

RESOURCES FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS

These resources are not sponsored by or affiliated with UCSF Benioff Children's Hospital. They are provided for your convenience. They are intended solely as general educational and support aids and do not substitute for professional advice and services from a qualified provider. Users of these resources assume all risks of doing so. Parents are responsible for determining their child(ren)'s access to any online resources and insuring their use of safe social networking practices.

1. Information for Families about Diagnosis of Autism Spectrum Disorder (ASD)

1.1. Developmental Monitoring

First Words Project (<https://firstwordsproject.com/>) **FREE**

CDC Developmental Milestone's Tracking Tools
(<https://www.cdc.gov/ncbddd/actearly/milestones/>) **FREE**

Baby Navigator (<https://babynavigator.com/>) **FREE**

1.2. Diagnostic Evaluation

LOCAL REGIONAL CENTER

Regional centers provide assessments, determine eligibility for services, and offer case management services for individuals with developmental disabilities.

Web: <https://www.dds.ca.gov/rc/listings/>

SCHOOL DISTRICT

Parents can initiate a request for evaluation in order to get an IEP (Individualized Education Plan) for developmental disabilities and services within the school setting.

INSURANCE NETWORK

Contact your primary care provider to make a referral for an Autism evaluation through specialists in your area within insurance network.

MEDICAL CENTERS AND ACADEMIC CENTERS WITH AUTISM SPECTRUM DISORDER CLINICS

NORTHERN CALIFORNIA

CPMC Kalmanovitz Child Development Center

Web: <https://www.sutterhealth.org/cpmc/services/pediatric/kalmanovitz-child-development-center-cpmc>

STANFORD AUTISM CENTER

Stanford Autism Center brings together professionals across disciplines and departments at Lucile Packard Children's Hospital Stanford to improve the diagnosis and treatment of autism

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spectrum disorder and related developmental disorders.

Contact: 401 Quarry Road, Stanford, CA 94305 Phone: 650-721-6327

Web: <https://med.stanford.edu/autismcenter.html> <https://www.stanfordchildrens.org/en/service/autism>

STANFORD ADULT NEURODEVELOPMENT CLINIC

The Adult Neurodevelopment Clinic is a specialty clinic providing evidence-based treatment to adult patients with neurodevelopmental conditions. This program provides initial evaluation and assessment, evidence-based psychotherapy, medication consultation and medication management.

Web: https://med.stanford.edu/psychiatry/patient_care/neurodev.html

UC DAVIS MIND INSTITUTE

The UC Davis MIND Institute clinic provides comprehensive evidence-based assessments of children with possible neurodevelopmental disorders. Families interested in having their children seen in the clinic should ask for a referral through their primary-care physician to submit a referral to the UC Davis Health's Physician referral center.

Contact: 916-703-0308

Web: <https://health.ucdavis.edu/mindinstitute/resources/autism.html>

UCSF CENTER FOR ASD & NDDs

The UCSF Center for Autism Spectrum Disorder (ASD) and Neurodevelopmental Disorder (NDD)s offers evidence-based, comprehensive assessment, treatment, and support for people with ASD, developmental delays, learning disabilities, and intellectual disabilities, including individuals with genetic and chromosomal disorders.

Contact: 415.502.3500

Web: <https://autism.ucsf.edu/>

UCSF Developmental Medicine Clinic

The UCSF Developmental Medicine Clinic offers assessments and consultations for children with a range of behavioral, developmental and learning challenges. These include developmental delays, autism spectrum disorder and attention-deficit/hyperactivity disorder (ADHD), as well as the mental health concerns that may accompany these conditions.

Contact: 415.353.2080

Web: <https://www.ucsfbenioffchildrens.org/clinics/developmental-medicine-clinic>

SOUTHERN CALIFORNIA

Children's Care Connection (C3)

A **free** program within Rady Children's Hospital-San Diego. C3 identifies developmental and behavioral concerns in children ages 0 months to 5 years 11 months. Through early identification, children can receive appropriate services to enhance their development and behavior and improve school readiness.

