

Autism Spectrum Disorder (ASD) Facts

- ASD is the fastest growing disability
- 1 child in 150 has ASD
- 4 out of 5 people with ASD are boys
- There are no racial, ethnic or social boundaries
- Symptoms of ASD are treatable
- ASD affects the way in which people understand and react to the world around them
- ASD is often diagnosed before the age of three
- ASD is not always associated with lower IQ
- It is not your fault and you are not alone

Early Intervention Helps

There are no cures today for Autism Spectrum Disorders, but early diagnosis and interventions are a child's best hope for reaching his or her full potential.

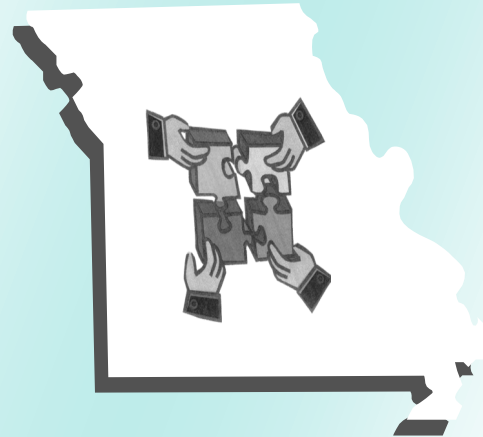
Important Questions to Ask

- How do I get my child evaluated?
- What treatments are available?
- What specialist should I see for additional supports?
- How do I pay for these services?
- What will my school district do to help?
- What can I do at home to help my child?

Help for You and Your Child With Autism

Central Missouri Autism Resource Brochure

Sponsored by
Department of Mental Health
Division of Developmental Disabilities &
MU-Thompson Center for Autism and
Neurodevelopmental Disorders



Developed by Central Missouri Rapid Response

Rapid Response is a cooperative effort among state and local agencies with goals of screening children for Autism Spectrum Disorders and providing early interventions.

Electronic Access to Autism Brochures:
<http://www.dmh.mo.gov/mrdd/new/autism09.htm>

Signs of Autism Spectrum Disorders (ASD)

Autism has a wide range of symptoms, but typically includes difficulties with:

Communication

- Poor or unusual eye contact
- Little to no babbling, pointing, gesturing or words to communicate
- Inconsistent response to name or to people talking
- Repetition of or echoing words or phrases in place of normal language
- Loss of skills they once possessed (e.g. no longer saying words once used)

Social Skills

- Not knowing how to play with or show an interest in other children
- Lack of shared attention, sharing toys or taking turns

Behavior

- Unusual reactions to the way things smell, taste, look, feel or sound
- Little or no fear of common dangers
- Unusual or unrealistic fears
- Craving physical contact or avoiding being touched
- Restricted or limited interests; preferring same toys, clothing or activity
- Unusual object use; limited pretend or imaginative play
- Repeating action over and over again (e.g. hand flapping, rocking, spinning objects, etc.)
- Difficulty changing routine

Where to Get Help

If you notice several of these signs on a consistent basis over time, please contact:

For Screening

Pediatrician

Primary care doctor

Your local school district (Parents as Teachers, Early Childhood Special Education)

Online at www.firstsigns.org

For Diagnosis

Developmental pediatrician

Clinical child psychologist

Neurologist

Developmental nurse practitioner

For Help and Guidance

Children Birth to 3 years

First Steps 866-583-2392
www.dese.mo.gov/divspeced/FirstSteps/

Department of Mental Health/Central Missouri Regional Office, 573-882-9835, 888-671-1041,
www.dmh.mo.gov

Boone County Family Resources
573-874-1995, www.bcfr.org

Children 3 years and older

Department of Mental Health/Central Missouri Regional Office, 573-882-9835, 888-671-1041,
www.dmh.mo.gov

Boone County Family Resources
573-874-1995, www.bcfr.org

Your Local School District (see inside)

Additional Services and Supports

<p>Diagnosis & Treatment</p> <p>MU-Thompson Center for Autism & Neurodevelopmental Disorders http://thompsoncenter.missouri.edu/ 573-882-6081 or 888-720-0015</p> <p>Knights of Columbus Developmental Center at SSM Cardinal Glennon Children's Hospital http://cardinalglennon.com/ 314-577-5609 (ext. 4 for intake)</p> <p>Children's Mercy Hospitals & Clinics Developmental & Behavioral Sciences http://www.childrens-mercy.org/ 816-234-3674</p> <p>Southeast Missouri State University Autism Center for Diagnosis and Treatment 573-986-4985 http://www.semo.edu/autismcenter/</p> <p>**Also see: "Where to Get Help" Section**</p>
<p>Parent Training</p> <p>TouchPoint Autism Services www.touchpointautism.com 573-874-3777</p> <p>MU-Thompson Center for Autism & Neurodevelopmental Disorders Annual spring autism conference and periodic workshops http://thompsoncenter.missouri.edu/</p> <p>Parent Link 800-552-8522 www.extension.missouri.edu/parentlink</p> <p>Autism & Disability conference listings</p> <ul style="list-style-type: none"> • www.bcfri.org • www.centralmissouri.mo.networkofcare.org
<p>Health Insurance</p> <ul style="list-style-type: none"> • If you have insurance, contact the number on your health plan identification card. • If you do not have insurance, contact 888-275-5908 for assistance in obtaining health insurance. For an application form or full list of benefits go to www.dss.mo.gov • Medicaid/MC+ MO HealthNet Services 800-392-2161

