



**UW AUTISM CENTER**  
UNIVERSITY *of* WASHINGTON



**Center on Human Development and Disability**



**WELCOME**  
**Community Services Lightning Rounds**  
**Autism Acceptance Month, 2019**



**UW AUTISM CENTER**  
UNIVERSITY *of* WASHINGTON



# The Plan

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

# outdoors for all

FOUNDATION



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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





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## OUR PROGRAMS

# SPRING & SUMMER PROGRAMS

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**Cycling/Biking**



**Rock Climbing**



**Kayaking**



**Summer Camps +  
Adult Adventure Days**



**Military Programs –  
Cycle Team & Mountain  
Biking, Family Days**



**Hiking & Camping**

# WINTER PROGRAMS

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**Downhill Skiing**



**Snowboarding**



**Nordic Skiing**



**Snowshoeing**



**Military Programs –  
Snow Sports**



**Mid-Winter Break Day  
Camps**



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QUESTIONS?

# outdoors for all

FOUNDATION



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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)<sup>1</sup>
  - ▶ 11-15% Children w/autism unmet need<sup>1,2</sup>
  - ▶ More unmet need if co-occurring ID, communication/behavioral conditions<sup>2</sup>
- ▶ Hard to Find a Dentist
  - ▶ 18% of parents of children with autism: it's hard to find a dentist<sup>3</sup>
  - ▶ 93% dentists: level of training a barrier<sup>4</sup>

# 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

1. Lewis CW. Dental care and children with special health care needs: a population-based perspective. *Academic Pediatrics*. 2009;9:420-426.
2. McKinney CM, Nelson T, Scott JM, Heaton LJ, Vaughn MG, Lewis CL. Predictors of unmet dental need in children with autism spectrum disorder: results from a national sample. *Academic Pediatrics*. 2014; 14(6):624-631.
3. Nelson LP, Getzin A, Graham G, Zhou J, Wagle EM, McQuinston J, McLaughlin S, Govind A, Sadof M, Huntington NL. Unmet dental needs and barriers to care for children with significant special health care needs. *Pediatric Dentistry*. 2011. 33(1):29-36.
4. Casamassimo PS, Seale NS, Ruehs K. General dentists' perceptions of educational and treatment issues affecting access to care for children with special health care needs. *JDE*. January 2004.

# 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

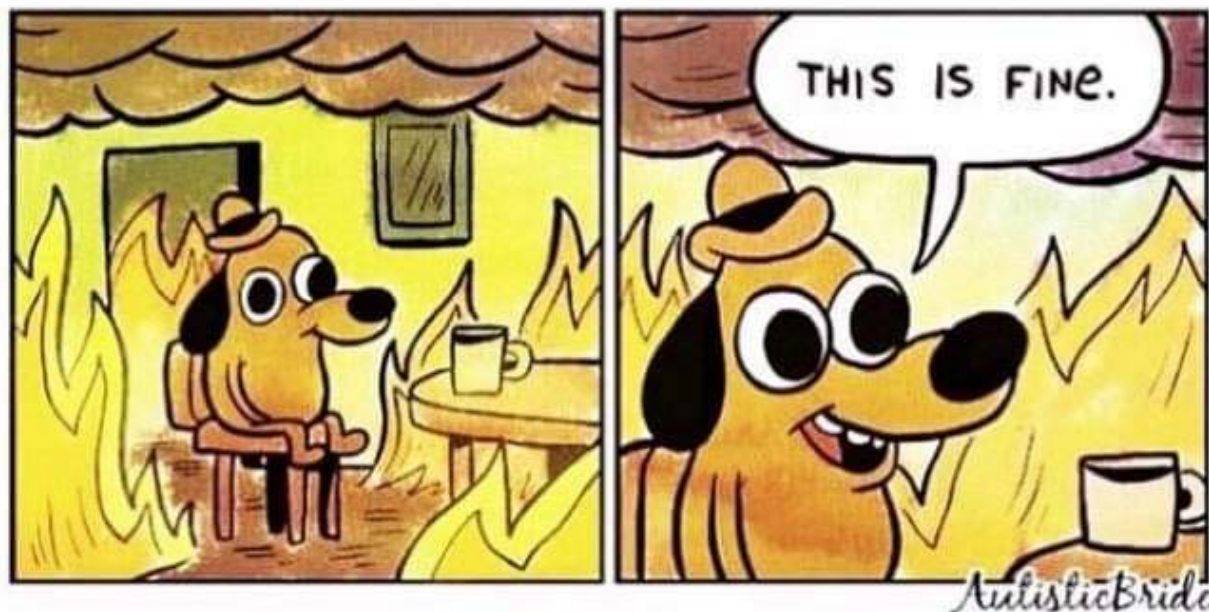
100% Autistic led, facilitators come from all parts of life and backgrounds.

