

# Washington County Autism Resource Guide

2011 – 2012

The Autism Spectrum of disorders presents unique challenges for parents and caregivers. The purpose of this guide is to provide relevant information about Autism resources *near or in Washington County*. This is not an exhaustive list of resources available in the greater Metro area or State. For a more detailed list of providers and services outside of this area please see the Resources section on the last page.



## Case Management/Educational Diagnosis

AGENCY	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT
<b>Washington County Developmental Disabilities Unit</b>	A county social worker from the Developmental Disabilities Unit is assigned as case manager and assists children with significant developmental delays and their families with accessing and coordinating social services.	The DD worker helps families apply for respite care, waived services, and family support grants (services received based on eligibility criteria and availability of funds). DD worker also provides advocacy, support, and ideas for community resources.	A child is eligible for DD case management services if they have test scores two standard deviations below the mean in global areas of functioning, has been assessed and diagnosed by a psychologist as having Global Developmental Delays, or has a related condition that results in impairment of general intellectual functioning or adaptive behavior. This may be indicated by substantial limitations in areas of life activities.	To apply for DD services for a child with an Autism Spectrum Disorder, contact DD Intake (Kim Pfuehler) at (651) 430-4140.
<b>School District #622, North St. Paul, Maplewood, and Oakdale</b>	School District #622 can provide a case manager from the school district to help acquaint families with Special Ed. programs available for their child.	The district case manager can help families develop an IEP, or Individualized Education Plan for the child. This will detail the child's abilities, and special programs the child will be involved with through the school.	Children from birth through age 5 will be determined eligible if they are identified as having an educational disability. This can include delays in speech/language development, cognitive skills, motor skills, social/emotional/behavioral skills, physical development, or a diagnosed medical condition known to hinder development.	To be screened for eligibility, contact the district at (651) 748-7289.
<b>School District #624, White Bear Lake Area Schools</b>	The school provides comprehensive programs for students with disabilities who range in age from birth through high school.	The district can provide services to children from birth to age 5 in early intervention program.	Children from birth through high school who meet eligibility requirements.	To be screened, call Help Me Grow at: (651) 430-6700 (Children: birth – 5)  (651) 407-7553 (Children: 6 and up)

## Case Management/Educational Diagnosis cont.

AGENCY	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT
<p><b>School District #831, Forest Lake Area Schools</b></p>	<p>School District #831 will provide an early childhood screening for pre-k children to determine your child's level of development. The district also provides early childhood special education from birth on.</p>	<p>The school district will provide early childhood special education in the home up to age 2, and in classrooms from ages 2-5.</p>	<p>Children from birth through age 5 will be determined eligible if they are identified as having an educational disability. This can include delays in speech/language development, cognitive skills, motor skills, social/emotional/behavioral skills, physical development, or a diagnosed medical condition known to hinder development.</p>	<p>To have a child screened, call School District #831 at (651) 982-8301.</p>
<p><b>School District #832, Mahtomedi Public School</b></p>	<p>The school will provide assessment of eligibility to determine if your child is in need of special education services. The school provides comprehensive services for students from birth through high school.</p>	<p>The school district will provide early childhood special education in the home up to age 3 and in classrooms ages 3-5.</p>	<p>Children from birth through age 5 determined eligible will be eligible for educational services through early intervention. School age children determined eligible will be provided services based on their cognitive, physical, and emotional needs.</p>	<p>To be screened, call Deb Carlson (651) 407-2027.</p>

## Case Management/Educational Diagnosis cont.

AGENCY	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT
<b>School District #834, Stillwater Area Public Schools</b>	<p>School District #834 will provide an assessment of eligibility to determine if your child is in need of special education. They also provide special education programs in the home and at schools. Assessment staff include ECSE teachers, speech/language pathologists, occupational and physical therapists, adapted physical education teachers, and the school psychologist.</p>	<p>The school district will provide early childhood special education in the home up to age 3, and in classrooms from ages 3-5.</p>	<p>Children from birth through age 5 will be determined eligible if they are identified as having an educational disability. This can include delays in speech/language development, cognitive skills, motor skills, social/emotional/behavioral skills, physical development, or a diagnosed medical condition known to hinder development.</p>	<p>To refer: For children from birth to age 3, call the Early Intervention Network at (651) 430-6700. For children ages 3-5, call Peggi Page at (651) 351-8363.</p>
<b>South Washington County Schools ISD #833, Woodbury, Newport, and Cottage Grove</b>	<p>South Washington County Schools can provide a case manager from the school district to help acquaint families with Special Ed. programs available for their child.</p>	<p>The district case manager can help families develop an IEP, or Individualized Education Plan for the child. This will detail the child's abilities, and special programs the child will be involved with through the school.</p>	<p>Children from birth through age 5 will be determined eligible if they are identified as having an educational disability. This can include delays in speech/language development, cognitive skills, motor skills, social/emotional/behavioral skills, physical development, or a diagnosed medical condition known to hinder development.</p>	<p>To be screened for eligibility, contact Early Childhood Screening, District 833 at (651) 458-6658.</p>