Resources for children with ASD

Phone: 858-966-8235 (North Coastal); 858-966-7510 (North Central); 858-966-8008 (South Bay)

Web: <https://www.rchsd.org/programs-services/childrens-care-connection-c3/>

UC Irvine The Center for Autism and Neurodevelopmental Disorders

Provides hope and help through evaluation and treatment. A group of clinicians and scientists whose goal is to provide children, adolescents, young adults, and families challenged by autism spectrum disorder and other neurodevelopmental disorders with excellent clinical care, innovative research, quality education and training, as well as community engagement.

Contact: 949-267-0400

Email: thecenter4autism@uci.edu

Web: <https://www.thecenter4autism.org/>

UCLA Child and Adult Neurodevelopmental Clinic

The Child and Adult Neurodevelopmental (CAN) Clinic provides multidisciplinary assessments and evidence-based treatment for children, adolescents, and adults with neurodevelopmental conditions and social development impairments related to autism spectrum disorder (ASD), developmental delays, and genetic conditions. Services include both assessments and treatments.

Contact: 310-794-4008

Email: CANClinic@mednet.ucla.edu

Web: <https://www.semel.ucla.edu/autism/ucla-child-and-adult-neurodevelopmental-clinic>

UCLA KidsConnect

The KidsConnect at the Resnick Neuropsychiatric Hospital at UCLA is a short-term integrated day treatment program for young children (ages 2-6) who have been diagnosed with, or may have, autism, developmental disabilities, and behavior disorders.

Contact: 310-206-2695

Web: <https://www.semel.ucla.edu/autism/service/general/kidsconnect>

UCLA's Program for the Education and Enrichment of Relationship Skills (PEERS®)

The Program for the Education and Enrichment of Relational Skills (PEERS®) is a manualized, social skills training intervention for youth with social challenges.

Phone: 310-26-PEERS

Email: peersclinic@ucla.edu

Web: <https://www.semel.ucla.edu/peers>

UCLA's Care and Research in Neurogenetics Clinic or the CARING Clinic

This is a multidisciplinary clinic that evaluates and treats children and adults with neurodevelopmental disorders and known genetic syndrome or variant.

Contact: 310-794-4008

Email: clinic@autism.ucla.edu

Web: <https://www.semel.ucla.edu/autism/clinical-services-caring-clinic>

UC Riverside SEARCH Clinic (Support-Education-Advocacy-Resources-Community-Hope)

SEARCH includes an active screening clinic where "gold standard" screening instruments are used to determine whether or not a child falls on the autism spectrum. Screening services are offered in both English and Spanish. Information on evidence-based educational treatments for

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children with autism spectrum disorder and opportunities for to participate in studies pertaining to autism are available.

Contact: (951) 827-3849

Email: searchcenter@ucr.edu

Web: <https://searchcenter.ucr.edu/search-center>

UC Santa Barbara Koegel Autism Center (DOES NOT ACCEPT INSURANCE)

Offers a range of diagnostic, developmental, and psychological assessment services for individuals of all ages, from early childhood through adulthood. Our treatment program teaches caregivers how to implement PRT, a set of highly effective yet engaging strategies that are used to teach children with autism how to talk, socialize, play, learn, and manage challenging behaviors.

Contact: 805.893.2049

Email: autism@ucsb.edu

Web: <https://education.ucsb.edu/clinics-centers/koegel-autism-center/general-information-and-resources/welcome>

1.3. Understanding Diagnosis of ASD

AUTISM SOCIETY

Web: <https://www.autism-society.org/> **FREE**

AUTISM SPEAKS (<http://www.autismspeaks.org/>) **FREE**

- Newly diagnosed (<https://www.autismspeaks.org/newly-diagnosed>)
- **100 day kit** for newly diagnosed ASD
(https://www.autismspeaks.org/sites/default/files/100_Day_Tool_Kit_Young_Children.pdf)
- **Autism Response Team (ART)** Provides personalized information and resources to people with autism and their families (<https://www.autismspeaks.org/autism-response-team-art>)

Phone: 1-888-AUTISM2 (1-888-288-4762)

- **Treatment for Autism**

Web: <https://www.autismspeaks.org/autism-therapies-support>

- **Guardianship and Conservatorship**

Web: <https://www.autismspeaks.org/tool-kit-excerpt/guardianship-and-conservatorship>

TOOLKIT

For young children: Parent's Guide to Autism for Young Children.