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



# 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.

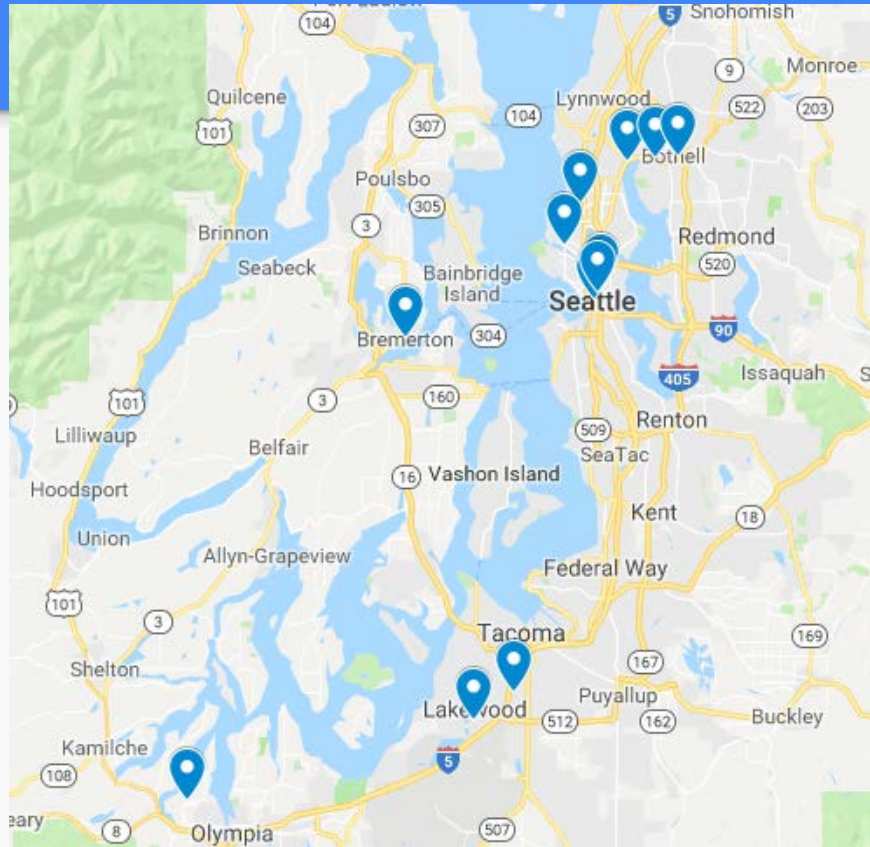
# Who attends the Square Pegs groups?

