



A Resource Directory for Families with Children and Teens with Autism Spectrum Disorders

Mid-Minnesota Services and Supports

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Arc Midstate

It is our hope that this resource directory will assist you in locating resources and services to help you on your journey.

For parents and caregiver – please know that you are not alone. The following pages contain a wealth of resources including information on a wide variety of family support opportunities.

Special thanks to Terri Hess for assisting with the research for this directory

This resource booklet is intended for informational purposes only and does not imply endorsement or recommendation of any services, programs, agencies or vendors.

The information provided in the booklet should not be used as a substitute for care by qualified professionals.

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What Is Autism?

Autism is a life-long developmental disability that typically (see Aspergers) appears during the first three years of life. The result of a neurological disorder that affects the brain, it is four times more prevalent in boys than in girls and knows no racial, ethnic, or social boundaries. Autism affects communication, social skills, pattern and range of interests, and sensory responsiveness. Autism is a *spectrum* disorder meaning the symptoms and characteristics of autism can be present themselves in a wide variety of combinations, from mild to severe. Although autism is defined by a certain set of behaviors, children and adults with autism can exhibit any combination of the behaviors in any degree of severity.

Autism (or Autism Spectrum Disorders – ASD) falls under the category of Pervasive Developmental Disorder and includes the following:

- **Autistic Disorder**

Impairments in social interaction, communication, and imaginative play prior to age 3 years. Stereotyped behaviors, interests and activities.

- **Asperger's Disorder**

Characterized by impairments in social interactions and the presence of restricted interests and activities, with no clinically significant general delay in language, and testing in the range of average to above average intelligence.

- **Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS)**

(commonly referred to as atypical autism) a diagnosis of PDD-NOS may be made when a child does not meet the criteria for a specific diagnosis, but there is a severe and pervasive impairment in specified behaviors.

- **Rett's Disorder**

A progressive disorder. Period of normal development and then loss of previously acquired skills, loss of purposeful use of the hands replaced with repetitive hand movements beginning at the age of 1-4 years.

- **Childhood Disintegrative Disorder**

Characterized by normal development for at least the first two years, significant loss of previously acquired skills.

Co-Existing Conditions

Autism can co-exist with any number of other conditions such as (but not limited to) Epilepsy, Mental Retardation, Down Syndrome, Fragile X Syndrome, Landau-Kleffner Syndrome, William's Syndrome, Tourette's Syndrome, or Oppositional Defiancy Disorder.

Causes

Although much research has been devoted to finding the answer to this question, no specific cause is known. The ASA states that current research links autism to biological and neurological differences in the brain. There does appear to be a genetic basis to the disorder because of the pattern of autism and related disabilities in families. However, no gene has been directly linked to autism. What is known is that autism is not a mental illness, children with autism do not choose to behave in the manner that they do, and it is not caused by poor parenting.

Is There A Cure?

The understanding of autism has grown tremendously since it was first described by Dr. Leo Kanner in 1943. Some of the earlier searches for "cures" now seem unrealistic in terms of today's understanding of brain-based disorders. To cure means "to restore health, soundness or normality." In the medical sense, there is no cure for the differences in the brain which result in autism. However, better understanding of the disorder has led to the development of better coping mechanisms and strategies for the various manifestations of the disability. Some of these symptoms may lessen as the child ages; others may disappear altogether. With appropriate intervention, many of the associated behaviors can be positively changed, even to the point in some cases, that the child or adult may appear to the untrained person to no longer have autism. The majority of children and adults will, however, continue to exhibit some manifestations of autism to some degree throughout their entire lives.

Educational Category

A team of public school educators may evaluate your child to determine their eligibility for special education services. Criteria for eligibility for all special education categories are spelled out in the Education State Criteria used in Minnesota. If your child has been diagnosed with an Autism Spectrum Disorder from an outside clinician, the educational criteria still need to be confirmed. A medical diagnosis does not guarantee a child will qualify for special education services. The purpose of an educational evaluation is to help parents and educators understand how the child learns and to give insight into his/her behavior.

Education/School Assessment and Evaluation

Diagnosis/Criteria	Type of Agency	Assessment Team	Contact Information	Assessment Process
Educational Preschool	ISD 742 St. Cloud Area Schools	Early Childhood Programs	320-253-5828 info@isd742.org www.isd742.org	Assess Educational Needs
Educational Preschool	Sartell-St. Stephen	Early Childhood Programs	320-255-8910 www.sartell.k12.mn.us	Assess Educational Needs
Educational Preschool	Sauk Rapids-Rice	Early Childhood Programs	320-253-4703 www.isd47.org	Assess Educational Needs
Educational Primary School	ISD 742 St. Cloud Area Schools	Mainstream teacher and special education staff	320-253-9333 info@isd742.org www.isd742.org	Assess Educational Needs
Educational Secondary Schools	ISD 742 St. Cloud Area Schools	Mainstream teacher and special education staff	320-253-9333 info@isd742.org www.isd742.org	Assess Educational Needs
Educational Childlink Primary & Secondary	Benton-Stearns Educational Cooperative serving Foley, Holding ford, Kimball, Rocori, Sartell/St. Stephen, Sauk Rapids and Rice	Referral from home school	320-252-8427	Assess Educational Needs

Educational Preschool. Primary & Secondary Schools	Mid State Education District Cooperative serving Onamia, Pierz, Royalton, Swanville, Upsala	Early childhood programs, special education staff	320-631-2500	Assess Educational Needs
Educational Primary & Secondary Schools	ISD 482 Little Falls	Early childhood programs, mainstream teacher and special education staff	320-632-2004	Assess Educational Needs

Medical Diagnosis

A medical diagnosis is assigned by a psychologist or psychiatrist who specializes in working with children with developmental differences. Criteria established by the psychological and medical community are used to support the diagnosis. A medical diagnosis of Autism may lead to recommendation for a broad range of interventions. These may include referrals for neurologists, private rehabilitation services, county social services, family support services, financial support, and therapy. A medical diagnosis does **not** guarantee a child will qualify for special education services.