<https://www.autismspeaks.org/family-services/tool-kits> **FREE**

For children up to adolescence: Parent's Guide to Autism for School Age Children.

<https://www.autismspeaks.org/tool-kit/100-day-kit-school-age-children> **FREE**

For adults with a new diagnosis of ASD: <https://www.autismspeaks.org/tool-kit/it-autism-and-if-so-what-next-guide-adults> **FREE**

CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES

FREE

Web: <https://www.dds.ca.gov/transparency/autism/>

CENTER FOR DISEASE CONTROL(CDC) AND PREVENTION

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

FAMILY RESOURCE CENTERS NETWORK OF CALIFORNIA

Provide parent support and assistance with locating resources for children with developmental disabilities from birth to 3 years and often for children older than 3

Web: <https://frnca.org/>

NATIONAL INSTITUTE OF MENTAL HEALTH

Web: <https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd>

PARENTS HELPING PARENTS

Web: <https://www.php.com/>

SF BAY AREA AUTISM SOCIETY

Web: <https://www.sfautismsociety.org/>

EARLY SUPPORT PROGRAM FOR AUTISM (ESPA)- STANFORD

FREE

A joint program between Stanford Children's Health and Children's Health Council to provide services at no cost to families of individuals with suspected or diagnosed with autism

Phone: 650-723-3772

Web: <https://med.stanford.edu/espa.htm>

1.4. Legal Advocacy

DREDF

(Disability Rights Education and Defense Fund, Inc.)

A national law and policy center dedicated to protecting and advocating for the civil rights of people with disabilities.

Contact: 510-644-2555

Web: <https://dredf.org/special-education/>

2. Information for Families about Intervention/Treatment Services of ASD

2.1. Early Intervention (Behavior Therapy)

Understanding Behavior Treatment Based on Applied Behavior Analysis (ABA)

Common questions and answers about ABA: https://assets-002.noviams.com/novi-file-uploads/casp/pdfs-and-documents/CASP-FAQ-About-ABA-Family-v02__2_.pdf

FREE

Brief information about ABA: <https://www.autismspeaks.org/applied-behavior-analysis>

FREE

Resources for children with ASD

More in-depth information about ABA: <https://www.autismspeaks.org/tool-kit/atnair-p-parents-guide-applied-behavior-analysis> **FREE**

What is behaviorism, applied behavior analysis, and what is it used for?
<https://www.bacb.com/about-behavior-analysis/> **FREE**

Questions to ask ABA providers to support selecting good quality care:
<https://www.autismspeaks.org/blog/getting-started-aba-asking-right-questions> **FREE**

Two approaches for behavior therapy for autism: Discrete Trial Treatment (DTT) vs Naturalistic Developmental Behavior Intervention (NDBI): <https://autismsciencefoundation.org/the-truth-about-applied-behavioral-analysis/> **FREE**

Resources for Behavior Treatment/ABA

Find Care

BEAMING HEALTH

Web: <https://beaminghealth.com/>

Web resource to help you find care providers for autism and other developmental concerns (e.g. Evaluations, ABA therapy, Speech, Occupational therapy)

Examples of ABA agencies

ADEPT (Autism Distance Education Parent Training)

UC Davis MIND Institute interactive, self-paced, online learning module providing parents with tools and training to more effectively teach their child with Autism functional skills using Applied Behavioral Analysis (ABA) techniques.

Web: https://health.ucdavis.edu/mindinstitute/centers/cedd/cedd_adept.html

BIA (Behavioral Intervention Association)

Provides home and community based early intervention services, ABA therapy, Social skills training, Parent training from 18 months to 18 years of age.

Locations throughout San Francisco Bay, Monterey, Salinas, Fresno or Clovis Area

Web: <https://www.bia4autism.org/enrolling-your-child>

Phone: 1-877-242-2884 ext 1

CARDS (Center for Autism and Related Disorders)

Provides comprehensive evidence-based Applied Behavioral Analysis (ABA) therapy for children, teens and adults with autism and disabilities.