## Day Treatment, Integrated Preschool, & Behavioral Therapy Centers

AGENCY	SERVICES/PROGRAMS	CONTACT INFORMATION
<b>Autism Society of Minnesota</b>	Personalized behavior management.	Barbara Luskin 2380 Wycliff St., Suite 102 St. Paul, MN 55455 (612) 647-1083
<b>Autism Spectrum Disorders Clinic</b>	Assessment and pediatric neuroscience.	University of Minnesota 420 Delaware St. S.E. MMC 486 Minneapolis, MN 55455 (612) 626-3606
<b>Behavior Therapy Solutions of MN, PLLC</b>	Specialists in assessment and behavioral interventions for children with an autism spectrum disorder. Most major insurance plans for outpatient therapy and assessment services are accepted. Call for an appointment.	710 Commerce Dr., Ste. 120 Woodbury, MN 55125 (651) 328-6280 <a href="http://www.btsofmmn.com">www.btsofmmn.com</a>
<b>Center for Integrated Well-Being, Inc.</b>	Counseling, psychotherapy - a holistic approach.	Jeffrey Jeanetta-Wark, (M.A., LICSW) 1449 Grand Ave. St. Paul, MN 55105 (651) 698-0768
<b>Children's Clinic Woodwinds</b>	Occupational Therapy, Physical Therapy, and Speech Therapy. Developmental and behavioral pediatrics.	1825 Woodwinds Dr., Suite 100, 400 Woodbury, MN 55125 (651) 232-6860
<b>CrossRoads: Solutions for Life</b>	CrossRoads is a small company with two employees, which serves children on the autism spectrum and their families. The traditional response to a diagnosis on the autism spectrum has been to treat a child's symptoms, rather than impact the core deficits of autism. CrossRoads concentrates on the remediation of these core deficits by providing therapy and services to the child and the entire family. In addition to treating the typical problems associated with autism, we specialize in treating children on the spectrum who have also experienced trauma or abuse. We offer traditional individual or family therapy, RDI therapy, and Trauma Focused Cognitive Behavioral Therapy as well as training and consulting services. We take Medical Assistance and Blue Cross Blue Shield and are able to do home visits.	Leanne Mairs P.O. Box 270696 Vadnais Heights, MN 55127 (651) 249-1750



## Day Treatment, Integrated Preschool, & Behavioral Therapy Centers cont.

AGENCY	SERVICES/PROGRAMS	CONTACT INFORMATION
<b>Dr. Thomson Davis, PH.D</b>	Therapy: one-to-one and family.	3537 Lake Elmo Ave., Suite 190 Lake Elmo, MN 55042 (651) 773-2010
<b>East Metro Family Counseling</b>	Pediatric, adolescent, and adult psychotherapy. Trainings to groups regarding Autism Spectrum Disorders.	Mitch Leppicello (MSW, LICSW) 710 Commerce Drive, Suite 215 Woodbury, MN 55125 (651) 408-5132
<b>Family Therapy Associates, LLC</b>	Specializing in therapies for children and adolescents. Support groups for siblings of children with autism.	712 Rivard St., Suite 102 Somerset, WI 54025 (715) 338-2698 <a href="http://www.familytherapyassociates.com">www.familytherapyassociates.com</a>
<b>Fraser School, Child and Family Center</b>	Includes one-to-one treatment sessions and group interventions in a therapeutic setting. Psychology, occupational therapy, speech therapy, and music therapy are integral components of the program. Separate programs are available for toddlers and preschoolers. Also offers a variety of services for children including integrated preschool, rehabilitation services, health services, respite care, Ready 4k curriculum and home services for children with disabilities. Additionally, mental health practitioners provide short-term family, group, or individual skills training. Behavioral aides work one-on-one with a child to improve skills and implement individual behavior plan goals. This helps to replace inappropriate skills with developmentally and therapeutically appropriate daily-living, social, and recreational skills.	3333 University Ave. S.E. Minneapolis, MN 55414 (612) 331-9413 <a href="http://www.fraser.org">www.fraser.org</a>
<b>William Fritsche, PhD</b>	Psychological assessment and testing for Asperger Syndrome, individual and family therapy.	Roseville Professional Center 2233 Hamline Ave., Suite 520 Roseville, MN 55113 (612) 819-7485



## Day Treatment, Integrated Preschool, & Behavioral Therapy Centers cont.

AGENCY	SERVICES/PROGRAMS	CONTACT INFORMATION
<b>Human Services, Inc. (H.S.I.)</b>		Early Childhood Behavior Asst. Program Tracey Bishop (M.A.), Program Coordinator 375 E. Orleans St. Stillwater, MN 55082 (651) 351-3121 <a href="http://www.hsicares.org">www.hsicares.org</a>
<b>The Lovaas Institute for Early Intervention</b>	Home-based ABA intervention program. Clinical director is Eric Larsson, PhD	2925 Dean Pkwy., Suite 300 Minneapolis, MN 55416 (612) 925-8365 <a href="http://www.lovaas.com">www.lovaas.com</a>
<b>Laura Mcdaniels</b>	Psychology, Neuropsychology and clinic psychology	Laura Mcdaniels, (PSYD) 1789 Woodlane Drive, Suite C Woodbury, MN 55125 651-501-4957
<b>Minnesota Autism Center</b>	Services include behavioral therapy, home-based early intervention and consultation with schools and other agencies.	3001 Broadway St. N.E. Minneapolis, MN 55414 (612) 767-4200 <a href="http://www.mnautism.org">www.mnautism.org</a>
<b>Partners in Excellence (PIE)</b>	Center-based one-to-one ABA intervention program. Has Burnsville and North St. Paul locations.	2266 2nd St. N. North St. Paul, MN 55109 (651) 773-5988 <a href="http://www.pieofmn.com">www.pieofmn.com</a>
<b>St. David's Child and Family Center</b>	Includes one-to-one treatment sessions and group interventions in a therapeutic setting. Psychology, occupational therapy, speech therapy, and music therapy are integral components of the program. St. David's also offers a variety of services including integrated preschool and home services for children with disabilities.	3395 Plymouth Rd. Minnetonka, MN 55414 (952) 939-0396 <a href="http://www.stdavids.net">www.stdavids.net</a>