Psychologists/Psychiatrists/Evaluations			
Clinic/Hospital	Contact	Address	Telephone/Website
Park Nicollet Alexander Clinic	Intake	M&I Bank Building 11455 Viking Drive Suite 300 Eden Prairie, MN 55344	952-993-2498 www.parknicollet.com/clinic
CentraCare Clinic Child and Adolescent Behavioral Health Clinic	Intake Coordinator	CentraCare Health Plaza 1900 CentraCare Circle St. Cloud, MN 56303	To make an appointment call 320-229-4945 www.centracare.com
Caritas Mental Health Clinic	Intake	911 18 th St N St. Cloud, MN 56303	320-650-1660
Psychotherapeutic Resources	Intake	325 33 rd Ave North St. Cloud, MN 56303	320-253-3715
Minneapolis Children's West	Developmental and rehabilitation services	5950 Clearwater Drive Minnetonka, MN 55343	952- 930-8630
Central MN Mental Health Center	Intake	1321 13 th St N, St. Cloud, MN 56303	320-252-5010
Center for Psychological Services	Intake	600 So 25th Ave So Suite 109 St. Cloud, MN 56301	320-255-0343

Psychologists/Psychiatrists/Evaluations			
Clinic/Hospital	Contact	Address	Telephone/Website
Fraser Child and Family Center	Intake Coordinators	3333 University Ave SE Minneapolis, MN 55414	612-331-9413 fcfc@fraser.org www.fraser.org
Gillette Children's Specialty Healthcare	Physician	200 East University Avenue St. Paul, Minnesota 55101	651-291-2848 800-719-4040 www.gillettechildrens.org
Health Partners Behavioral Health Center	Intake Coordinator	1245 15th St. North St. Cloud, MN 56303	320-253-6952
Mayo Clinic	Robert G. Voigt Jean F. Perrault Slavica K. Katusic William J. Barbaresi Virginia V. Michels	Rochester, Minnesota	Central Appointment Office: 507-538-3270 www.mayoclinic.com
Midwest EAP Solutions	Joel Morseth	1010 St Germain St W. Suite 580 St. Cloud, MN 56301	320-253-1909
St. Cloud Neurobehavioral Associates	Holly Clausen Jeffrey Kearney Maria Kearney	251 County Road 120 St. Cloud, MN 56303	320-258-3833
St. David's Child Development & Family Services	Intake	3395 Plymouth Road Minnetonka, MN 55305	952-939-0396 www.stdavids.net
University of Minnesota Children's Hospital	Multidisciplinary clinic	Fairview Specialty Clinic 516 Delaware Street SE Phillips-Wangensteen Building, 4th Floor Room 4-100 Minneapolis, MN 55455	612-625-7466

Financial and Medical Assistance

Information included in this matrix is subject to change frequently. Please use the listed websites, email addresses and phone numbers to verify the most recent benefits and eligibility criteria.

Financial and Medical Assistance				
Source	Description	Benefit	Eligibility	Contact/Application Process
Consumer Support Grant (CSG)	Provides cash grants to those with disabilities living at home	Is an alternative for those eligible for MA Home Care programs. Provides consumers more control, flexibility, and responsibility over their supports.	Qualify for MA and approved for PCA, HHA, or PDN. Person must be between the ages of 0-65, live at home, and require ongoing supports.	Contact county social services – not available in Stearns County See page 12
Child Respite Grant County Funds	Cash grant to families to be used to pay licensed or non-licensed providers	Provides families who have a child with special needs time away or a break in their care giving duties.	Family must have an open case in the Developmental Disabilities or other Division.	Contact County Social Services See page 12
IEIC Agencies	Unmet needs for children under the age of 6 yrs.	Assist the families in obtaining education, health, and financial services for their child with special needs	Children with special needs under the age of 6 yrs.	Ask your child's IEP Case Manager

Financial and Medical Assistance				
Source	Description	Benefit	Eligibility	Contact/Application Process
Family Support Grant Program	Cash grants to families of children with disabilities. The program goals are to prevent or delay the out-of-home placement of children with special needs and to promote family health and well being.	Grants must be spent on services and items directly related to caring for the child's special needs. (Expenses above the normal cost of caring for the child if he/she did not have a disability may be covered.) Maximum grant \$3,060 The number of available Family Support Grants is limited.	<ul style="list-style-type: none"> • Annual adjusted gross income not to exceed \$91,458 • Families of children w/certified disability under 21 yr, living in biological or adoptive home • Children living in ICFMR or other licensed residence who would return to family home if grant awarded. 	MA Waivers are administered through the county and the child will need to be assessed through the Developmental Disabilities Division. Request information on how to complete a screening document. Families on DD Waivers are not eligible for the FSG
Medical Assistance (MA)	Medical Assistance for your child/family based on your family's income.	Covered Expenses are the same as TEFRA. Examples of covered expenses: <ul style="list-style-type: none"> • Inpatient/Outpatient care • Medical transportation • Prescribed drugs • Therapies • Prosthetic devices • Eyeglasses • Audiology • Dental care • Laboratory and X-ray • continued – next page 	Families complete an MA application to determine eligibility. If your child is eligible for SSI he/she is also eligible for MA. Families who are eligible for MA may also be eligible for WIC, but families need to complete a separate WIC application.	http://www.dhs.state.mn.us Benton County – 320.968.5087 Sherburne County 800.433.5239 Stearns County 320.656.6000 Morrison County 320-632-2957 See pages 13-15