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

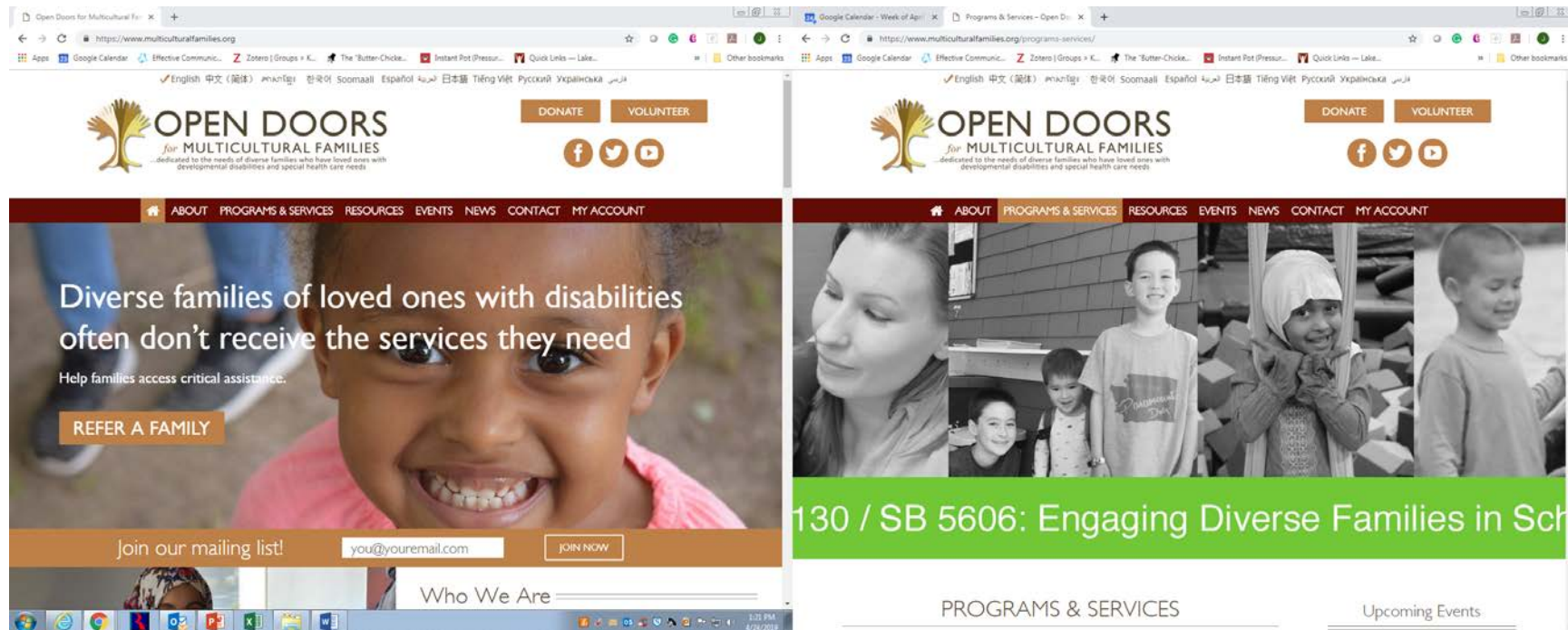
Website: <https://www.meetup.com/Squarepegs/>