<p>Early Education & Childcare</p> <p>Head Start Find your local Head Start at www.moheadstart.org/map/amap.html 573-443-8706 ext. 237</p> <p>Parents as Teachers Find your local Parents As Teachers at www.patnc.org or contact your local school district</p> <p>School Districts www.dese.mo.gov/directory/discnty.htm Ashland: 573-657-2147 Centralia: 573-682-3561 Columbia: 573-214-3999 Hallsville: 573-696-5512 Harrisburg: 573-875-5604 Sturgeon: 573-687-3515</p> <p>First Steps 866-583-2392 www.dese.mo.gov/divspeced/FirstSteps/</p> <p>Missouri Child Care Resource & Referral Network finding or educating childcare providers www.moccrn.org 800-200-9017</p>
<p>Special Education Advocacy & Services</p> <p>Missouri Protection & Advocacy www.moadvocacy.org 800-392-8667</p> <p>Mid-Missouri Legal Services Legal services for income eligible persons including education plans www.lsmo.org/Data/LegalServices/LegalService_129 573-442-0116</p> <p>Missouri Parents Act www.ptimpact.com 800-743-7634</p> <p>Wrightslaw information about special education law www.wrightslaw.com</p>

<p>Mental Health Service</p> <p>Burrell Behavioral Health 573-777-7550</p> <p>New Horizons Community Support Services 573-443-0405</p> <p>Rainbow House (children's emergency shelter) 573-474-6600, 866-407-6600</p> <p>For a listing of other mental health providers see http://dmhonline/cps/adminagents.htm</p>
<p>Safety</p> <p>If you or your child is at risk of harming him/herself or others call 911 or go to the nearest hospital/emergency room.</p> <p>Autism Safety Project is an online tool kit for first responders, individuals with autism, and families that provides information and strategies to promote safety in emergency situations http://www.autismsafetyproject.org/</p> <p>Navigating Autism Services: A Community Guide for Missouri provides help in developing a plan for handling a crisis http://www.dmh.mo.gov/mrdd/new/autism09.htm</p>
<p>Support Groups</p> <p>Moms of Children with Autism meets monthly to share information & resources. Lora Hinkel at lorahinkel@hotmail.com</p> <p>Family Connections meets monthly at TouchPoint for parent education, presentations & networking. For information, contact TouchPoint at 573-874-3777</p> <p>Sharing Our Strengths, parent to parent support network; 800-773-8652 www.sharingourstrengths.com</p> <p>Also see http://www.dmh.mo.gov/mrdd/new/autism09.htm</p>

<p>Helpful Books</p> <p>Available at Daniel Boone Regional Library</p> <ul style="list-style-type: none"> • <i>A Parents Guide to Autism</i>, C. A. Hart • <i>Asperger's Syndrome: A Guide for Parents</i>, Tony Attwood, Ph.D. • <i>Educating Children With Autism</i>, The National Academics Press • <i>Emergence Labeled Autistic</i>, Temple Grandin, Ph.D. • <i>The New Social Story Book</i>, Carol Gray • <i>Out of Sync Child: recognizing and coping with sensory processing disorder</i>, Carol Kranowitz • <i>Pervasive Developmental Disorder</i>, Mitzi Waltz
<p>Website Resources</p> <ul style="list-style-type: none"> • Navigating Autism Services: A Community Guide for Missouri www.dmh.mo.gov/mrdd/new/autism09.htm • MO-FEAT www.mo-feat.org • Autism Speaks www.autismspeaks.org • Centers for Disease Control-Autism-Learn the Signs www.cdc.gov/ncbddd/autism/actearly/autism.html • Interactive Autism Network (IAN) www.ianproject.org • Missouri Developmental Disability Resource Center www.moddrc.org • Network of Care www.centralmissouri.mo.networkofcare.org • MSU Project Access www.missouristate.edu/access • Autism Alliance of Greater Kansas City www.autismalliance.org