## Education & Support

**NAME**

**Dynamic Connections – Home School Academy**  
 Education, strategies, and support for Autism Spectrum Disorders.

**CONTACT**

2495 Maplewood Dr., Ste. 313  
 Maplewood, MN 55109  
 (651) 770-8884  
[www.dcsmn.org](http://www.dcsmn.org)

**Family Means**  
 In-Home Respite Volunteers

(651) 439-4840

**MAC School**  
 The MAC school strives to educate students, in grades 4th-12th and up to age 21 who possess a wide range of abilities, on the Autism Spectrum. The goals of the MAC are to foster academic success, independence, self-awareness, social consciousness, and behavioral management skills. The MAC school is a year round program providing intensive, individualized instruction and a rich and fulfilling school experience. Opening September 2011.

Intake Coordinator  
 Minnesota Autism Center  
 3800 Tesseract Place  
 Eagan, MN 55122  
 (952) 767-4204  
[www.themacschool.org](http://www.themacschool.org)



## Financial and Medical Assistance

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
<b>CCP Foundation</b>	Provides grants to agencies and individuals to promote community integration and enhance the lives of individuals with developmental disabilities.		Reside in or around Stillwater, MN.	CCP Foundation 475 Cleveland Ave. N. Suite 130 St. Paul, MN 55104 (651) 356-1013 <a href="mailto:jammihb@ccpfoundation.org">jammihb@ccpfoundation.org</a>
<b>Consumer Support Grant Program</b>	PCA funds are reduced and converted into a cash grant for the family to use to hire their own staff, or to pay family members to provide personal care services.	Grant allows for much more flexibility in the use of PCA funds. However, the cash grant is worth about 40% of the total of the PCA funds.	Child must be on Medical Assistance, and have a PCA assessment done.	Consumer Support Grant is administered by the county. Public Health performs the PCA assessment, and workers can help get families set up on the grant. Contact your Washington County case manager to inquire about getting a PCA assessment.

# Financial and Medical Assistance

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
<b>Family Support Grant Program</b>	Cash grants to families of children up to age 21 with developmental disabilities. The program goals are to prevent or delay the out-of-home placement of children with special needs and to promote family health and well being.	Grants must be spent on services and items directly related to caring for the child's special needs. (Expenses above the normal costs of caring for the child if he/she did not have a disability may be covered.) The number of available Family Support Grants is limited.	<ol style="list-style-type: none"> <li>1. Must meet income requirements.</li> <li>2. Child must be determined by a case manager to be at risk for out-of-home placement to a licensed residential program.</li> <li>3. Average limit for a monthly payment is \$240.</li> </ol>	Family Support Grant is administered by the county. For more information, or to get on the waiting list for this program, contact your Washington County Case Manager.
<b>LADDA</b>	Fund of the St. Croix Valley Foundation	Partial camperships for persons attending a special needs camp or licensed leisure/travel trip.	Must be 18 years or older, reside in Washington County, and have a developmental disability.	For more information: (651) 436-8321 or (651) 439-4837
<b>Lions Club / Jaycees Club</b>	Check with your local chapter.			
<b>Medical Assistance (M.A.)</b>	Medical Assistance for your child/family based on your family's income.	Covered expenses are the same as TEFRA.	Families complete a M.A. application to determine eligibility. If your child is eligible for SSI he/she is eligible for M.A. Families who are eligible for M.A. may also be eligible for WIC, but families need to complete separate WIC application.	In Washington County, to begin the M.A. process, call Financial Intake at (651) 430-6459. Have your adjusted gross income from the last taxes filed and the number of people living in your home. Eligibility can go back three months prior to application to cover unpaid medical bills.

## Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
<b>TEFRA (Type of M.A.)</b>	Medical Assistance coverage for your child with disability residing at home. Eligibility is based only on your child's income and assets.	<p>Examples of covered expenses:</p> <ul style="list-style-type: none"> <li>- Inpatient/ Outpatient care</li> <li>- Medical transportation</li> <li>- Prescribed drugs</li> <li>- Therapies</li> <li>- Prosthetic devices</li> <li>- Eyeglasses</li> <li>- Audiology</li> <li>- Dental care</li> <li>- Laboratory and X-ray</li> <li>- Health insurance premiums</li> <li>- Home health ordered by physician: private nursing, PCA, medical supplies and equipment, and diapers for children over 4</li> <li>- Hospice care</li> </ul>	<p>Eligibility criteria used is the same as SSI.</p> <ol style="list-style-type: none"> <li>1. The level of care needed must be similar but cannot exceed what would be provided in a medical facility.</li> <li>2. Parent's income is used to determine a monthly fee amount that is applied toward the cost of MA and county services. A worksheet is available to estimate the parental fee.</li> <li>3. If fees go over the actual cost of services, they are applied toward the next year's parental fee.</li> </ol>	<p>In Washington County, to begin the TEFRA process, call Financial Intake at (651) 430-6459. Have your adjusted gross income from the last taxes filed and the number of people living in your home. Eligibility can go back three months prior to application to cover unpaid medical bills.</p> <p>Parental fee estimator:  <a href="http://pfestimator.dhs.mn.gov/mainmenu.aspx">http://pfestimator.dhs.mn.gov/mainmenu.aspx</a></p>
<b>M.A. Waivers</b>	The State of Minnesota has obtained approval from the federal government to waive certain Medical Assistance eligibility requirements for people who would like to remain at home but are being placed in, or are at risk of being placed in institutions or long-term care facilities.	<p>Coverage is the same as M.A., plus:</p> <ol style="list-style-type: none"> <li>1. Case management</li> <li>2. Respite care</li> <li>3. Homemaker services</li> <li>4. In-home family support</li> <li>5. Assistive technology</li> <li>6. Day habilitation</li> <li>7. Supported living services</li> <li>8. Environmental modifications and others</li> </ol>	<p>Available to people with mental retardation and related conditions. Parent income is not considered in determining eligibility, but there is a parental fee for services.</p>	<p>M.A. Waivers are administered through the county and the child must be assessed through the Developmental Disabilities Division. For more information about getting on the waiting list for this program, contact your Washington County Case Manager.</p>

## Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
<b>Metro Friendship Foundation</b>	This is a cash grant funded by Metro Friendship Foundation.	Provides scholarships for individuals with high-functioning autism and related conditions to access appropriate interventions and services.	<ol style="list-style-type: none"> <li>1. Diagnosis of high-functioning autism or related conditions.</li> <li>2. Must be 4-22 years of age.</li> </ol>	Metro Friendship Foundation 14111 Gardenvue Court Apple Valley, MN 55124 (952) 546-2658 <a href="http://www.metrofriendshipfoundation.org">www.metrofriendshipfoundation.org</a>
<b>MN Care</b>	Assists in payment for medical, dental, and preventative care.	Monthly premium is based on income and family size. May be a co-pay when you receive health care services.	<ol style="list-style-type: none"> <li>1. Permanent resident of Minnesota.</li> <li>2. Not eligible for M.A.</li> <li>3. Not covered by any other health insurance for the last four months.</li> <li>5. Unable to get health insurance that is at least half paid for by your employer for the last 18 months.</li> <li>6. Meet the MN Care income guidelines.</li> </ol>	(651) 297-3862 or 1-800-657-3672  Or write: Minnesota Care 444 Lafayette Rd. N St. Paul, MN 55164
<b>Minnesota Comprehensive Health Association (MCHA)</b>	Insurance plan for children and adults who have been turned down for individual health insurance due to pre-existing conditions.	Monthly premiums with deductibles. Choice of plans.	<ol style="list-style-type: none"> <li>1. MN resident</li> <li>2. Turned down by other insurance plans.</li> <li>3. 6 month waiting period for ABA Therapy.</li> </ol>	Minnesota Comprehensive Health Association Customer Service, Mail Route CP555 401 Carlson Parkway Minnetonka, MN 55305-5387  1-866-894-8053 <a href="http://www.mchamn.com">www.mchamn.com</a>
<b>Minnesota Dental Association</b>	Give a kid a smile.	Free dental care.	Income eligible.	<a href="http://www.mndental.org">www.mndental.org</a>

## Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
<b>MNet</b>	Medical transport and/or mileage reimbursement.		On medical assistance.	1-866-467-1724
<b>Personal Care Assistance (PCA)</b>	PCA provides services to persons who need help with day-to-day activities. A trained individual can help a person with basic daily routines.	PCA services allow a person to receive the advanced care they need within the home. A PCA can help with eating, toileting, grooming, dressing, bathing, redirection and behavioral intervention, health related functions, and more.	Person must be eligible to receive Medical Assistance (M.A.) which pays for these services. They must require services that are medically necessary and ordered by a physician. Finally, the person needs to be able to themselves, or have another person available, who can make decisions about care.	To receive PCA services, a county public health nurse needs to complete a PCA assessment to determine if PCA services are appropriate. Contact Public Health to schedule an assessment at (651) 430-6484.
<b>Private Insurance</b>	Coverage received as benefit of employment. Private insurance always acts as the primary funding source.	Benefits vary based on the plan. Refer to provider for details.	Eligibility is dependent on group coverage. Refer to provider for details.	Contact your employer's human resource department or call the number on the back of the insurance card.

## Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
<b>SSI</b>	Monthly income for your disabled child.	Maximum benefit amount varies.	<ol style="list-style-type: none"> <li>1. Disability must be medically verified and result in major limitations in two broad areas of functioning or extreme limitations in one area of functioning.</li> <li>2. Condition must last or be expected to last at least 12 months or be expected to result in death.</li> <li>3. Family income guidelines must be met.</li> <li>4. Family assets are considered.</li> </ol>	<ol style="list-style-type: none"> <li>1. Call the Social Security Administration at 1-800-772-1213 (voice) or 1-800-325-0778 (TDD).</li> <li>2. Process may take 3-4 months, but eligibility goes back to the date of application.</li> <li>3. Families should start the application process even if all the information is not available.</li> </ol>
<b>Steps of Hope Grant</b>	This is a cash grant funded by the Autism Society of Minnesota that can be used to find therapy, social skills classes, support groups, home security and more.	Grant allows for families to encourage successful programming and expand opportunities for children and adults on the autism spectrum.	No requirements. Must complete an application and grant proposal.	Download the application and grant proposal forms at <a href="http://www.ausm.org">www.ausm.org</a> under the 'Steps of Hope' tab on the left hand side of the website.
<b>United Health Care Children's Foundation</b>	This is a 501 (3) non-profit charity dedicated to facilitating access to medical-related services that have the potential to significantly enhance the quality of life of a child not fully covered under a commercial health plan.		<ol style="list-style-type: none"> <li>1. Child under the age of 16.</li> <li>2. Must have a commercial health insurance plan and have out-of-pocket medical expenses.</li> <li>3. Income limitations apply.</li> </ol>	(952) 992-4459 <a href="http://www.uhccf.org">www.uhccf.org</a>

## Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
<b>Youth Advantage</b>	Financial need based scholarships and loan of new or gently used sports equipment, musical instruments, or other necessary items.	Assistance available to qualifying youth: <ul style="list-style-type: none"> <li>- District 834 Community Ed. classes (school year &amp; summer)</li> <li>- St. Croix Valley Athletic Association Programs</li> <li>- School sports teams &amp; music programs</li> <li>- After-school fee-based clubs &amp; activities</li> <li>- Camps &amp; classes at local sites, such as 4-H, Warner Nature Center, or ArtReach Alliance</li> <li>- and more!</li> </ul>	Children K-12 residing in District 834's boundaries and are financially qualified.	(651) 342-1266 <a href="http://www.youthadvantage.org">www.youthadvantage.org</a>

## Medical Diagnosis

DIAGNOSIS/ CRITERIA	AGENCY	ASSESSMENT TEAM	CONTACT PERSON	ASSESSMENT PROCESS
Medical Diagnosis	<b>The Alexander Center - Park Nicollet</b>  <a href="http://www.parknicollet.com">www.parknicollet.com</a>	Psychologists, M.D.'s, and therapists.	Contact the Alexander Center at (952) 993-2498.	<ol style="list-style-type: none"> <li>1. Assessment of children with developmental and behavioral disorders.</li> <li>2. Consultation with schools, individual family counseling, and education.</li> </ol>
Medical Diagnosis	<b>Behavioral Health Care for Children, Adolescents, and their Families</b>  Dr. Thomson Davis, Ph.D	Licensed Pediatric Psychologist	Dr. Thomson Davis Pediatric Psychology Services 3537 Lake Elmo Ave. N. #190 P.O. Box 277 Lake Elmo, MN 55042 (651) 773-2010	Will provide assessment & diagnosis. Experienced in working with children on the autism spectrum.



# Medical Diagnosis

DIAGNOSIS/ CRITERIA	AGENCY	ASSESSMENT TEAM	CONTACT PERSON	ASSESSMENT PROCESS
Medical Diagnosis	<b>Fraser Child &amp; Family Center</b>  <a href="http://www.fraser.org">www.fraser.org</a>	Team of two of the following:  licensed psychologist, social worker, autism specialist.	Intake coordinator at (612) 331-9413, or visit the Fraser website for general information.	<ol style="list-style-type: none"> <li>1. Parents and child attend a three-hour assessment at the center.</li> <li>2. The first hour is spent interviewing the family.</li> <li>3. The second hour, psychologists work with the child.</li> <li>4. The last hour, findings and recommendations are shared with the family.</li> </ol>
Medical Diagnosis	<b>Sheila Merzer &amp; Associates</b>	Licensed psychologists.	(952) 928-7811	Will provide assessment and diagnosis.
Medical Diagnosis	<b>Dr. Raymond Tervo Gillette Children's</b>  <a href="http://www.gillettechildrens.org">www.gillettechildrens.org</a>		(651) 299-3818	Will provide assessment and diagnosis.
Medical Diagnosis	<b>University of Minnesota Autism Spectrum Disorders Clinic</b>  <a href="http://www.med.umn.edu/peds/clinneuro/autism/home.html">www.med.umn.edu/peds/clinneuro/autism/home.html</a>	Licensed psychologists and neuropsychologists.	Contact the Autism Clinic at (612) 625-3617.	<ol style="list-style-type: none"> <li>1. Requires the completion of a life skills assessment (school assessments accepted) current within 3 years.</li> <li>2. Must fill out a questionnaire.</li> <li>3. Each child will be initially seen by a developmental behavioral pediatrician to determine if more medical testing or treatment is needed.</li> </ol>



## Medical Supplies & Equipment

The following vendors carry pull-ups covered by medical assistance. Some may even provide delivery to your home. Talk to your medical professional for a complete list of vendors.