		<ul style="list-style-type: none"> • Health Insurance Premiums • Home health ordered by physician such as private nursing, PCA, medical supplies and equipment, diapers for children over 4 yrs. • Hospice care 		
Financial and Medical Assistance				
Source	Description	Benefit	Eligibility	Contact/Application Process
MA Waivers Home and community-based services for persons with developmental disabilities and related conditions (Title 19 Waiver)	The state of Minnesota has obtained approval from the federal government to waive certain Medical Assistance eligibility requirements for people who would like to remain at home but are being placed in, or are at risk of being placed in institutions or long-term care facilities. Consumer Directed Community Supports	Coverage same as MA, plus: <ul style="list-style-type: none"> • Case management • Respite Care • Homemaker Services • In-home family support • Assistive technology • Day habilitation • Supported Living Services (SLS) • Environmental modifications and others 	Available to people with developmental disabilities and related conditions. Parent income is not considered in determining eligibility, but there is a parental fee for services. <ul style="list-style-type: none"> • DD Waiver • CADI Waiver • CAQ Waiver • TBI Waiver 	MA Waivers are administered through the county and the child must be assessed through the Developmental Disabilities Division. www.dhs.state.mn.us for details on waivers

Financial and Medical Assistance				
Source	Description	Benefit	Eligibility	Contact/Application Process
Minnesota Children with Special Health Needs (MCSHN)	Information about a range of potential resources and funding sources to help families, providers and others working with children and youth with special health needs or disabilities.	Information Referral Specialty clinics Developmental and behavioral		651-207-3650 or 1-800-728-5420 TTY: 1-800-627-3529 Fax: 651-201-3655 Health.meshn@state.mn.us Minnesota Children with Special Health Needs MN Department of Health 85 E 7 th Place PO Box 64882 St. Paul, MN 55164-0882 Website: www.health.state.mn.us/divs/fh/mcshn/index.htm
Service Organizations	Lions, Rotary, etc.	Possible limited financial assistance	Varies by organization	You may purchase a directory from your local Chamber of Commerce.
Private Insurance	Coverage received as benefit of employment. Private insurance always acts as the primary funding source.	Benefits vary based on the plan. Refer to provider for details.	Eligibility is dependent on group coverage. Refer to provider for details.	Contact your employer's human resource department or call the number on the back of the insurance card.

Financial and Medical Assistance				
Source	Description	Benefit	Eligibility	Contact/Application Process
SSI	Monthly income for your disabled child.	Maximum benefit amount is \$674 per month. (2010)	<ul style="list-style-type: none"> Disability must be medically verified and result in major limitations in two areas of functioning. Condition must last or be expected to last at least 12 months or be expected to result in death. Family income guidelines must be met. Family assets are considered. <p>Usually if a child is eligible for AFDC/TANF, he would be eligible for SSI, cannot receive both. Family chooses best option.</p>	<ul style="list-style-type: none"> Call the Social Security Administration at 1-800-772-1213 (voice) or 1-800-325-0778 (TDD) Process may take 3-4 months but eligibility goes back to the date of application. Families should start the application process even if all the information is not available (e.g. doctor reports) <p>For help with application: Statewide 1-800-772-1213 Website: www.ssa.gov/notices/supplemental-security-income</p>
TEFRA Option under Medical Assistance (MA)	Allows children with disabilities to be eligible for Medical Assistance without regard to the income of their parents. For children under 18 years of age there is a parental fee	Examples of covered expenses: <ul style="list-style-type: none"> Inpatient/outpatient care Medical transportation Prescribed drugs Therapies Prosthetic devices Eyeglasses Audiology Dental care Laboratory and X-ray Health insurance premiums continued next page 	Eligibility criteria used is the same as SSI. <ul style="list-style-type: none"> The level of care needed must be similar but cannot exceed what would be provided in a medical facility. Parent's income is used to determine a monthly fee amount that is applied toward the cost of MA and county 	Contact your local county Social Services office. See pages 13-15

		<ul style="list-style-type: none">• Home health ordered by physician: private nursing, PCA, medical supplies and equipment, diapers for children over 4 yrs.• Hospice care	<p>services. A worksheet is available to estimate the parent fee.</p> <ul style="list-style-type: none">• If fees go over the actual cost of services, they are applied toward the next year's parent fee.	
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Case Management/Service Coordination			
Agency	Description	Eligibility	Contact/Application Process
Benton County Human Services- Adult Services	Benton County's Adult Services Units and staff provide services to individuals who may have issues related to aging/long term care and community based services, physical and/or developmental disabilities, mental health, chemical dependency or adult protection. Services may include, but are not limited to, information and referral, long term care consultation and/or other screenings and assessments related to services, eligibility determinations, services access and funding, case management/care coordination, and adult protective services.	Some persons with developmental disabilities may be eligible for a program known as the DD waiver or other programs.	Adult Services Department: 320-968-5087 http://www.co.benton.mn.us/HServices/adult.htm
Minnesota Department of Human Services	The MN Dept of Human Services supports quality care and services for Minnesotans with physical disabilities, chronic health conditions, developmental disabilities, mental illness, chemical dependency, and HIV/AIDS so they can live as independently as possible.		www.dhs.state.mn.us

Case Management/Service Coordination			
Agency	Description	Eligibility	Contact/Application Process
Morrison County Social Services	Morrison County Social Services provides case management for children and adults with developmental disabilities	Some persons with developmental disabilities may be eligible for a DD waiver or other programs	320-632-2951 1-800-269-1464 http://www.co.morrison.mn.us
Sherburne County Social Services	Provides case management (care coordination) for children and adults with developmental disabilities.	Some persons w/developmental disabilities may be eligible for a program known as DD waiver or other programs.	Social Services 763-241-2600 Public Health 763-241-2750 www.co.sherburne.mn.us
Stearns County Human Services-Community Supports	Stearns County Human Services provides case management (care coordination) for children and adults with mental retardation or related conditions (commonly known together as "developmental disabilities"). The case manager assists persons with developmental disabilities in gaining access to needed supports and services.	Some persons with developmental disabilities may be eligible for a program known as the DD waiver or other programs.	320-656-6000 http://www.co.stearns.mn.us Human Services and Public Health

