WELCOME
Community Services Lightning Rounds
Autism Acceptance Month, 2019
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:00 – 12:05pm</td>
<td>Welcome:</td>
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<tr>
<td>12:06 – 12:11pm</td>
<td>Outdoors for All, Kate Speck</td>
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<tr>
<td>12:12 – 12:17pm</td>
<td>UW Dentistry, Emmaleigh R. Cox</td>
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<tr>
<td>12:18 – 12:23pm</td>
<td>Square Pegs, Zack Siddeek, M.S.W.</td>
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<td>12:24 – 12:29pm</td>
<td>Open Doors Multicultural Center, Brittany Shull</td>
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<td>12:30 – 12:35pm</td>
<td>Hope Central Pediatric Care, Patricia Scott, MD</td>
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<td>12:36 – 12:41pm</td>
<td>Washington Autism Advocacy, Arzu Forough</td>
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<tr>
<td>12:42 – 12:47pm</td>
<td>Academy for Precision Learning, Courtney Gutierrez, M.Ed., BCBA, LBA</td>
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<td>12:48 – 12:53pm</td>
<td>Aspiring Youth, Peter Jung M.Ed.</td>
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<td>12:54 – 12:59pm</td>
<td>Parent to Parent/ARC of King County, Rachel Nemhauser -</td>
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<tr>
<td>1:00 – 2:00pm</td>
<td>Walk to Portage Bay Building – UWAC hosted Q &amp; A + Reception</td>
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outdoors for all
FOUNDATION

April 2019
WHO WE ARE

Mission: To enrich the quality of life for children and adults with disabilities through outdoor recreation

We Serve: Over 2,900 children and adults with cognitive, developmental, physical, and sensory disabilities annually

Ages
• 5–87 years old
• 70% are 21 years or younger

Disability Types
• 65% Cognitive/Developmental Disabilities
• 21% Physical Impairments
• 8% Sensory Impairments
• 6% Other
OUR PROGRAMS
SPRING & SUMMER PROGRAMS

Cycling/Biking

Rock Climbing

Kayaking

Summer Camps + Adult Adventure Days

Military Programs – Cycle Team & Mountain Biking, Family Days

Hiking & Camping
WINTER PROGRAMS

Downhill Skiing
Snowboarding
Nordic Skiing

Snowshoeing
Military Programs – Snow Sports
Mid-Winter Break Day Camps
outdoors for all
FOUNDATION

THANK YOU FOR ATTENDING!
UW DECOD & AADMD

EmmaLeigh Cox, DDS Candidate Class of 2020
DECOD Clinic - What is it?

- “Dental Education in the Care of Persons with Disabilities”
- 7-Chair Dental Clinic
- 90% Adults with DDs as designated under Medicaid (Autism 21% and CP, DS, or ID)
- 10% Adults with a specific set of acquired disabilities (ex: TBI, MS, ALS, stroke)
- 3000+ patient visits per year
Access to Care Challenges

- **Unmet Dental Need**
  - Dental care = **#1 unmet need** (CSHCN)\(^1\)
  - 11-15% Children w/autism unmet need\(^1,2\)
  - More unmet need if co-occurring ID, communication/behavioral conditions\(^2\)

- **Hard to Find a Dentist**
  - 18% of parents of children with autism: it’s hard to find a dentist\(^3\)
  - 93% dentists: level of training a barrier\(^4\)
Care for People with Autism

- Pediatric Dentistry
  - UW Center for Pediatric Dentistry - Desensitization for children with autism

- Adult Dentistry
  - UW DECOD Clinic - Individualized care
  - Other UWSOD Clinics - if does not need services offered by DECOD Clinic
DECOD Program - What is it?

- Provide care to diverse population of adults with DD/AD
- Increase access to care via training:
  - Dental students and residents
  - Dental hygiene students
  - Practicing fellows
AADMD & Special Smiles

- American Academy of Developmental Medicine and Dentistry
  - Interprofessional organization
  - Opportunities for autism-specific education/presentations
- Special Olympics Special Smiles
- AADMD student group activity (not autism-specific)
References


A very brief introduction to the Square Pegs

Zack Siddeek, MSW
Organizer, Square Pegs
Advocacy and Outreach Specialist, Ryther
What is the Square Pegs?

