

Roadmap to Early Prevention and Intervention Resources

Age: 0-3 Infant and Toddler Connection (Early Intervention offers therapy services- ST/OT/PT in the home). <http://www.infantva.org/>

Age: 3-4 Early Childhood Special Education Early intervention services transition to the school setting. http://www.doe.virginia.gov/special_ed/early_childhood/index.shtml

Age: 5 and Up IEP and 504 Plans are created to provide accommodations in school; necessary for the child to achieve optimal educational success (academically, socially and emotionally). http://www.doe.virginia.gov/special_ed/iep_instruct_svcs/iep/index.shtml

Behavioral Supports Available in the Community: *Intensive in-home therapy (ages 4-8), Applied Behavior Analysis (ABA) Therapy, Parent-Child Interaction Therapy (PCIT- ages 2.5- 7yrs), Play therapy, Outpatient Psychotherapy.*

TOP 5 Items to Start your Autism Journey

*Autism 101 Group Meeting at the Medical Tower in Norfolk/Butler Farm in Hampton

1. **Autism Speaks** - offers a great introduction to Autism and resource information
<https://www.autismspeaks.org/>
2. **SAFETY RESOURCES:**
Project Lifesaver
<https://projectlifesaver.org/about-us/where-we-are/>
<https://hamptonroads.myactivechild.com/>
FREE Big Red Safety Box <http://nationalautismassociation.org/big-red-safety-boxes-now-available/>
3. **Autism Social Media Groups** <https://www.facebook.com/tidewaterasa>
<https://www.facebook.com/groups/spectrumparents/>
<https://www.facebook.com/ABrighterSideToASD/>
<https://www.meetup.com/tidewater-autism/>
<https://www.meetup.com/Spectrum-Parents-Autism-Meetup/>
4. **EPSDT & ABA Therapy**
Contact a case manager at social services to get a screening for EPSDT (Early and Periodic Screening, Diagnostic and Treatment) so they can do a DMAS-7 (medical needs assessment/personal care services) on your child. This will allow you to access ABA therapy and Personal Care since you already have Medicaid.

5. **Respite Nights & Support Groups**

Please check the Autism Society Meetup and Facebook page often for respite night announcements. Christina Morrow can assist you with RSVPing for respite nights. Her email address is christina.morrow@tidewaterasa.org.

Autism Society of Tidewater Chat N' Chews and Family Support Group Meetings meet in several cities. Please check the Meetup and Facebook page to RSVP and for more details.

Behavioral Services

- **Behavior Analyst Certification Board**
Search for certificants in your area.
 - www.bacb.com
- **Christine Passaretti, M.Ed., BCBA, LBA (Norfolk, VA)**
Board certified behavior analyst and consultant for families of children with autism and related disorders. Over 15 years' experience setting up and running high quality home-based programs for children on the spectrum. Services include: 1:1 therapy, social skills training, assistance with IEPs and family consultations.
 - 757-373-2324
 - passarettic@gmail.com
- **The Mea'Alofa Autism Support Center (Chesapeake, VA)**
Provides ABA services to children with autism and their families. Intensive 1:1 sessions, social skills training for young children and pre-adolescents.
 - (757) 465-3933
 - <http://www.learnwithmasc.org/>
- **Navigation Behavior Consulting (Virginia Beach, VA)**
Direct one-on-one, in home, parent training, social skill training, potty training.
 - <http://www.navigationbehavioralconsulting.com/>
- **The Learning Resource Center (Virginia Beach, VA)**
Serving All Hampton Roads and Northeastern North Carolina; ABA in home and center based services for ages 18 months - Adult; Also offered are academic tutoring, testing and advocacy services; Food aversion groups and social skills groups run throughout the year; 5 week camp offered in the summer.
 - (757) 428-3367
 - <http://www.learningresourcecenter.org/applied-behavior-analysis-aba/>
- **Autism Consulting and Therapy, LLC (Virginia Beach, VA)**
ACT provides one-on-one ABA therapy in the client's home, community, and in our new clinic. Led by a team of 3 Board Certified Behavior Analysts, we are Tricare Network Providers, authorized to provide services through both the ECHO program and the Autism Demonstration Project. We are also Aetna providers, and will accept any other private insurance that will cover ABA services. We are trained in principles of Verbal Behavior, Discrete Trial Training, Natural Environment Training, Pivotal Response Training, and Functional Analysis of Behavior. We are also available for private-pay consultation and direct therapy and observation/consultation with schools.
 - (757) 639-2218
 - <http://hr-act.com/>
- **Three Tier Consulting (Suffolk, VA)**
Provides one-on-one ABA services in the home. President Michael Friga, Ph.D., BCBA-D, provides

child evaluation and supervision to energetic tutors who run programs, including discrete trial learning, pivotal response methods, and natural environment teaching.