Intervention/Methodology Descriptions		
Intervention/Methodology	Definition	Founding Organization Contact Info
Applied Behavioral Analysis (ABA)	Uses interviews, rating scales and observational data to gather information about behavior trends of a child. This information is then used to develop and monitor the individual plan of treatment.	Institute for Applied Behavioral Analysis 5777 Century Blvd W Los Angeles, CA 90045 310-649-0499 www.iaba.com
Auditory Integration Training	A structured program of listening to modulated music over a 10-20 day period. This program addresses auditory processing and hypersensitivity to sound. It may: increase eye contact, spontaneous speech, socialization and attention span, lessen sensitivity to certain sounds, and improve behavior.	Autism Research Institute 4182 Adams Ave San Diego, CA 92116 619-281-7165 www.autism.com/ari Society for Auditory Integration Training www.sait.org www.ideatrainingcenter.com
Bio-Chemical Treatment	Treatment in bio-chemical imbalances.	Pfeiffer Treatment Center www.hriptc.org
Developmental Therapy	Approaches learning with a developmental emphasis, presenting tasks at the skill level of the child. Therapy aims to help the child fill in missing or disordered development through social/emotional and relationship-based methods.	Autism and Developmental Disorders: A developmental approach www.mindspring.com/~dgn/index.htm
Dietary Interventions	Many families pursue dietary interventions to target specific health issues common in children with autism spectrum disorders such as eczema or gastrointestinal issues. The most common dietary intervention is a gluten/casein (wheat/dairy) free diet.	Autism Network for Dietary Intervention www.autismndi.com
Discrete Trial Training	Method of teaching sequential tasks by breaking them into simple steps or components. Components can be rehearsed individually and then chained into a sequence to complete the activity. Used in various methods of therapy.	

Intervention/ Methodology	Definition	Founding Organization Contact Info
Fast ForWord	A series of computer-based learning programs designed to improve language, reading and overall communication skills. Fast ForWord is appropriate for children who struggle with basic language skills or paying attention as well as adults who want to improve reading comprehension and organizational skills. Participants spend approximately 90 minutes each day, five days a week, for four to eight weeks, with adaptive and interactive computer exercises.	www.scilearn.com
Lovaas Therapy	An intensive form of discrete trial training that advocates that all behavior can be broken into a series of discrete skills. Teaches skills in a structured one-to-one format using cues, drills, and rewards. Therapy typically involves 30-40 hours per week over several years.	Dr. Ivan Lovaas, UCLA – Dept of Psychology 1285 Franz Hall, Box 951563 Los Angeles, CA 90095-1563 lovaas@psych.ucla.edu www.lovaas.com
Medications	There are no medications to treat or cure Autism; however, medications can be part of a well-rounded intervention. Medications may help provide relief from specific symptoms that interfere with daily life. Anti-depressants, anti-psychotic and anti-anxiety drugs may be used to treat compulsive behaviors, aggression, insomnia and anxiety. Medications used to treat these and other symptoms may carry side-effects and should be closely monitored.	www.patiencenters.com/autism/news/med_reference

Intervention/ Methodology	Definition	Founding Organization Contact Info
Music Therapy	Many children with Autism respond well to music, which provides an alternate neurological pathway for language. A music therapist is professionally trained to use structured music strategies to teach children to convey information, develop relationships, increase attention span and language skills and learn appropriate behavior.	National Association of Music Therapy 8455 Colesville Rd, Suite 1000 Silver Spring, MD 20910 301-589-3300 www.autism.org//music.html
Picture Exchange Communication System	A specific protocol that teaches picture exchange communication. During the PECS protocol, the child learns to use pictures to communicate. Using the pictures also helps to increase the child's receptive and expressive language skills. PECS should be supervised by a speech therapist. PECS is just a small part of visual supports.	www.pecs.com
Relational Developmental Intervention	A method that teaches parents and other caregivers of children on the Autism spectrum the ways to develop experience sharing.	Book: "Solving the Relationship Puzzle" By Dr. Steve Gutstein www.connectionscenter.com
Sensory Integration Training	Some individuals with Autism may have a disorder of sensory integration, including the touch(tactile), movement(vestibular), and body position (proprioceptive) which results in over or under-sensitive reactions to light, sounds or touch. This may result in learning, behavior problems and/or language delays. This therapy addresses the normalization of the process of organizing sensory input from the environment and making an appropriate response.	Sensory Integration International (SII) 1402 Cravens Ave Torrance, CA 90501 310-533-8338 www.sierf.org
Social Stories	A method that involves writing and reviewing individualized stories about social situations the child may encounter during the day. Allows for rehearsal during the story by deciphering social cues such as body language, tone of voice, and the behavior of others.	www.thegraycenter.org

Intervention/ Methodology	Definition	Founding Organization Contact Info
S.O.S. (Sequential Oral Sensory) Feeding Therapy	Feeding difficulties include: gagging and vomiting; refusing to eat food categories; eating only specific foods; overstuffing the mouth; and swallowing difficulties. SOS is a hands-off, developmentally-based program that encourages children to interact with a variety of foods with the goal of making feeding fun and nutritious.	Developed by Dr. Kay Toomey & Associates Denver, CO
Social Skills Training	Gaining social competence is an important part of development. Social Skills Training includes teaching specific skills (such as taking turns or sharing), expanding those skills, and learning to make judgments. Skills are taught in small increments in natural settings.	www.iidc.indiana.edu/irca/SocialLeisure/socialskillstraining.html
TEACCH (Treatment and Education of Autistic and Related Communication Handicapped Children)	Intensive intervention program that places an emphasis on structuring the environment and curriculum to maximize independent functioning. Primary focus is motor planning and verbal comprehension deficits. Builds on the child's current skills through visual guidance and organizational strategies.	Division TEACCH University of North Carolina 310 Medical School-Wing E Chapel Hill, NC 27599-7180 919-966-2177 www.teacch.com

Note: Not an inclusive list of therapeutic approaches and not all supported through evidence based research.