We are a grassroots group organized through Meetup which seeks to create community and inclusion for Autistic adults in Western Washington

100% Autistic led, facilitators come from all parts of life and backgrounds.

25 groups a month, mix of social, support, interest and activity groups. Currently 1.6k membership

Strong focus on intersectionality: Woman/NB group, LGBTQ group, plans to add Autistics of Color group and AAC user group
Why does the Square Pegs exist?

When you're an autistic adult, and struggling to survive in the world, but there aren't any services available to help you.

This is fine.
Why does the Square Pegs exist?

Mutual aid and support to address the lack of services for anyone 18+

We are tired of being pathologized by neurotypicals

Very few programs exist with an explicit neurodiversity framework

We want a place where we don’t have to conform to neurotypical expectations

With an 80% unemployment rate, we can’t afford out of pocket services. The Pegs are free to attend.
Who attends the Square Pegs groups?

Autistic Adults, provisionally defined as 16+ formal diagnosis or otherwise

Primarily, though not exclusively verbal. Mix of support needs and DDA/non DDA clients

Anyone who needs additional accommodations or needs to attend with a caregiver are welcome to contact me or the specific group’s facilitator
How to find Square Pegs groups
How to find Square Pegs Groups

Website: [https://www.meetup.com/Squarepegs/](https://www.meetup.com/Squarepegs/)

Email me at [Zacks@Ryther.org](mailto:Zacks@Ryther.org) for questions
Open Doors for Multicultural Families
Brittany Shull
https://www.multiculturalfamilies.org/
Hope Central Pediatric Care, Patricia Scott, MD

- [https://www.hopecentralhealth.org/](https://www.hopecentralhealth.org/)
Overcoming Barriers to Access and Reducing Health & Education Disparities by Maximizing Disability Benefits

UW AUTISM CENTER, SEATTLE
APRIL 25, 2019
Whaaat is WAAA?

Find out how we're helping children and adults with ASD to thrive and succeed in life.

Learn more >
What We Do...

We expand access to healthcare, education and services for people with autism and other intellectual developmental disabilities in Washington State.

“Jameses Guys”
How WAAA Supports Individuals & Families

- **Individual and systemic legal advocacy** in healthcare and education through partnerships and a flexible fee structure.
- **Eliminate barriers to care** through legal, legislative and grassroots partnerships.
- **Empower individuals and families** through a network of social support and self-advocacy.

Wil Kerner, Age 23
Created piece at 16
# How WAAA Supports Individuals & Families

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<td>SPA-Supporting Parents of Autism</td>
<td>Friendship Matters</td>
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<td>Family Navigators</td>
<td>Online Training Portal</td>
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<td>Statewide Resource Directory</td>
<td>Newsletter</td>
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How to Reach Us

Phone: 425.894.7231

To receive services: Line 1 for intake

Office@WashingtonAutismAdvocacy.org

www.washingtonautismadvocacy.org

“Monte Carlo”

by Stephen Wiltshire
Redefining Potential Inclusion with Results

ASD Community Services
Lightning Rounds
April 25th, 2019

The Academy for Precision Learning is a K-12 school dedicated to the success of all students – including typically developing and those across the autism spectrum – learning within an academically challenging and socially vibrant environment.
Who We Are

• K-12 independent school with ABA clinic
  – Students ages 5 through 18
  – 124 students for 2019-2020
  – Classrooms up to 20 students

• Located in the University District of Seattle

• All services provided on location

• Blended classrooms
  – Multi-grade
  – Multi-ability

• Attendees (“ideal students”) of our program include:
  – Students with autism, across a wide range of how symptoms may manifest
    • Example: both verbal and nonverbal students participate in our program
  – Students with other diagnoses like anxiety, ADHD, learning disabilities, et cetera
  – Students with no diagnoses / “neurotypical”

• Providers:
  – BCBAs / LBAs
  – BTs (Behavior Technicians)
  – Providers are on teams within “home” classrooms
  – Student to staff ratio
What Makes Us Unique

• All services are braided as much as possible into the natural environment of the classroom day
  – Component skill practice as needed
  – “Precision Teaching” methodology
  – Transition support post-APL

• High priority placed on parent involvement
  – Frequent team meetings with family, school, and ABA team members
  – Parent training offered onsite
  – Student centered planning 9th grade and above