NAME

CONTACT

**Activ style:**

3100 Pacific St.  
Minneapolis, MN 55411  
(612) 520-9333

**Bicycle Bills Pro-Shops**  
Specializes in adaptive bikes.

1260 Robert St. S.  
Lake Elmo, MN 55118  
(651) 457-9111  
Email: [bicyclebills@mchsi.com](mailto:bicyclebills@mchsi.com)

**Corner Medical:**

(651) 403-3502

**Handi Medical Supply:**

2505 University Ave. W.  
St. Paul, MN 55114  
(651) 644-9770

**Jackson Medical Equipment:**

982 Thomas Ave.  
St. Paul, MN 55104  
(651) 645-6221

**Key Medical Supply:**

1880 Park View Dr.  
St. Paul, MN 55126  
(651) 792-3860

**Project Lifesaver**

Washington County participates in Project Lifesaver: Project Lifesaver International helps provide rapid response to save lives and reduce potential for serious injury for adults and children who wander due to Alzheimer's, Autism, Down syndrome, Dementia, and other related cognitive conditions. Project Lifesaver provides equipment, training, certification, and support to law enforcement, public safety organizations, and community groups throughout the country and nation.

Call (651) 430-7800 with questions  
or visit [www.projectlifesaver.org](http://www.projectlifesaver.org)



## Social and Recreational Opportunities

**Community Bridge:** This is a program operated by a consortium of 5 school districts and operates out of the White Bear Lake area. They offer an array of opportunities such as adapted programs and community outings. The Community Bridge is open to people ages 16 years of age and older. For more information on these programs, call (651) 748-7437, or visit [www.whitebear.k12.mn.us/community/communitybridge.html](http://www.whitebear.k12.mn.us/community/communitybridge.html).

**Courage Center St. Croix:**

- 1:1 Swimming lessons for children and adults with disabilities. Call (651) 439-8283.
- Courage Riders: Therapeutic horseback riding. Classes held at the Washington County Fairgrounds in Lake Elmo and during camping sessions at Camp Courage. Call (651) 351-2306 for more info. or visit [www.couragecenter.org/ContentPages/horses.aspx](http://www.couragecenter.org/ContentPages/horses.aspx)

**River Valley Riders:** Therapeutic horseback riding. Call (651) 439-2558 or visit <http://rivervalleyriders.org>. Riding locations in Lake Elmo and Scandia, MN and East Farmington, WI.

**West Metro Learning Connection:** This company offers a large variety of services that include social skills classes for people on the Autism Spectrum of all ages. They also offer a number of therapeutic recreation opportunities that include activities, camps, and more. For more information on the activities available, visit [www.wmlearningconnections.com](http://www.wmlearningconnections.com).

**Woodbury Lutheran Church:** They offer a variety of activities targeted at children and adults with disabilities. They include a free respite evening on the third Saturday of every month, special social activities, and social groups for adults with disabilities. For more information, visit [www.woodburylutheran.org/ministries/disability](http://www.woodburylutheran.org/ministries/disability).

**YMCA Twin Cities:** The YMCA has a number of camps and activities available for people with disabilities. For information on the services they offer, visit [www.ymcatwincities.org](http://www.ymcatwincities.org).

- **District 622 Aquatics:** 1:1 swimming lessons for children and adults with disabilities. Located at John Glenn Middle School. Call (651) 748-7434.

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There are many other opportunities available in the Twin Cities area. ARC and the Autism Society are good resources to use when trying to find social programs available. In addition, many businesses that cater to children such as Roly Poly or Pump It Up offer special days or opportunities specifically for children with disabilities.



## Stores & Services

### NAME

### CONTACT

#### **Autism Shop**

904 Main St.  
Hopkins, MN 55343-7508  
(952) 988-0088  
[www.autismshop.com](http://www.autismshop.com)

#### **Bittersweet Bakery (Gluten free)**

2105 Cliff Road  
Eagan, MN 55122  
(651) 686-0112  
<http://bittersweetgf.com>

#### **Cooqi Gluten Free Store**

503 N. Cleveland Ave., #2  
St. Paul, MN 55104  
(612) 281-8788  
<http://cooqiglutenfree.com>

#### **Tailor Made Nutrition & Gluten Free 4U**

8160 Coller Way  
Woodbury, MN 55125  
(651) 702-2522  
[www.tailormadenutrition.com](http://www.tailormadenutrition.com)