Treatment/Counseling/Intervention Agencies		
Agency	Service/Program	Contact Information
Behavioral Dimensions, Inc.	Provides short and long-term consultation, counseling and therapy, ABA-discrete trial training	415 Blake Road N, Suite 240 Hopkins, MN 55343 952-814-0207 www.behavioraldimensions.com
Behavior Wizards, Inc.	Provides behavior consultation to individuals with developmental disabilities and mental health issues of all ages. Also offers an outpatient psychiatric clinic. Specialize in developing positive behavior support programs. Build adaptive behaviors to replace problem behaviors to achieve behavior stability and control for long term success	Jon Freer 2125 Troop Drive Sartell, MN 56377 320-251-6059 www.behaviorwizards.com
Brih Design, LLC	Psychological services offering assessments and behavioral treatment planning for children with Autism.	4535 Washburn Ave N Minneapolis, MN 55412 612-552-3945 www.brihdesign.com
Catholic Charities Day Program	Offers community-based education with therapeutic groups, skills training, and family therapy. Fees are billed to insurance and sliding fee scale is available.	1712 7 th Ave South St. Cloud, MN 56301 320-650-1591 www.ccstcloud.org
CentraCare Health Plaza	Offers a variety of outpatient behavioral health programs and services	1900 Centracare Circle St. Cloud, MN 56303 320-252-2422
Clara's House	Provides a partial hospitalization program for children with mental health concerns.	1564 County Rd 134 St. Cloud, MN 56303 320-229-4950 www.centracare.com
Fraser Child & Family Center	AIT (auditory training) Mental health practitioners provide short-term family, group or individual skills training. Behavioral aides work one-on-one with a child to improve skills and implement individual behavior plan goals. This helps to replace inappropriate skills with developmentally and therapeutically appropriate daily-living, social and recreational skills. Charter School/Fraser Academy	4530 Lyndale Ave South Minneapolis, MN 55414 612-331-9413 www.fraser.org

Treatment/Counseling/Intervention Agencies		
Agency	Service/Program	Contact Information
Holland Center	Center-based ABA intervention program. Also has a focus on gluten-free/casein-free diet.	810 Excelsior Blvd Excelsior, MN 55331-1900 952-401-9359 www.hollandcenter.com
Lazarus Project	Center-based cooperative serving children 2-9 years old with intensive early intervention & applied behavior therapy.	1200 Ford Rd, Suite 2 Minnetonka, MN 55305 763-519-1197 www.lazarusprojectmn.org
LIFE Midwest, Inc. (Lovaas Institute for Early Intervention)	Home-based ABA intervention program.	Clinical Director: Eric Larsson, PhD 2925 Dean Parkway, Suite 300 Minneapolis, MN 55416 612-925-8365 www.lovaas.com
Lutheran Social Services Behavioral Health	Provides counseling for individuals, couples, families, teenagers and children; foster care; empowerment program for individuals struggling with self esteem; relationship and depression issues; representative payee services.	26 7 th Ave North St. Cloud, MN 56303 320-251-7700
Minnesota Autism Center (MAC)	Services include behavioral therapy, home-based early intervention and consultation with schools and other agencies.	3001 Broadway St NE Minneapolis, MN 55413 612-767-4200 www.mnautism.org
MN Early Autism Project	MEAP provides <i>in-home</i> IEBT services for children with an Autism Spectrum Disorder from ages 0-6 years who live in the Twin Cities metropolitan area. Behavior analytic principles and techniques are integrated with developmental and language instruction principles as the fundamental underpinnings of the program.	7242 Forestview Lane North Maple Grove, MN 55369 Office: 763. 425.0792 Fax: 763.425.4615 Website: www.meapkids.org
Partners in Excellence (PIE) (Burnsville and North St. Paul locations)	Center-based one-to-one ABA intervention program.	2105 Burnsville Parkway W Burnsville, MN 55337 952-746-5350 2266 2 nd St N North St. Paul, MN 55109 651-773-5988 www.pieofmn.com

Treatment/Counseling/Intervention Agencies		
Agency	Service/Program	Contact Information
REM Health, Inc.	A division of REM focusing on the treatment of autism. Services include behavioral therapy, home-based intensive early intervention and consultation with schools and other agencies. REM is a replication site for Lovaas research.	3101 69 th St W Edina, MN 55435 952-926-9808 www.remhealth.com
Rochester Center for Autism, Inc.	Provides in-home and center-based behavioral intervention for children with Autism.	1220 4 th Ave SW Rochester, MN 55902 507-424-3234 www.rcautsim.com
St. Cloud State University Communication Sciences and Disorders – Speech Language Clinic	Offering a full range of diagnostic and therapy services in speech-language pathology and audiology for children and adults. Assessment and therapy are provided by upper level and graduate student clinicians, under the direct supervision of nationally certified speech-language pathologists and audiologists	A216 Education Building 720 Fourth Avenue South St. Cloud, MN 56301-4498 Theresa L. Estrem, PhD, CCC 320.308.3973 www.stcloudstate.edu/csd/clinic

Pediatric Dentists

Clinic/Hospital	Physician	Address	Telephone
Dentistry for Children	Dennis Carreras	140 Twin Oaks Court Sartell, MN 56377	320-257-3380
Koala Dental	John Collier David Collier	1521 Northway Dr. St. Cloud, MN 56303	320-253-8380
CentraCare Clinics	Joel Wenner	1900 CentraCare Circle St. Cloud, MN 56303	320-253-0272