Email me at [Zacks@Ryther.org](mailto:Zacks@Ryther.org) for questions

# Open Doors for Multicultural Families

Brittany Shull

<https://www.multiculturalfamilies.org/>

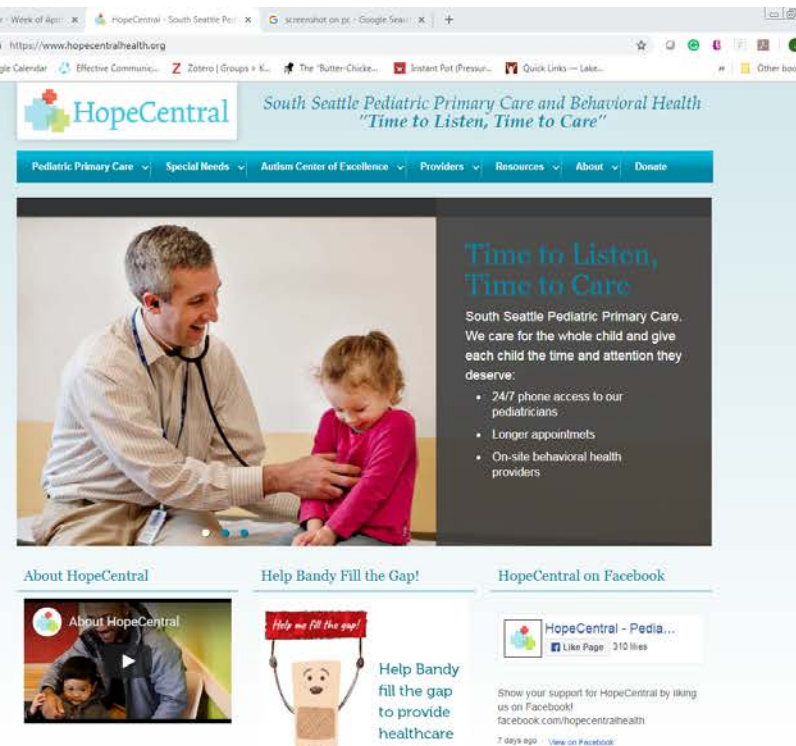
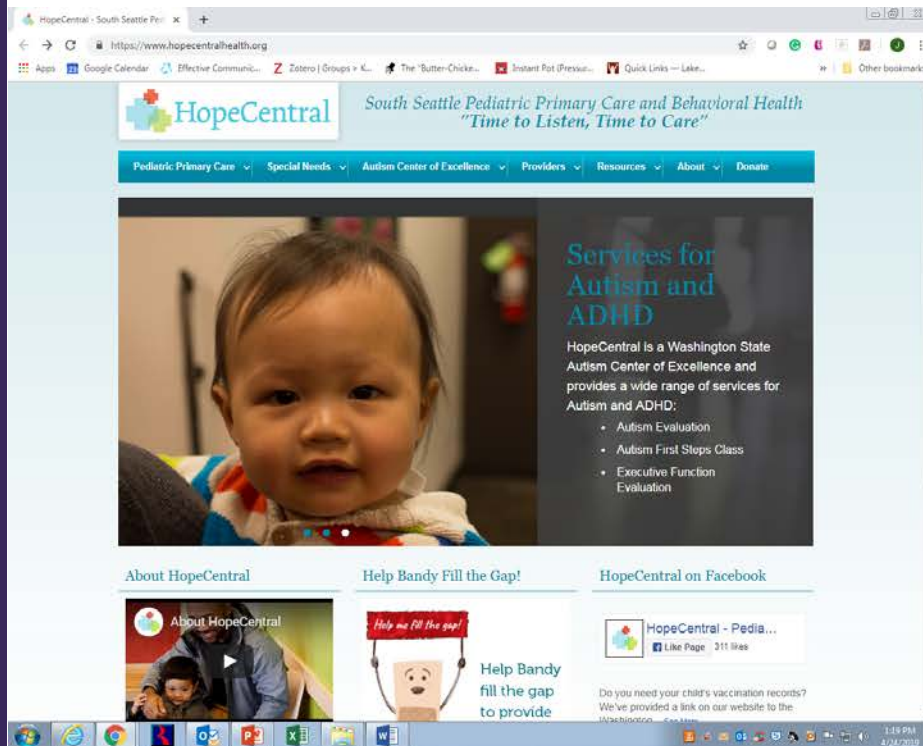




# Hope Central Pediatric Care,

Patricia Scott, MD

- <https://www.hopecentralhealth.org/>



# *Pathway to Progress*



16255 NE 87th St  
Suite A-2  
Redmond, WA 98052

[info@washingtonautismadvocacy.org](mailto:info@washingtonautismadvocacy.org)  
[www.washingtonautismadvocacy.org](http://www.washingtonautismadvocacy.org)  
Ph: 425-894-7231 | FX: 425-836-6512

*Overcoming Barriers to Access and Reducing  
Health & Education Disparities  
by Maximizing Disability Benefits*

UW AUTISM CENTER, SEATTLE  
APRIL 25, 2019

# Whaaat is WAAA?

[Donate today!](#)[Join today!](#)

WASHINGTON AUTISM ALLIANCE & ADVOCACY | Standing Together for Change

[Home](#)[About Autism](#)[About WAAA](#)[Programs](#)[Ways to Give](#)[Resources](#)[Contact us](#)[Forum](#)

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.