## Support Groups/Parent Resources/ Support & Skill Building

NAME	INFORMATION	CONTACT
<b>Autismlink</b>	A networking website for families and professionals with a services search, mentor program, and chat room.	<a href="http://www.autismlink.com">www.autismlink.com</a>
<b>General Disability Support Group Coffee &amp; Conversation</b>	Meets 3rd Thursday of each month from 6:30-8:00 p.m.	Perkins 7325 Currell Blvd. Woodbury, MN 55125
<b>General Support Group</b>	Meets the 2nd Tuesday of each month from 9:30-11:30 a.m. at Fresh Fields Bakery in Stillwater.	1400 Frontage Rd. West Stillwater, MN 55082
<b>Roadways to Success – Social Skills, Individual, &amp; Group Therapy Sessions</b>	Parent support group meets 1st & 3rd Monday of each month from 7:00-8:30 p.m. RSVP as needed.  Call for specific information regarding social skills and therapy groups.	Roadways to Success 2469 University Ave. W. St. Paul, MN 55114 (651) 274-0456 <a href="mailto:lhopwood1@comcast.net">lhopwood1@comcast.net</a>
<b>Social Skills Groups for Youth with Asperger's Syndrome</b>	Group meets weekly. Middle school youth (gr. 6-8) meet Thursdays 4:00-5:00 p.m.. High school youth (gr. 9-12) meet Thursdays 3:00-4:00 p.m. Many forms of insurance are accepted. Call for more information.	Mitch Leppicello, MSW, LICSW Counseling Psychologists of Woodbury, P.A. 1789 Woodlane Dr., Ste. C Woodbury, MN 55125 (651) 739-7539 ext. 228
<b>Support Group for Parents/Caregivers of Children with Autism</b>	Meets the 2nd Tuesday of each month at the Family Achievement Center in Woodbury.	Michele McAlister (651) 491-3480 Margaret Olson (651) 423-5647 <a href="mailto:autismsupportwashingtoncounty@yahoo.com">autismsupportwashingtoncounty@yahoo.com</a>

Other local organizations that provide a variety of support groups, educational opportunities, advocacy, and mentoring are:

1. ARC Greater Twin Cities: [www.arcgreaterwincities.org](http://www.arcgreaterwincities.org)
2. Autism Society of Minnesota: [www.ausm.org](http://www.ausm.org)
3. Fraser: [www.fraser.org](http://www.fraser.org)
4. PACER Center: [www.pacer.org](http://www.pacer.org)
5. St. David's Child Development and Family Services: [www.stdavids.net](http://www.stdavids.net)
6. MCIL: (651) 646-8342 / [www.mcil-mn.org](http://www.mcil-mn.org)
7. Special Olympics: (612) 333-0999 / [www.specialolympicsminnesota.org](http://www.specialolympicsminnesota.org)
8. Valley Friendship: (651) 491-6486 / [www.valleyfriendshipclub.org](http://www.valleyfriendshipclub.org)



# Therapy Centers

<b>PROGRAM NAME:</b>	<b>Aventi Center</b>	<b>Center for Speech, Language, &amp; Learning, Inc.</b>	<b>Children's Theraplay</b>
<b>LOCATION:</b>	742 Sterbenz Dr. Hudson, WI 54016	6230 10th St., Ste. 220 Oakdale, MN 55128	1705 Cope Ave. E., Ste. G Maplewood, MN 55109
<b>CENTER-BASED OR IN-HOME:</b>	Center-based	Center-based	Center-based, with In-Home services available on a case to case basis.
<b>WEBSITE:</b>		<a href="http://www.csllinc.com">www.csllinc.com</a>	<a href="http://www.childrenstheraplaymn.com">www.childrenstheraplaymn.com</a>
<b>SERVICES OFFERED:</b>			
AUDITORY SERVICES	Y		Y
FEEDING ASSISTANCE			Y
OCCUPATIONAL THERAPY	Y	Y	Y
PHYSICAL THERAPY	Y		Y
PLAY SKILLS GROUPS	Y		Y
SOCIAL SKILLS GROUPS	Y		Y
SPEECH THERAPY	Y	Y	
VISION THERAPY			

<b>PROGRAM NAME:</b>	<b>Children's Therapy Center - Eagan</b>	<b>Children's Woodwinds Clinic</b>	<b>Christenson Vision Care</b>
<b>LOCATION:</b>	2795 Pilot Knob Rd., Ste. 100 Eagan, MN 55121	1825 Woodwinds Dr. Suite 100, 400 Woodbury, MN 55125	2215 Vine St., Ste. E. Hudson, WI 54016
<b>CENTER-BASED OR IN-HOME:</b>	Center-based	Center-based	
<b>WEBSITE:</b>	<a href="http://www.childrenstherapyctr.com">www.childrenstherapyctr.com</a>	<a href="http://www.childrensmn.org">www.childrensmn.org</a>	<a href="http://www.christensonvisioncare.com">www.christensonvisioncare.com</a>
<b>SERVICES OFFERED:</b>			
AUDITORY SERVICES	Y		
FEEDING ASSISTANCE			
OCCUPATIONAL THERAPY	Y	Y	
PHYSICAL THERAPY	Y	Y	
PLAY SKILLS GROUPS			
SOCIAL SKILLS GROUPS			
SPEECH THERAPY	Y	Y	
VISION THERAPY			Y



