



IT'S AUTISM, WHAT'S NEXT?

Where do I get help for my child? Make sure to let your child's physician know if you have concerns. You can find services for your family and child (ages birth to 21) by calling SEAS 360-715-7485.

First Signs, Next Steps, NAA has created the First Signs, Next Steps Toolkit to help parents who are concerned with their child's development and guide them through assessment, diagnosis and obtaining services. The toolkit is free and available at this link: <http://nationalautismassociation.org/first-signs-next-steps/>

Have Concerns, not sure if it is Autism? View Autism Speaks Guide, "First Concern to Action Toolkit": <https://www.autismspeaks.org/first-concern-action>

What to do the First 100 Days after an Autism Diagnosis, for families of children ages **4 and under**, by Autism Speaks: <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>

What to do the First 100 Days after and Autism Diagnosis for families of children ages **5-13**, by Autism Speaks: <https://www.autismspeaks.org/tool-kit/100-day-kit-school-age-children>

Parent's Guide to Autism, by Autism Speaks: <https://www.autismspeaks.org/tool-kit/parents-guide-autism>

SUPPORT:

NAA Family Support Programs - <https://nationalautismassociation.org/family-support/programs/>

"You're Not Alone – Preventing Family Isolation", video by Seattle Children's: <https://youtu.be/uiODW2Oqr3o>

Local Support - Check out our Parent to Parent [Support Group Meetings](#) and Parent Coalition [Workshops](#). Parent to Parent of Whatcom County (360) 715-0170
Offers parent support groups, peer matches (Helping Parents), sibling support, workshops.

LEARNING ABOUT AUTISM:

Live and recorded classes by Seattle Children's:
<https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/conversations-about-autism>

On-Line Webinars by OCALI: <http://www.autisminternetmodules.org/>

On-line webinars by The Johnson Center: <http://ariconference.com/>

Toolkits by Organization for Autism Research: <https://researchautism.org/how-we-help/families/resources/>

Toolkits by Autism Speaks: Toolkits on sleep, behavior, dentist, haircuts, friends, siblings, grandparents, toilet training, and much more:
[https://www.autismspeaks.org/parent?audience\[2111\]=2111&life_stage\[1046\]=1046&audience\[2111\]=2111](https://www.autismspeaks.org/parent?audience[2111]=2111&life_stage[1046]=1046&audience[2111]=2111)

Webinars by NAA, register for free to watch:

<https://nationalautismassociation.org/family-support/%20programs/autism-atrium/>

On-Line Trainings by Autism Internet Modules (AIM)! AIM modules are available at no cost. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. If you would like to receive credit for your time on AIM, certificate and credit options are available for a fee.
<https://autisminternetmodules.org/>

Autism videos, packets, downloads and more, by Sesame Street:
<http://autism.sesamestreet.org/>

Webinars and Research info by SPARK: <https://sparkforautism.org/discover/>

UNDERSTANDING STATE AND FEDERAL SERVICES

“**Understanding Developmental Disability Administration (DDA)**”, video by Seattle Children’s: <https://youtu.be/Aku2xTqUvbM>

Sign up to receive **Bulletins by Informing Families, Building Trust** to understand state benefits and much more: <http://informingfamilies.org/category/bulletins/>

AUTISM QUESTIONS:

What autism services, therapies, and supports are available?

<https://whatcomtakingaction.org/wp-content/uploads/2019/06/autism-services-2019-06-25.pdf>

What is there for my child to do? How can they be involved in the community?

<https://whatcomtakingaction.org/2018/05/17/recreational-activities-for-children-with-special-needs-in-whatcom-county-wa/>

Where do I take my child with special needs to the dentist, get haircuts, specific clothing, therapy suggestions or to meeting other children and parents?

Request to join "P2P:Whatcom County" a closed Facebook Group, only for local families members and ask for suggestions from other parents who are going through a similar journey.

What wandering supports are available?

<https://whatcomtakingaction.org/wp-content/uploads/2020/08/Safety-Wandering-CYSHCN-2020-06-26-1.pdf>

Where can I find support and how do I learn to advocate for what my child needs?

The Arc of Whatcom County provides advocacy and support, 2602 McLeod Rd Bellingham, WA 98225, Phone: (360) 715-0170

Washington Autism Alliance and Advocacy mission is to dramatically improve access to autism insurance benefits and effective services in schools and communities. Phone: (425) 894-7231, e-mail: info@WashingtonAutismAdvocacy.org

Office of the Education Ombuds, facilitate resolution of individual complaints regarding issues or concerns that impact any student in Washington's public school system and more. 1-866-297-2597 Phone interpreter services available, Fax: 206-729-3251, OEOinfo@gov.wa.gov

Resources: Find our Resource Directory under "Resources" on www.arcwhatcom.org/. **For help navigating and understanding local, state and federal resources**, contact The Arc of Whatcom County at **Phone:** (360) 715-0170 or <http://arcwhatcom.org/wp/about-the-arc/contact-us/>

For a comprehensive Resource Directory and helpful informational tools, visit www.whatcomtakingaction.org

Find us on Facebook, we have a public page with information and upcoming Parent to Parent and The Arc of Whatcom County meetings, workshops, and community events, <https://www.facebook.com/ParenttoParentWhatcom> and <https://www.facebook.com/ArcWhatcom>

We also have a closed Facebook group only for local parents/caregivers of children with autism and other disabilities, [P2P:Whatcom County](#)

Sign up for the Arc of Whatcom County e-newsletter/e-alerts at <http://arcwhatcom.org/wp/resources/e-alerts/> to receive info of all upcoming parent trainings and support opportunities.

Sign up for the Parent to Parent of Whatcom County e-newsletter at <https://www.p2pwhatcom.org/newsletter>

For support and help with resources, please contact

Karlene Umbaugh, Program Coordinator: (360) 715-0170, ext. 302, or KarleneU@arcwhatcom.org

Melissa Abraham, Parent Assistant: (360) 715-0170, ext. 301, or MelissaA@arcwhatcom.org

Spanish support and help: Marta Mejia, Padres a Padres: (360) 715-0170, ext. 308, or Familia@p2pwhatcom.org

*Please note that The Arc of Whatcom County is not endorsing or recommending any one resource. This is for informational purposes only. Please let us know of any missing or incorrect information. Contact p2p@arcwhatcom.org

Handout modified and shared from:

Brooks, Melissa. *The Arc of Tri-Cities*. Modified from The Arc of Tri-Cities: <https://www.arcoftricity.com/>