- (877) 651- 1038
- www.3-tier.org
- **Step By Step Consulting (Suffolk, VA)**

Step by Step's therapeutic treatment plans emphasize behavior training and focus on language development, self-help, play and socialization skills utilizing the principles of ABA with an emphasis on Verbal Behavior.

 - (757) 934-6470
- **Progressive Learning Therapy, Inc. (Williamsburg, VA)**

Provides elite evidence-based services in applied behavior analysis (ABA) supporting all individuals in developing optimal potential and independence. PLT supports the spectrum community through continued research and application of evidence-based treatment, and promotes community participation and feedback for optimal outcome measures.

 - (757) 846-6959
 - <http://progressivelearningtherapy.org/>
- **B.E.S.T. Services**
 - 252-435-1665
 - www.bestautismservices.com
- **EMG Consulting (Chesapeake, VA)**

Elizabeth M. Gilmore, M.Ed., BCBA

 - (757) 615-3003
 - <http://autismservicesaba.com/>
- **Kathryn Rektsi , Independent Consultant (Virginia Beach, VA)**

ABA/Verbal Behavior

 - (516) 319-0480
 - krekstis@yahoo.com
- **Paradigm Pathway Consulting (Chesapeake, VA)**
 - Website unavailable
 - (757) 286-2786

Recreation and Respite

- **Autism on the Seas**
 - <http://www.autismontheseas.com/>
 - Cruises with qualified respite staff to support individuals and their families in a vacation setting
 - 1-800-516-5247 or 1-203-929-1761
 - Office hours Monday - Friday 9:00am to 5:30pm EST and Saturday 9:00am to 1:00pm
 - Headquartered in Shelton, Connecticut
- **Imagination Village**
 - <http://www.imagination-village.com/index.html>
 - (757) 243-8342, 209 Village Ave Ste C, Yorktown, VA 23693
- **Respite Care**
 - <http://onechildcenterforautism.org/services/respite/>
- **Families of Autistic Children of Tidewater Sport Groups**
 - <http://camp4autism.com/sport-programs/>
- **Brickheadz Lego Club (Chesapeake)**
 - <https://www.brickheadz.net/>
- **Epic Glory Cheer Team (Virginia Beach)**
 - <http://epiccheeranddance.com/special-needs-teams/>
- **Williamsburg Indoor Sports Complex Gymnastics Special Motion Club**
 - <http://www.thewisc.com/sports-programs/gymnastics/gymnastics-and-tumbling/>
- **Surfers Healing (Virginia Beach)**
 - <http://www.surfershealing.org/>
- **Swimming Lessons (Virginia Beach)**
 - <http://www.kelskids.org/>

Summer Camp

- **Camp Horizon (Norfolk)**
 - <https://www.theupcenter.org/how-we-help/disabilities/summer-camp-therapeutic-recreation>
- **Camp Explore (Virginia Beach)**
 - <http://www.vbgov.com/government/departments/parks-recreation/patrons-disabilities/therapeutic-recreation/Pages/summer-camps.aspx>
- **Families of Austistic Children of Tidewater Camps**
 - <http://camp4autism.com/camp-programs/>
- **Camp Easter Seals UCP Overnight Camp**
 - <http://www.easterseals.com/NCVA/our-programs/camping-recreation/>

Therapeutic Horseback Riding

- **Dream Catchers Therapeutic Riding Program**
 - <http://dreamcatchers.org/>
- **Triple R Ranch (Chesapeake)**
 - <http://www.triplerranch.org/contentpages/11449/2c967dec-0b3b-473b-a8eb-510cd8c1b07d/Horsemanship.aspx>
- **Equi-Kids (Virginia Beach)**
 - <http://www.equikids.org/>