## Therapy Centers cont.

PROGRAM NAME:	<b>The Courage Center</b>	<b>Family Achievement Center</b>	<b>Functional Kids Clinic</b>
LOCATION:	1460 Curve Crest Blvd. Stillwater, MN 55082	8320 City Centre Dr., Ste. G Woodbury, MN 55125	3000 White Bear Ave., Ste. 28 Maplewood, MN 55109
CENTER-BASED OR IN-HOME:	Center-based	Center-based	Center-based
WEBSITE:	<a href="http://www.courage.org">www.courage.org</a>	<a href="http://www.familyachievement.com">www.familyachievement.com</a>	<a href="http://www.functionalkids.com">www.functionalkids.com</a>
SERVICES OFFERED:			
AUDITORY SERVICES	Y		Y
FEEDING ASSISTANCE	Y	Y	Y
OCCUPATIONAL THERAPY	Y	Y	Y
PHYSICAL THERAPY	Y	Y	
PLAY SKILLS GROUPS	Y	Y	
SOCIAL SKILLS GOUPS	Y	Y	
SPEECH THERAPY	Y	Y	Y
VISION THERAPY			

PROGRAM NAME:	<b>Life Track Resources</b>	<b>Minnesota Autism Center</b>	<b>Oakdale Optical Center</b>
LOCATION:	709 University Ave. W. St. Paul, MN 55109	8450 City Center Dr. Woodbury, MN 55125	7013 10th St. N. Oakdale, MN 55128
CENTER-BASED OR IN-HOME:	Center-based	Center-based	
WEBSITE:	<a href="http://www.lifetrackresources.org">www.lifetrackresources.org</a>	<a href="http://www.mnautism.org">www.mnautism.org</a>	<a href="http://www.oakdaleopticalcenter.com">www.oakdaleopticalcenter.com</a>
SERVICES OFFERED:			
AUDITORY SERVICES	Y	Y	
FEEDING ASSISTANCE	Y		
OCCUPATIONAL THERAPY	Y	Y	
PHYSICAL THERAPY	Y	Y	
PLAY SKILLS GROUPS		Y	
SOCIAL SKILLS GROUPS		Y	
SPEECH THERAPY	Y	Y	
VISION THERAPY			Y



## Therapy Centers cont.

PROGRAM NAME:	<b>Special Children's Center</b>	<b>Therapy Connection for Kids</b>
LOCATION:	2705 Enloe St. Hudson, WI 54016	80 Minnesota Ave. W. Little Canada, MN 55117
CENTER-BASED OR IN-HOME:	Center-based	Center-based and In-home
WEBSITE:	<a href="http://www.specialchildrencenter.com">www.specialchildrencenter.com</a>	<a href="http://www.therapyconnectionkids.com">www.therapyconnectionkids.com</a>
SERVICES OFFERED:		
AUDITORY SERVICES	Y	Y
FEEDING ASSISTANCE		Y
OCCUPATIONAL THERAPY	Y	Y
PHYSICAL THERAPY	Y	Y
PLAY SKILLS GROUPS	Y	Y
SOCIAL SKILLS GROUPS	Y	Y
SPEECH THERAPY	Y	Y
VISION THERAPY		



## Transportation

NAME	INFORMATION	APPLYING FOR SERVICE	CONTACT
<b>Metro Mobility</b>	This resource is a shared public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Rides are provided for any purpose. Federal Americans with Disabilities Act (ADA) guidelines determine eligibility. People are generally eligible if they are physically unable to get to the regular fixed-route bus, if they are unable to navigate the regular fixed-route 'bus system', or if they are unable to board and exit the bus at some locations.	A completed ADA Paratransit Application Form is needed to determine eligibility for service. The form has two parts: an <b>Application</b> designed to assess a person's ability to use the regular fixed route bus service, and a <b>Professional Verification Form</b> completed by a health care provider. Both forms must be submitted together to process the application.	Call the customer service center at (651) 602-1111 Monday-Friday 7:30am-4:00pm. or visit the website: <a href="http://www.metrocouncil.org/transportation/MetroMobility">www.metrocouncil.org/transportation/MetroMobility</a>



## Vocational/Transitional Services

NAME	INFORMATION	CONTACT
<b>Metropolitan Center for Independent Living (MCIL)</b>	Provides transition services (Independent Living Skills training and housing referral services) for students with disabilities beginning as early as middle school and continuing until their 22nd birthday.	MCIL 1600 University Ave. W. St. Paul, MN 55104 (651) 646-8342 (general) Nick Wilke, Transition Specialist (651) 603-2018
<b>Positively Minnesota</b>	If you have a disability, the Vocational Rehabilitation Services Unit can help you prepare for, find, and keep a job and live as independently as possible.	Vocational Rehabilitation Office 6043 Hudson Rd., Ste. 170 Woodbury, MN 55125 (651) 501-6363



## Resources

NAME	INFORMATION	CONTACT
<b>Autism Society of MN Resource Directory</b>	An extensive Autism Resource Directory can be found in the 'Autism Info.' section of the website.	<a href="http://www.ausm.org">www.ausm.org</a>
<b>Fraser Child &amp; Family Center Autism Resource Directory</b>	The directory can be found in the 'Forms' section of the website.	<a href="http://www.fraser.org">www.fraser.org</a>

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Washington County does not endorse any of the providers listed in this resource guide.

Additional questions can be directed to your Washington County Social Worker.

For general information about Community Services please call:

Stillwater: (651) 430-6455

Cottage Grove: (651) 430-4159

Forest Lake: (651) 275-7260