• Community focus
  – Wide array of neighborhood partners (YMCA, Broadway Bound, DVR and associated job placements)
  – Rich student life (spirit days, dances, overnight camp)
  – Active parent council (“field trips” to transition programs, speaker events, volunteer opportunities)
Learn More

• Come for a tour of our program
  – Email Nicole Boyett to schedule:
    nicole.b@aplschool.org
  – This is a good time to submit applications for the
    coming school year or future years

• Cost:
  – Base tuition is the responsibility of families (is not
    billable to insurance)
  – ABA clinical services can be billed to insurance
    • We are in network with Premera and Regence
    • A diagnosis is required
    • Unfortunately, all other insurance companies have very strict
      policies and authorization requirements for services provided
      in schools at this time
    • Families without Premera or Regence pay a flat monthly fee
      in addition to tuition for ABA services
  – APL website: www.aplschool.org
  – Courtney Gutierrez: courtney@aplschool.org
Ryther Aspiring Youth’s Dungeon and Dragons Program

Peter Jung M.Ed
Aspiring Youth

Operates out of King and Pierce County

Teen and Adult social skills groups

Variety of activities from rock climbing and bowling to board gaming and Dungeons and Dragons

Not tied to a specific diagnosis, focus is social skills development

Quarter system, with Summer camps

Around $600 per 10 week quarter, although scholarships available
Why Dungeons and Dragons

Builds Teamwork

Communication skills

Uses a game to provide immediate in-game reinforcement for positive social behaviors

Can specifically tailor game’s content to suit each client’s needs and goals

Very high levels of engagement
Qrkcon

Two day gaming convention hosted by Aspiring Youth with low sensory options

May 4-5

Washington Hall

Seattle WA 98122

https://qrkcon.com/
Contact us

aspiringyouth.net

(206) 517-0241

info@aspiringyouth.net

2400 NE 95th Street Seattle, WA 98115
OUR GOAL

To further the civil rights movement for all persons with intellectual and developmental disabilities to thrive as equal, valued, and active members of the community.

We promote and protect the human and civil rights of people with intellectual and developmental disabilities, actively supporting their full inclusion so that they can live, learn, work, and play in the community – making the world a better place for us all.
In order for individuals with I/DD to live full, active, integrated lives in their community, The Arc of King County uses a holistic approach that empowers the individual to live a life of their choosing through information and family support, development of quality resources and services, systems and policy advocacy, disability awareness, acceptance, and inclusion throughout the community.
OUR WORK IN ACTION
SUPPORT FOR PEOPLE WITH I/DD

HOMELESS PREVENTION
Best Starts for KIDS

Hub of Information
To access and navigate disability resources and services

Help People with Affordable Housing Now!

Disability Pride

Person with I/DD
Parents/Caregivers/Family
Resources & Services
Community
Parent to Parent understands the emotions, myths, and realities of parenting a child with a disability. We don’t necessarily solve a family’s problems, but we are willing to listen and share our own experiences. **We may not be therapy but we sure can be therapeutic!**

**Emotional Support** to Reduce Isolation

- Weekly in-person support groups
- Over 20 online support groups
- Social opportunities for the entire family
- One on one Helping Parent matches
- Telephone and in-person consultation

**Resources and Information** to Empower and Encourage

- Assistance in understanding and navigating complex systems
- Special Education, DDA, Housing, Guardianship, Financial Planning and Medicaid support
- Introduction to disability-friendly community resources and opportunities

African American Families

English

Spanish

Person with I/DD

Parents/Caregivers/Family

Resources & Services

Policies & Systems

Community
“As parents, we have access to so many professionals: doctors, therapists, teachers, case managers and more. But there are certain kinds of information and support that we can only get from other parents.” - Rachel Nemhauser, Supervisor, P2P King County
For our Resource Guide, Community Calendar, Advocacy Schedule and so much more, go to https://arcofkingcounty.org/

Or contact me directly:

Rachel Nemhauser
Supervisor, Parent to Parent
Rnemhauser@arcofkingcounty.org
(206)829-7046
Thank YOU to our speakers and attendees!

Please join us for food and beverages + an opportunity to ask questions and get to know each other in the UWAC clinic in Portage Bay (a very short walk away)