Locations throughout SF Bay area, Southern, Northern and Central California

Contact: 1-877-448-4747

Web: <https://www.centerforautism.com>

CLASS (Center for Learning & Autism Support Services)

Resources for children with ASD

Nationally recognized ABA provider with locations in 23 counties including the Bay Area in California. Offers early intervention starting at 18 months, social skills, ABA through in-home, clinic, or community-based services.

Contact: 1-800-538-8365

Web: <https://classaba.com/>

Genesis Behavior Center

Provides early intervention, ABA therapy in 10 different locations (Elk Grove, Fresno, Los Banos, Merced, Modesto, Ripon, Sacramento, Salida, Stockton, Turlock) across California.

Contact: 877-828-8476

Web: <https://genesisbehaviorcenter.com/>

ABC (Applied Behavioral Consultants, Inc)

Provides early intervention for infant toddlers who are at risk, early intensive ABA therapy, Parent training, social skills program through in-home or in the community, adult programs and ABC school at specific locations

Locations in Sacramento, East Bay, Central Valley, Inland Empire, Northern LA area.

Web: <https://www.abcreal.com/>

Kadiant

Provides home and center-based ABA therapy, school services, and autism diagnosis

Locations in the Sacramento, Bay Area, Central Valley and Southern California

Contact: 866-523-4268

Web: <https://www.kadiant.com/>

EASTER SEALS NORTHERN CA

Provides early intervention, ABA therapy, social skills, and respite services

Locations in 24 Counties in Northern California

Contact: 925-266-8400

Web: **FIRST STEPS**

ABA services provided in the home, school, and community, offers parent training.

Services provided in Contra Costa, Ventura, and Los Angeles County

Web: <http://www.firststepsforkids.com/>

Contact: 800-819-3735

Kyo

Provides home, school and center-based ABA therapy.

Locations in Sacramento, SF Bay Area, LA, Orange County, San Diego, and Inland Empire.

Contact: 877-264-6747

Web: <https://kyocare.com/>

STEPS THERAPY

Provides early intervention for children under age 3, ABA therapy in San Francisco and San Mateo Counties.

Contact: 415-829-7323

Web: <https://stepstherapy.com/>

Other Early Interventions (Speech Therapy, Occupational Therapy)

BAY AREA SPEECHWORKS

Provides Speech therapy, occupational therapy, School based screenings, Psycho-educational assessments, academic tutoring in Marin, Sonoma, SF and throughout CA.

Contact: 415-205-1754

Web: <http://www.bayareaspeechworks.com/>

SPG (The Speech Pathology Group) Provides Speech therapy, Occupational therapy, Physical therapy in five clinics in Contra Costa, Alameda County, Sacramento and Southern CA.

Contact: 925-945-1474

Web: <https://speechpathologygroup.com/>

SEVEN BRIDGES (both Speech therapy and occupational therapy in SF Bay Area – East Bay)

Web: <https://www.sevenbridgestherapy.com/>

KATZ SPEECH (San Francisco)

Web: <https://katzspeech.com/>

KIDS SPACE (San Francisco)

Web: <https://kidspacetherapy.com/>

2.2. Other Treatment Services for Children and Adolescents with ASD

OPEN DOORS THERAPY

Provides Social Skills groups and individual therapy for neurodiverse teens and adults (no formal autism diagnosis needed but have autistic traits, suspected autism, high- functioning autism).

Contact: 650-681-1548

Web: <https://opendoorstherapy.com/>

SOCIAL THINKING

Treatment programs that foster social development from age 4 to adulthood. Clinic location in San Jose as well as on-line resource for social skills training.

Contact: 408-244-2005

Web: <https://www.socialthinkingsanjose.com/>

Online resources: <https://www.socialthinking.com/>

3. Resources for Parents to Learn Skills

3.1. Behavior Treatment Based on a Naturalistic Developmental Behavioral (NDBI) approach

NDBI refers to interventions that are implemented in natural settings (places children normally are), involve shared control between child and therapist, utilize natural contingencies, and use a variety of behavioral strategies to teach developmentally appropriate and prerequisite skills. Each of the following treatment models is based on the NDBI approach.