Therapy Service Providers

(PT = Physical Therapy; OT = Occupational Therapy; AIT = Auditory Integration Therapy; MT = Music Therapy; H₂O = Water Therapy; SS = Social Skills; AUD = Audiology; TECH= Assistive Technology Assessments; LIST = Listening Therapy)

Agency	S/L	PT	OT	SIT	AIT	MT	SS	Yoga	H ₂ O	AUD	LIST	TECH	Address	Contact Info
SPOT	X	X	X						X		X	X	2835 W St. Germain #300 PO Box 7729 St. Cloud, MN 56301	320-259-4151
Pediatric Rehabilitation CentraCare Clinics	X	X	X						X		X		1900 CentraCare Circle St. Cloud, MN 56303	320-229-4908
State Cloud State University	X									X			Theresa L. Estrem, PhD, CCC Communication Sciences and Disorders Brown Hall 114C St. Cloud State University	320-308-3972

Personal Care Attendant (PCA) and/or Respite Care Services

PCA services provide one-to-one care for persons with diagnoses of significant developmental delays, physical disabilities, or medical needs. The goal is to assist families.

Organization	PCA Choice? Waiver Type	Address	City/MN	Zip Code	Phone	Service Area	Ages Served	Payment Sources Accepted
Accurate Home Care	Yes DD, CAC, CADI	19021 Freeport St., Suite. 4000	Elk River	55330	(866) 214-3800	Wide range of counties	All ages	MA, Medicare, Private Insurances
All Home Caring	Yes DD, CAC, CADI	2719 Division St, Suite 11	St. Cloud	56301	(320) 654-6031	Stearns County	18+	MA, Medicare Private Insurances
Alliance Health Services, Inc.	Yes DD, CAC, CADI	1320 32nd Ave N	St. Cloud	56303	(320) 251-7111	St. Cloud area, Willmar, Mankato, Eagan, other	All ages	MA, Medicare, Private Insurance
Arise Home Health Care	Yes DD, CAC, CADI	2907 Clearwater Rd	St. Cloud	56301	(320) 230-6348	Stearns, Benton, Sherburne, Morrison County	All ages	MA, Medicare, other
Comfort Keepers	No DD, CAC, CADI	600 25th Ave S #210	St. Cloud	56301	(320) 230-9939	St. Cloud & Monticello areas	18+	MA, Medicare, Private Insurance

Organization	PCA Choice? Waiver Type	Address	City/MN	Zip Code	Phone	Service Area	Ages Served	Payment Sources Accepted
Friendship Ventures	Offers Respite & Camps	10509 108 th St. NW	Annandale	55302	1-800-450-8376	Wide range of counties	18+	
Health North Inc.	Yes, DD, CAC, CADI	56 S 33 rd Ave. Suite 223	St. Cloud	56301	(320) 260-5280	Central MN	All ages	MA, Private Insurance
Heritage Home Health	No DD, CAC, CADI	152 Norman Ave S	Foley	56329	(320) 968-7117	Parts of Benton, Stearns, Mille Lacs, Morrison, Sherburne	All ages	MA, Medicare, Private Insurance, Other
Horizon Health, Inc.	No DD, CAC, CADI	26814 143 rd str. PO Box 220	Pierz	56364	(320) 468-6451	Morrison County	All ages	MA, Medicare, Private Insurance
Independent Lifestyles, Inc.	Yes DD, CAC, CADI	519 2nd St N	St. Cloud	56303	(320) 529-9000	Stearns, Benton, Morrison, Sherburne	All ages	MA, Medicare, Private Insurance

Organization	PCA Choice? Waiver Type	Address	City/MN	Zip Code	Phone	Service Area	Ages Served	Payment Sources Accepted
North Country Home Care	Yes DD, CAC, CADI	390 Deshon Ave. SW	Buffalo	55313	(763) 682-6030	Stearns County	All ages	MA, Private Insurance
Opening Doors, Arc Midstate	Help in location of childcare & respite Providers	PO Box 251	St. Cloud	56302	(320) 202-1942	Stearns, Benton, Morrison, Todd Counties	Birth – 18	Various
Prairie River Home Care	Yes DD, CAC, CADI	18 Riverside Ave. S – Suite 220	Sartell	56377	(320) 255-1882	Stearns, Benton, Morrison, Others	All Ages	MA. Medicare, Private Insurances
Recovery Health (formerly REM)	No DD, CAC, CADI	110 2nd St S #138	Waite Park	56387	(320) 259-7045	MN, WI, & IA	All ages	MA, Medicare Other

Home Living/Residential

There are a variety of residential options that can help adults with disabilities to live as independently as possible in the community. Often, because of limited funding, there are waiting lists for the services that may be the most appropriate. For this reason, it is important to consider residential needs early, and include them in your transition planning. To determine eligibility for the services, and to find out if the services are currently available, contact your County Office of Social Services.

Type	Description
Rent-Subsidized Apartment	For adults who have the skills necessary to live independently. For people on limited income, rent subsidies such as Section 8 housing are available through the local HUD office.
Semi-Independent Living Services (SILS)	Services through the county to support people 18 years of age or older to live as independently as possible in their own homes. SILS is a service, not a place to live.
Adult Foster Care	Adults with developmental disabilities who are unable to live independently and want to live in a family setting may consider adult foster care. Foster care providers are screened and licensed by the county.
Personal Care Attendant (PCA) Services	People who need assistance with physical care can benefit from PCA services. An assessment is completed by a registered nurse to determine the level of needed service. The person who receives the services and his or her family (or an advocate) screen PCA providers and manage the services paid by Medical Assistance.
Supported Living Services	People with developmental disabilities or related conditions who need 24-hour supervision. Residents are supervised by paid staff that provide daily care and assist in developing daily living skills. Typically, sixteen or fewer people live in this type of living arrangement.
Private Ownership	Young adults or their parents may choose to purchase their own home. The county contracts with a service provider to ensure the care and supervision provided in the home is appropriate.
Family Support Grant Program	Financial assistance to families to enable them to care for their children with developmental disabilities in their own home. Eligibility for the program is based on the needs of the family and their ability to provide the necessary level of care.
Housing Access Services Program	For adult Minnesotans of all ages who have been assessed and determined eligible for MN Medicaid home care or waiver services and who want to move to homes of their own. Arc Midstate