Community Resources

- **Hampton Healthy Families**
 - <http://www.hampton.gov/index.aspx?nid=2231>
 - Play groups and other free resources for parents of children across a wide age range
- **Autism Society Schedule of Events**
 - <http://www.meetup.com/tidewater-autism/events/>
- **Tidewater Autism Society**
 - 5291 Greenwich Road, Suite 1., Virginia Beach, VA 23462
P: 757.461.4474 | E: tasa@tidewaterasa.org
 - Lending Library accessible to parents and educators free of charge. Books, DVD/video, and CDs are available to check out on a monthly basis.
 - Computer stations with internet access, color printer, and specialized software including Boardmaker, to make and take materials to support loved ones living with ASD within the community.
 - Family-to-Family Workshops are hosted in the resource center with our new flat screen television. This series of workshops are for family members, caregivers, tutors or others interested in learning effective strategies for daily living skills, playing, communicating and interacting with individuals with Autism Spectrum Disorders.
 - Literature Display
 - <http://www.tidewaterasa.org/resources-2/resources/>
- **Autism Speaks**
 - <http://www.autismspeaks.org/>
- **Families of Autistic Children in Tidewater Events/Groups**
 - <http://camp4autism.com/social-programs/>

Support Groups

- **CHKD Support Group**
 - <http://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Support-Groups/>
- **Spectrum Parents Support Group**
 - <http://www.meetup.com/Autism-Spectrum-Parents-in-Virginia-Beach/>

- **Asperger's Support TEAM of Tidewater**
 - <http://www.meetup.com/Tidewater-Aspergers-TEAM/>

Military

- **Exceptional Family Member Program for All Ages (EFMP)**
 - <http://www.militaryINSTALLATIONS.dod.mil>
 - <http://www.militaryonesource.mil/family-and-relationships/special-needs>
- **TRICARE**
 - <http://www.tricare.mil/autism>
- **Webinar of TRICARE Mental Health Benefits Overview and the Autism Care Demonstration Update**
 - http://www.militaryonesource.mil/social/webinar-archives?program=tricare%7Ccontent_id=287873
- **Operation Autism**
 - <http://www.operationautismonline.org/>

Siblings

- **CHKD Sib Shop**
 - <http://www.chkd.org/Our-Services/Specialty-Care-and-Programs/Support-Services/Support-Groups/>
- **Creators Club: Art Group for Siblings**
 - One Child Center for Autism
 - <http://onechildcenterforautism.org/creators-club/>

New Diagnoses and Parent Trainings

- **Autism 101**
 - <http://www.tidewaterasa.org/what-is-autism/schedule-autism-101/>
- **Autism Speaks**
 - <https://www.autismspeaks.org/family-services/tool-kits/100-day-kit>

Social Skills

- **Social Butterflies Group (Virginia Beach, VA)**
 - SBC teaches social/play skills to children in a fun, structured environment. The unique structure of our program also develops speech, language, fine motor, gross motor, and social/play skills. We have been providing services to the Hampton Roads area since 2004.
 - <http://www.socialbutterfliesclub.com/index.html>
- **One Child Center for Autism (Williamsburg, VA)**
 - <http://onechildcenterforautism.org/>

- **Peer-Interactive Experiences (P.I.E. Rehabilitation Associates)**
 - <http://rehabilitationassociates.com/peer-interactive-experiences/>

Safety

- **National Autism Association Big Red Safety Toolkit**
 - <http://nationalautismassociation.org/docs/BigRedSafetyToolkit.pdf>
- **Hampton Project Lifesaver**
 - <http://sheriff.sbo.hampton.k12.va.us/communityrelations/projectlife.html>
- **Newport News Project Lifesaver**
 - <http://www.nnsheriff.org/community/programs/project-lifesaver.html>

Special Education

- **Parent's Guide to Special Education**
 - http://www.doe.virginia.gov/special_ed/parents/parents_guide.pdf
- **Special Education Advocacy Law PELE Clinic**
 - <http://law.wm.edu/academics/programs/jd/electives/clinics/specialed/index.php>
- **Wrightslaw**
 - <http://www.wrightslaw.com/>