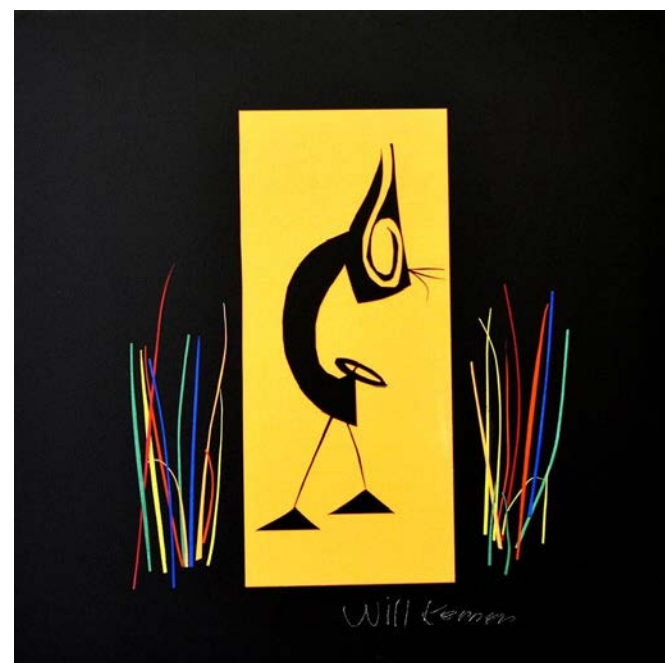


"Jameses Guys"



# 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



Education Advocacy



Insurance Appeal Support



Training Workshops



Legislative Advocacy



SPA-Supporting Parents of Autism



Friendship Matters



Family Navigators



Online Training Portal



Statewide Resource Directory



Newsletter

# How to Reach Us

Phone: 425.894.7231

*To receive services: Line 1 for intake*

Office@WashingtonAutismAdvocacy.org

[www.washingtonautismadvocacy.org](http://www.washingtonautismadvocacy.org)



**“Monte Carlo”**

**by Stephen Wiltshire**



*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.*



## Redefining Potential Inclusion with Results

ASD Community Services  
Lightning Rounds  
April 25th, 2019



# 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 9<sup>th</sup> 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](mailto: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](http://www.aplschool.org)
  - Courtney Gutierrez: [courtney@aplschool.org](mailto:courtney@aplschool.org)



Redefining Potential | Inclusion with Results

# Ryther Aspiring Youth's Dungeon and Dragons Program

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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](http://aspiringyouth.net)

(206) 517-0241

[info@aspiringyouth.net](mailto:info@aspiringyouth.net)