Advocacy and Family and Caregiver Support Services/Resources

Group Title	Description	Location	Contact Information
Autism Connections Program Arc Midstate	Providing Advocacy, Resources and Connections for families and professionals living with Autism. Parent groups, Get Set and other trainings available as well as local Parent to Parent support, Sibling Support events, help to locate respite care or childcare – guardianship info	110 2 nd St S, Suite 305 Waite, Park, MN 56387	320-251-7272 or 877-251-7272 www.arcmidstate.org info@arcmidstate.org
ASD Support Group	For parents and caregivers of children 10 & under who have Autism Spectrum Disorder & related concerns. Childcare available – advance registration required.	Meets 4 th Thursday of month 6:00-7:30 PM YMCA - 1530 Northway Dr St. Cloud, MN 56303	Arc Midstate 320-251-7272 or 877-251-7272 info@arcmidstate.org
Autism Society of MN	Provides phone services for callers to ask for resources, referrals, and packets of information. Parents of recently diagnosed children can request parent packets that explain ASD and offer tips for families. Phone service also includes parent-to-parent networking. Sponsors various camps	2380 Wycliff St, Suite 102 St. Paul, MN 55114	651.647.1083 www.ausm.org

Group Title	Description	Location	Contact Information
MN Disability Law Center	Help on legal matters – call to request an intake.	Main office is located at: 430 1 st Ave N, Suite 300 Minneapolis, MN 55401	800-292-4150 www.mndlc.org
NAMI (National Alliance on Mental Illness)	An organization offering support & advocacy to those affected by mental illness	1564 Co. Rd 134 St. Cloud, MN 56301	1-888-626-4435 exten.5 www.namihelps.org
New Hope Autism Center	An organization that works with anyone in the community dealing with any form of autism	2152 Frontage Road Waite Park, MN 56387	320.281.3500 www.newhopeautismcenter.org
PACER	Provides workshops, individual assistances and written materials to families of children and young adults with disabilities. Adults –focus on special education.	8161 Normandale Blvd Bloomington, MN 55437	952-838-9000 www.pacer.org
Partners in Policy Making	Teaches parents and self-advocates the power of advocacy to change the way people with disabilities are supported, viewed, taught, live, and work.	Web-based education program. www.partnersinpolicymaking.com	Carol Schoeneck Government Training Service 2233 University Ave W #150 St. Paul, MN 55114 651-222-7409 x 205 cschoeneck@mngts.org
Pilot Parents	Parents are matched with trained mentors for support	110 2 nd Street South, Suite 305 Waite Park, MN 56387	320.251.7272 or 877.251.7272 www.arcmidstate.org
STARS for Children's Mental Health	A system of care designed to improve the coordination of, access to and effectiveness of services for children and youth with social, emotional and behavioral concerns.	407 Washington St. Monticello, MN 55362	763.271.5322 www.starsnetwork.org

Social and Recreational Opportunities			
Event	Description	Location	Contact Information
ASD Teen Night	For teens with high functioning Autism, PDD and Aspergers in 7 th – 12 th grade. Social activities are opportunities for parents/caregivers and teens to connect.	Locations vary. Third Friday of each month.	320-251-7272 or 877-251-7272 Info@ArcMidstate.org
Aspergers Recreation Night	Ages 18 and up with Aspergers, NLD or high functioning Autism.	Monthly meetings – contact Community Ed for details.	St. Cloud Community Education 320-529-6500 x 6271
Project Challenge	Programs and services for people with disabilities ages 16 and older.	Catalog of opportunities published quarterly.	St. Cloud Community Education 320-529-6500 x 6271
ARISE	Provide support for children with disabilities so they can access recreational activities in the community with their non-disabled peers.	Parent selects registers and pays for activity such as: track team, swim lessons, day camp – and then immediately contacts ARISE to arrange for assistance as needed for the child. No fee to use ARISE's services, donations accepted.	Deb Johansen Roosevelt Early Childhood Center 3015 3 rd St N St. Cloud, MN 56303 320-253-5857 x 5846
Adapted Sports	<ul style="list-style-type: none"> • Floor Hockey • Soccer • Baseball <i>Must qualify under Cognitive Disability criteria</i>	Contact athletic director of your local school.	For St. Cloud, Sartell and Sauk Rapids contact: Mike Bakken at 320-251-1600
Camps – American Camp Association	The American Camp Association Web site is a good resource for researching camps that will suit your child's needs.		www.acacamps.org

Social and Recreational Opportunities			
Event	Description	Location	Contact Information
Friendship Ventures	unique educational, recreational and social opportunities for people of all ages with mental and physical developmental disabilities	10509 108th St. NW Annandale, MN 55302	800-450-8376 (952) 852-0101 (320) 274-8376 www.friendshipventures.org
Special Olympics Minnesota	Visit the website to locate your local chapter.	Statewide	www.specialolympicsminnesota.org
Leisure Resource Guide – St. Cloud area	Leisure and recreational opportunities for people of all Abilities.	Cost is \$5 plus shipping. Order from Arc Midstate.	320-251-7272 info@ArcMidstate.org
State Cloud State University	Summer Adapted Aquatics	St. Cloud State University	Sign up typically begins in April 320.308.4251
St. Cloud YMCA	Offers development of leadership qualities and self-esteem in youth; promotion of healthy lifestyles in youth and adults; fitness, aquatics, youth sports and leagues; camps; adult leagues and social programs.	St. Cloud	1530 Northway Drive St. Cloud, MN 56303 320-253-2664