The Early Start Denver Model: Online self-paced learning for parents on an NDBI

Web: <https://helpisinyourhands.org/course> **FREE**

Parent manual and accompanying online videos to learn the Project Impact for young children at-risk for or with a diagnosis of ASD. For children up to 6 years old but can be used for older children with cognitive and language delay. <https://www.project-impact.org/curriculum/> \$79

Book to learn the basics of the Pivotal Response Treatment (PRT): "The PRT Pocket Guide" by Robert and Lynn Koegel, PhD.

Parent manual to learn the Pivotal Response Treatment:

<https://www.autismprthelp.com/training-manuals-and-books.php> \$14.95 per manual

Consultation in the PRT via telehealth for families in geographically distant areas:

<https://www.autismprthelp.com/online-prt-programs-for-parents-and-professionals.php> \$280 one-time consultation, \$780 initial consultation + 3 follow up appointments. Additional options up to 24 visits package for \$2950

PRT at Stanford University: For families to learn skills in PRT to support a child's communication development.

Contact: (650) 723-5511. PRT online course \$150 registration fee

Huey: telemedicine platform offering Project Impact (Social Communication Intervention) and Parent Management Training. Services are delivered via telehealth and are private pay.

Web: <https://www.joinhuey.com/>

Strategies to address problem-behaviors: <https://www.autismspeaks.org/tool-kit/atnair-p-introduction-behavioral-health-treatments>

Brief manual for parents (providers can use, too) to improve problem-behaviors. =

Understanding Why Problem Behaviors Occur. A guide for assisting parents in assessing causes of behavior and designing treatment plans: <https://www.autismprthelp.com/training-manuals-and-books.php>

How to teach replacement behaviors and create teaching moments:

<https://avazapp.com/blog/how-replacement-behaviours-help-children-with-autism/>

FREE

How to teach replacement behavior and how to gradually transition to have the child do the desired activity. <https://www.mayinstitute.org/news/acl/applied-behavior-analysis/reduce-problem-behaviors-by-teaching-replacement-behaviors/>

FREE

3.3. Friendships and Social Relationships.

UCLA PEERS for Preschoolers. Parent telehealth training. For children with autism or social challenges who are speaking in sentences between 4 to 6 years.

Web: <https://www.semel.ucla.edu/peers/course/peers-preschoolers>

Manual-- Improving Socialization in Children with Autism--

<https://www.autismprthelp.com/training-manuals-and-books.php> \$14.95

3.4. Visual Support System for Daily Living Skills

Visual supports in the home: <https://www.autismspeaks.org/tool-kit/atnair-p-visual-supports-and-autism>

TEAACH Program (a research-backed treatment) to support children's use of visual supports to enhance their independent completion of daily activities in the home, school, and community:

<https://teacch.com/> (\$340 in state registration, \$540 Out of state registration)

3.5. Emotion Development and Behavior Strategies (non-ASD specific)

Big Little Feelings Program: an online program geared for parents of children from 1 to 6 years old, providing valuable strategies and knowledge about emotion regulation building and general behavior strategies that can guide parents of all children to integrate both aspects of development into their toolbox: Web: <https://biglittlefeelings.com> (courses range from \$34-\$123)

Emotion coaching program: an online course on emotion coaching from the Gottman Institute to help parents learn foundations for understanding and promoting children's emotion development. Web: <https://www.gottman.com/parents/> (\$99 Emotion coaching video, \$129 Guiding Your Toddler course.)

Mindfulness app program: Smiling Mind: Meditation App. **FREE**

4. Other Resources for families

Crisis Prevention and Response Program

California START Services for ID and ASD (<https://centerforstartservices.org/>): a program targeting problem behaviors. Parents can request it through your local regional center (<https://www.dds.ca.gov/services/crisis-safety-net-services/start-program/>)_ **FREE**

Siblings of Children with ASD

Resources for children with ASD

The Sibshop program: a program designed to support siblings of children with neurodiversity
(<https://www.californiasibs.org/sibshops>) **FREE**

Autism Speaks: Sibling guide to understand autism (<https://www.autismspeaks.org/tool-kit/siblings-guide-autism>) **FREE**

Marcus Autism Center: Promoting positive sibling relationships (<https://www.marcus.org/autism-resources/autism-tips-and-resources/promoting-positive-sibling-relationships>) **FREE**

*Costs listed above are as of January 31, 2024.