2400 NE 95th Street Seattle, WA 98115



## OUR GOAL

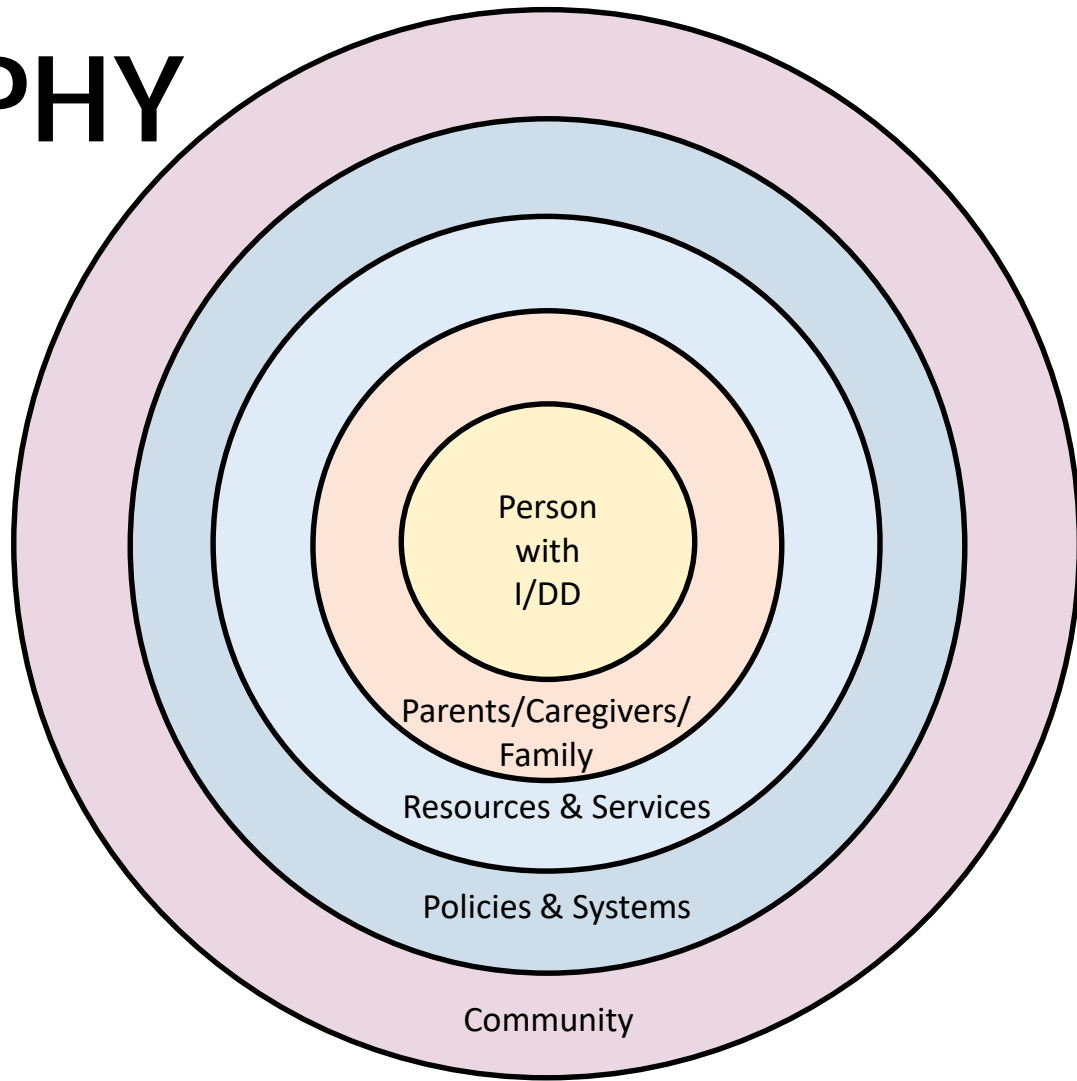
To further the civil rights movement for all persons with intellectual and developmental disabilities to thrive as equal, valued, and active members of the community

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.