Post-Secondary Transition Services		
Program	Contact	Services Provided
Central Lakes College-Occupational Skills	Admissions 501 West College Dr Brainerd, MN 56401 800-933-0346	A technical college program that offers work-based training and classroom instruction for persons with disabilities with the outcome of competitive entry-level employment. Students actively participate in opportunities in the workplace and the classroom to expand their work experience background and increase their employability in the entry-level skilled work market. Experiences in OSP also promote social, physical and emotional growth in the college setting.
Goodwill/Easter Seals	50 2 nd Ave S Waite Park, MN 56387 320-654-9012 Fax: 320-654-9542 www.goodwilleasterseals.org	Goodwill/Easter Seals offers workforce development services for people with barriers to employment, education and independence.
Independence Center	51 1 st Ave S Waite Park, MN 56387 320-252-4146 www.independencecenterinc.org	Provides effective habilitative services to all consumers admitted to program and to provide the "normalization principle," using the least restrictive environment, and to use community resources to encourage proactive intervention.
Independent Lifestyles	Cara Ruff Saint Cloud Office: 519 2 nd St N, St. Cloud, MN 56303 320-529-9000 or 888-529-0743 Fax: 320-529-0747 Big Lake Office: 35 Lake St S, Suite 300 Big Lake, MN 55309 763-227-8738 ILICIL@independentlifestyles.org Little Falls Office: 107 2 nd St SE, Suite 104 Little Falls, MN 56345 320-631-0713	Training in any life area necessary to function in the community and home where you live, ie. employment, budgeting and money management, housing, transportation, etc. ILICIL offers a comprehensive, independent living skills assessment and training program. Consumers desiring IL training can work with an IL Specialist to develop a goal plan that is customized to their needs. Consumers can also be referred to ILICIL by schools or vocational rehabilitation agencies or other service agencies for assessments to determine the area in which there is a need for IL skills training.

Post-Secondary Transition Services		
Program	Contact	Services Provided
Minnesota Life College	7501 Logan Ave S, Suite 2A Richfield, MN 55423	Offers a 3-year post-secondary life skills program.
Opportunity Services, Inc.	110 6 th Ave S, Suite 205 St. Cloud, MN 56301 320-203-7750 Fax: 320-203-7751 MN Relay 711 www.oppserv.org < http://www.oppserv.org	Opportunity Services offers Employment opportunities in the community -On-the-job training -Continuous support. Opportunity Services encourages involvement within the community, recognizing that an inclusive atmosphere benefits everyone.
Pathway to Opportunities	1908 Kruchten Court S PO Box 280 Sartell, MN 56377 320-240-1900 x 206	The Pathway to Opportunities facility is designed as a welcoming place to learn, make lasting friendships and enjoy a sense of community that makes learning fun, safe and productive. The facility is equipped with a sensory room, kitchen, mini-store, personal care areas, recreation room, and outdoor social/sports area. Learning happens "on location" whether that is at an individual's residence or in the larger community.
Rehabilitation Services	www.deed.state.mn.us/rehab Little Falls: MN Workforce Center Rehabilitation Services 315 12th Street NE Little Falls, MN 56345-2910 320-616-2425 or 800-419-1330 Voice 320-632-5096 TTY 320-616-2424 FAX St Cloud: MN Workforce Center Rehabilitation Services 1542 Northway Dr, Door 2 St Cloud, MN 56303 320-255-2224 Voice/TTY 320-654-5335 FAX	Helps people with disabilities to achieve their employment and independent living goals. Services are available through Minnesota Workforce Centers across the state.

Post Secondary Transition Services		
Program	Contact	Services Provided
Ridgewater College-Occupational Skills	Admissions 2101 15 th Ave NW PO Box 1097 Willmar, MN 56201 800-722-1151	Provides an opportunity for students with disabilities to acquire the vocational/technical training, which will maximize their job skill potential. These individuals, with training, are capable of entry-level or semi-skilled employment beyond a sheltered workshop environment.
Student Disability Services at St. Cloud State University & St. Cloud Technical College	SCSU 720 4 th Ave S St. Cloud, MN 56301 320-308-4080 www.stcloudstate.edu/sds SCTC 1540 Northway Dr St. Cloud, MN 56303 320-308-5096 www.sctc.edu	Student Disability Services provides access to academic programming and advocacy for students with disabilities in the pursuit of educational goals.
WACOSA	Pam Baltes PO Box 757, Waite Park, MN 56387 320-251-0087 pbaltes@wacosa.org	Helps people with disabilities prepare to work in the community and succeed in their careers. Offers training and community employment through individual placement or one of our "Can Do" crews. Assessment of consumers' skills and capabilities and help them explore their career options before matching them with a position or project. Consumers may work at area employers or our production facilities in Waite Park and Sauk Centre.

Additional Resources

Organization for Autism Research: www.researchautism.org

The Autism Society of Minnesota: www.ausm.org

The Arc Minnesota of Minnesota: www.thearcofminnesota.org

Autism Today: www.autismtoday.com

Autism Speaks: www.autismspeaks.org

Autism Society of America: www.autism-society.org

Minnesota Disability Law Center: www.mndlc.org

MN Dept of Human Services: www.dhs.state.mn.us/groups/county

Office of the Ombudsman: www.ombudmhm.state.mn.us

MN Dept of Education: www.education.state.mn.us/

Council for Exceptional Children: www.cec.sped.org

To report any changes correction, updates, additions or deletions
Please contact Arc Midstate at:

320.251.7272 or 877.251,7272 or email info@arcmidstate.org

Available on our website at:
www.ArcMidstate.org