **contact Lieutenant Frank Ohm at 507-328-6978** or [fohm@rochestermn.gov](mailto:fohm@rochestermn.gov).

Per Frank Ohm, "We can create a "jacket" or entry in our dispatch system (if the child doesn't have one already), and then attach an alert to that jacket noting the autism. If the jacket is added to the call, or if Dispatch looks at the jacket, we will see the alert and be able to notify responding officers. It's not 100% perfect, but it gets us up to about 75 percent of the time it would be seen/read. Parent can let me know the name/dob/address/any other descriptors for the child."



## **14. Sibling Support:**

- Local **Sibshops** – for kids who have sibling with special health or developmental needs.  
<http://www.siblingsupport.org/> 507-255-4091 or email [mayosibshop@mayo.edu](mailto:mayosibshop@mayo.edu)
- **RCC** (Rochester Center for Children formerly known as Rochester Center for Autism) occasionally has Sibling Support Groups available. **Contact Stephanie Johnson, Family Support Specialist/Lead Supervisor @ [stephaniejohnson@rcenterforchildren.com](mailto:stephaniejohnson@rcenterforchildren.com)** to ask about availability. Or call her at: 507-424-3234
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish

## **15. Recreation and Social Skills**

- **James Rech's- Autism Society of MN (Rochester office)** Social skills groups for kids age 14+  
Phone: 651.647.1083 ext 29; [jrechs@ausm.org](mailto:jrechs@ausm.org)
- BlueStem Center for Autism- Weekly Social Skills Groups. Call to check for ages and availability.  
507-299-0984; [autism@bluestemcenter.com](mailto:autism@bluestemcenter.com)
- **OWL Therapy Services** – Speech Therapy Services and groups  
Phone: 507-722-1508      <http://www.owltherapyservices.com/>
- **YouthAbilities-** This program will be open to youths with ALL Abilities and include innovative and engaging programs designed to incorporate social and human skills development in a fun, supportive community environment. Elements of the program will include daily structured programming with Arts & Crafts, Music, Community Field Trips, Parks & Playgrounds, Choice Time, and Games. Participants can decide to join all 5 days a week or 3 or however many days they need. Private pay options or CADI/DD Waiver. It's licensed as a respite, where parents have staff watch their kids while they are unavailable. It's recreational with a focus on developing social skills and working on outcomes the family would like staff to work on. 6:30a.m. -6:00p.m. Ages 5-21 (Ages 18-21 depending on school status). **Contact Aly Steffen at 507-281-6116 x-2009 or email: [asteffen@possabilities.org](mailto:asteffen@possabilities.org)**
- **Social Skill Video Role Plays-** go to: <https://www.semel.ucla.edu/peers> (actors are adults) Once on site, on top right click on "Resources", Then click on "Role Play Videos" You will see a selection of videos on various social skills topics
- **Sesame Street websites** have some great video clips for kids ages 2-6 and printable visual schedules.  
<https://sesamestreetincommunities.org/topics/autism/>  
<https://sesamestreetincommunities.org/subtopics/routines-and-flexibility/>

## **Social Thinking/Skills Curriculum:**

**Zones of Regulation-** The Zones of Regulation curriculum incorporates Social Thinking® (www.socialthinking.com) concepts and numerous printable visuals to support students in identifying their feelings/level of alertness, understanding how their behavior impacts outcomes, problem solving conflicts and learning what tools they can use to regulate their Zones. <https://www.zonesofregulation.com/index.html>

**Superflex...A Superhero Social Thinking Curriculum**  
<https://www.socialthinking.com/Products/superflex-superhero-social-thinking-curriculum>

## **16. Sensory Resources:**

- **Sara Westphal at Hair Artist Salon 1902 2nd St SW, Rochester, MN 55902, USA** Salon #: (507) 281-3036 (She has had behavioral training from RCC) [sswestphal@hmtel.com](mailto:sswestphal@hmtel.com)
- **Kids' Hair offers supports in cities:** Kids' Hair is a proud partner of Fraser and is dedicated to making the haircut experience for all children including those with autism or sensory issues a fun, safe and comfortable one.  
<https://kidshairinc.com/services-products/fraser-partnership/>

## **17. SLEEP:**

Autism Speaks Sleep ToolKit- Parent Booklet

<https://www.autismspeaks.org/sites/default/files/2018-08/Sleep%20Tool%20Kit.pdf>

<https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism>

<https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism>

## **18. Specialized Therapy (Behavioral, Speech, Occupational, Physical, Partial Hospitalization)**

**Exercisabilities-** Occupational, physical and speech services (Does take MA)

Contact: 507-259-7570 <https://www.exercisabilities.org/>

**Tonns of Fun- OT and Speech services** (Does not take MA/PMAP- currently accepts commercial BCBS/Medica)

Contact: 507-252-1988; <https://tonnsoffuntherapy.com/>

**OWL Therapy Services** – Speech Therapy Services and groups

Phone: 507-722-1508

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

**A Sounding Therapy, LLC- Speech Therapy** [bethany@asoundingtherapy.org](mailto:bethany@asoundingtherapy.org) 651-335-8159 (text friendly)

### **Achievement Therapy Services**

Contact: 507.226.8844

<https://www.achievementtherapyservices.com/services>

Therapist provides intervention for delays and disorders of speech, language, social language, cognition, and voice.