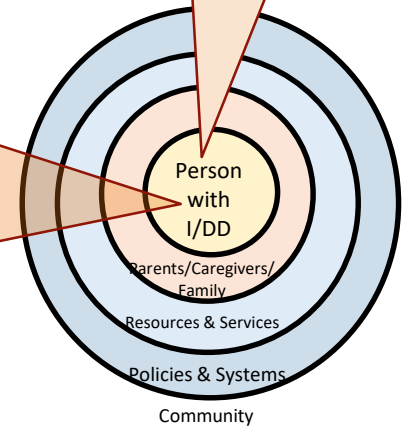
# OUR PHILOSOPHY

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



# OUR WORK IN ACTION

## SUPPORT FOR PARENTS/CAREGIVERS/FAMILY



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!***

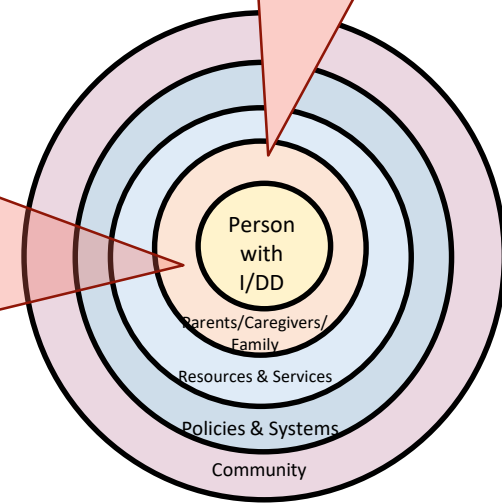
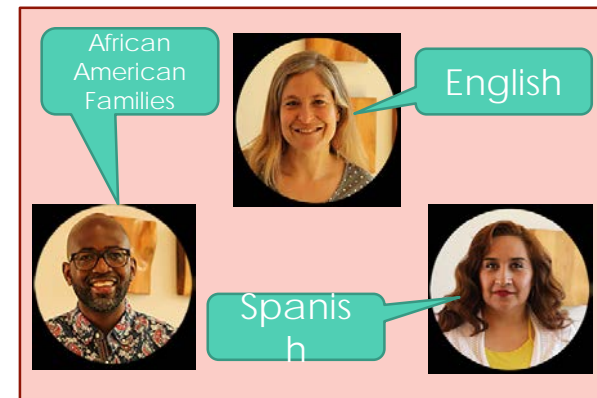
### Emotional Support to Reduce Isolation

- 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



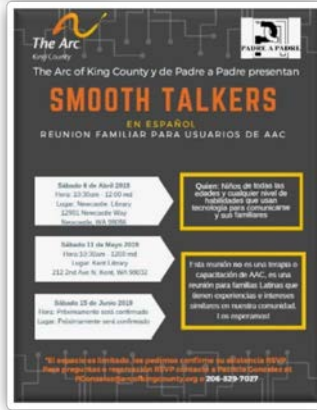
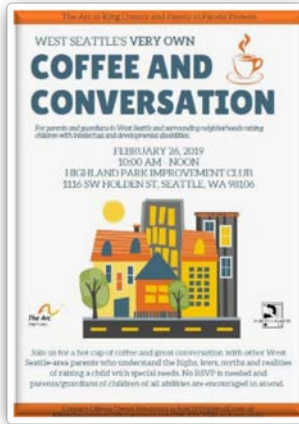
### Resources and Information to Empower and Encourage

- 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

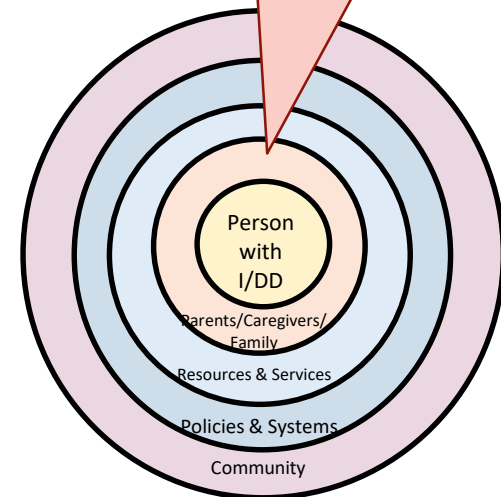


# OUR WORK IN ACTION

## SUPPORT FOR PARENTS/CAREGIVERS/FAMILY



“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](mailto:Rnemhauser@arcofkingcounty.org)  
(206)829-7046



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**Center on Human Development and Disability**

**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)**



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