**Birchlawn Place Counseling Center-** Occupational Therapy; Contact 507-258-3287

<https://www.birchlawnplace.com/pediatric-occupational-therapy/>

### **Nurture in Nature Therapy Services, LLC**

Caitlin Lamping provides: Outdoor groups for occupational therapy, feeding therapy, social connections Free consults <https://nintherapy.com/> P: 507-200-2477 Fax; 507-322-1877 Email: info@nintherapy.com

### **Dreaming Tree Behavioral Center**

Amy Rice does take on private cases through Dreaming Tree for kids ONLY in the Rochester Schools. She does all consultation working on whatever goals the family has...self-help, general compliance, social skills, aggressive behavior, SIB, and toilet training.

**Contact: Amy Rice Phone: 507-272-5646**

4708 Manor Brook Dr NW Rochester, MN 55901

email: dreamingtreebehavioralcenter@gmail.com

### **Jenny Kruse Music Therapy**

Contact: [jennymkruse@gmail.com](mailto:jennymkruse@gmail.com)

### **Healing Rhythms Music Therapy, LLC**

Contact: [www.healingrhythmsmt.com](http://www.healingrhythmsmt.com) or 507-236-7793

### **Ride Ability**

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

Serving families of children or adults with special needs; providing horseback riding and related activities. We create a fun and therapeutic environment where everyone is able!

### **Prairie Care Adolescent Neurodevelopmental Track**

6-8 week partial hospitalization program for youth with neurodevelopmental challenges. Includes therapeutic activities and academics; daily group psychoeducation and psychotherapy, daily access to psychiatrist; weekly individual therapy; weekly family support groups & family psychoeducation. Call Prairie Care at 507-218-3701 to inquire about this program.

### **Individual or Family Therapy (Behavioral/Mental Health)**

**James Rech**- provides individual therapy for individuals age 16 and older as well as psychoeducation for parents, families, and caregivers. Contact James at: [jrechs@ausm.org](mailto:jrechs@ausm.org)

**Dr. Leah Morken at Inspired Success Psychological Services- She does ASD testing from early childhood-adults.**

(Testing for: ASD early childhood-adults; Learning Disab, ADHD, MMPI; PCIT; Therapy for kids, teens, adults)

<https://www.inspiredsuccessps.com/> Location: 2477 Clare Ln NE Ste 300, Rochester, 55906 P: (507) 722-0009

**Brogan Evenstad at Onward Counseling-** Has worked with kids with ASD; however she DOES NOT work with

early childhood ages. Provides individual and family therapy at Onward Counseling.

<https://www.onwardcounselingrochester.com/>

**Michelle Wees Martincek, MA, LMFT at Perspectives: [MICHELLE@PERSPECTIVEMN.COM](mailto:MICHELLE@PERSPECTIVEMN.COM)**

**P: 507- 218-8974 Perspectives, 300 3rd ave SE, #402, Rochester, 55904**

Michelle has over 20 years of experience working with children and families in a variety of settings. She specializes in working with children and adolescents with challenging behaviors. Michelle likes to incorporate Play Therapy, Narrative Therapy, and Conscious Discipline into her sessions.

**Allie Gregg, MA, LPCC is a mental health professional that used to work for Caravel and now is working privately within MN. [Agregg@woodsmn.com](mailto:Agregg@woodsmn.com) P: 507-405-0826**

She does a variety of things:

- CMDE- both the re-evals that kids need yearly to get recertified for ABA (virtually) and initial evals (see next bullet)
- Diagnostic evaluations- this is in person at one of her offices (she has one in Winona and one in the Twin Cities). She works with a psychologist and together they do the ADOS, BASC Vineland, CARS, and if further testing is needed her and the psychologist have a few others they can administer
- Family therapy- this is mainly virtual but if the family lives in Rochester she is open to in home observations. Her thought is that this could be a good bridge for families who are waiting for ABA. I think it could be helpful for older kids too who need therapy but families are not wanting to pull them out for ABA. She can serve families all over MN and she works with a psychologist who is licensed in WI to do this as well.

## **18. Toilet Training:**

Toilet Training Video- Strategies for parents with kids w/ASD:

<https://theplaceforchildrenwithautism.com/autism-blog/toilet-training-children-with-autism>

Ultimate Guide for Potty Training

<https://www.autismparentingmagazine.com/wp-content/uploads/guides/Potty-Training-for-Autism-The-Ultimate-Guide.pdf>

Toilet Training Guide for Kids with ASD-

<http://www.autismspeaks.org/sites/default/files/2018-08/Toilet%20Training%20Guide.pdf>

7 Toilet Training Tips to Help Nonverbal Kids with ASD-

<https://www.autismspeaks.org/expert-opinion/seven-toilet-training-tips-help-nonverbal-kids-autism>

No More Diapers: <https://docisolation.prod.fire.glass/?guid=fc23c748-3a08-4a92-b522-03c6213f9922>

Toilet Training- Somali- <https://www.autismspeaks.org/sites/default/files/toilet-somali.pdf>

## **19. Transition to Adulthood: Services, Resources**

Transition and Employment Services- MN Autism Portal

<https://mn.gov/autism/intervention-and-services/transition-and-employment/>

**Guardianship and Conservatorship:**

According to the MN Autism Resource Portal website: A guardian is a person appointed by the court to make healthcare and other mostly non-monetary decisions for someone who cannot make these types of decisions because of an injury, illness or disability.

A conservator is a person appointed by the court to take care of someone's finances when he or she cannot make these types of decisions because of injury, illness or disability.

Deciding if guardian or conservator is needed is a discussion you will need to have along with utilizing the court to make the appointee.

The Minnesota Judicial Branch has information regarding [Guardianship](#) and [Conservatorship](#).

**The Minnesota Association for Guardianship and Conservatorship** <https://www.minnesotaguardianship.org/fag/>

**MN Disability Hub:** gives you planning tools and information on health coverage, benefits, including Social Security Income (SSI), and employment. <https://disabilityhubmn.org/>