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Autism Resource Guide

(Updated June 2019)

Autism Spectrum Disorder presents unique challenges for parents and caregivers. The purpose of this guide is to provide relevant information about ASD 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 ‘other resources’ section on the last page.

*For general information about Community Services, please call 651-430-6455.
We have offices in Cottage Grove, Forest Lake, and Stillwater.*

Case Management & Educational Diagnosis	Day Treatment & Behavioral Therapy Centers	Education Support	Financial and Medical Assistance
Guardians and Conservators	Housing	Meals and Food	Medical Diagnosis
Medical Supplies & Equipment	Social and Recreational Opportunities	Stores and Services	Support Groups
Therapy Centers	Transportation	Vocational and Transitional Services	Other Resources

Case Management & Educational Diagnosis

Agency	Services	Eligibility	Contact
Washington County Intellectual and Developmental Disabilities Unit	A county social worker from the Intellectual and Developmental Disabilities Unit is assigned as a case manager and assists children with significant intellectual and/or developmental delays and their families with accessing and coordinating social services.	A child is eligible for IDD 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 IDD services for a child with Autism Spectrum Disorder, contact IDD Intake at 651-430-6484.
School District #622 North St. Paul, Maplewood, and Oakdale	School District #622 can provide a case manager from the school district to help acquaint families with special education programs available for their child.	Children from birth through age five 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, call the following number based on age: Early Childhood 651-702-8465 Elementary 651-748-7467 Middle School 651-748-7458 High School 651-748-7454 Transitional (18-21) 651-621-1910

School District #624 White Bear Lake Area Schools	The school provides comprehensive programs for students with disabilities who range in age from birth through high school.	Children from birth through high school who meet eligibility requirements.	To be screened, call 651-407-7553.
School District #831 Forest Lake Area Schools	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.	Children from birth through age five 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 have a child screened, call School District #831 at 651-982-8309.
School District #832 Mahtomedi Public School	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.	Children from birth through age five 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.	To be screened, call 651-407-2445.
South Washington County Schools ISD #833 Woodbury, Newport, and Cottage Grove	South Washington County Schools can provide a case manager from the school district to help acquaint families with special education programs available for their child.	Children from birth through age five 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 Early Childhood Screening, District 833 at 651-425-6121.

School District #834 Stillwater Area Public Schools	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.	Children from birth through age five 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.	Early Childhood Family Center 1111 Holcombe Street S. Stillwater, MN 55082 651-351-4000
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Day Treatment & Behavioral Therapy Centers

Agency	Services	Contact
Canvas Health, Inc.	Canvas Health programs and services are offered throughout the Twin Cities metro area with additional office locations in Brooklyn Center, Coon Rapids, Cottage Grove, Forest Lake, Oakdale, Oak Park Heights, Richfield, Stillwater, and West St. Paul.	Early Childhood Clinical Services 375 E Orleans Street Stillwater, MN 55082 651-777-5222 www.canvashealth.org
Center for Integrated Well-Being, Inc.	Counseling, psychotherapy – a holistic approach.	Jeffry Jeanetta-Wark, M.A., LICSW 1751 County B Road W., Suite 100 Roseville, MN 55113 651-698-0768
Children’s Clinic Woodwinds	Occupational therapy, physical therapy, and speech therapy. Developmental and behavioral pediatrics.	1825 Woodwinds Drive Woodbury, MN 55125 651-232-6700
CrossRoads: Solutions for Life	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	Leanne Mairs P.O. Box 270696 Vadnais Heights, MN 55127 651-207-6137

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 children 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.

East Metro Family Counseling

Pediatric, adolescent, and adult psychotherapy. Trainings to groups regarding Autism Spectrum Disorders.

Mitch Lippicello, LICSW
710 Commerce Drive, Suite 215
Woodbury, MN 55125
651-408-5132

Fraser School, Child and Family Center

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

2400 West 64th Street
Richfield, MN 55423
612-798-8324
www.fraser.org

	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.	
The Lovaas Institute for Early Intervention	Clinic-based services based on shaping behavior through reinforcement of successive approximations, prompting and fading procedures, and the use of positive reinforcers that are child-specific and functional.	2925 Dean Pkwy., Suite 300 Minneapolis, MN 55416 612-925-8365 www.lovaas.com
Laura McDaniels	Psychology, neuropsychology, and clinical psychology.	Laura McDaniels, PsYD, LP 1789 Woodlane Drive, Suite C Woodbury, MN 55125 651-501-4957
Minnesota Autism Center	Services include behavioral therapy, home-based early intervention, and consultation with schools and other agencies.	8450 City Centre Drive Woodbury, MN 55125 952-767-4230 www.mnautism.org
Partners in Excellence	Autism therapy center that offers a set of effective treatment programs for children ages 1-10 years old diagnosed with Autism Spectrum Disorder.	2344 Helen Street N. North St. Paul, MN 55109 651-773-5988 www.partnersmn.com
St. David's Center Child & Family Development	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 Road Minnetonka, MN 55305 952-939-0396 www.stdavidscenter.org

Education Support

Agency	Services	Contact
Academy of Whole Learning	The Academy of Whole Learning is an independent school that is specifically designed for students with ASD, intellectual disabilities, ADHD, and other executive functioning difficulties. Offering a complete school program, we help our students succeed in a positive and unique educational environment that understands and supports their neurological, physical, social, and emotional needs.	3500 Williston Road Minnetonka, MN 55345 952-737-6900
Dynamic Connections – Home School Academy	Education, strategies, and support for Autism Spectrum Disorders.	2495 Maplewood Drive W. Maplewood, MN 55109 651-760-3109
Lionsgate Academy	A public charter school, open to students of all abilities, with a program inclusively designed to meet the unique needs of students living with Asperger’s syndrome and those on the Autism spectrum. Lionsgate Academy serves students in grades 7 through 12.	5605 Green Circle Drive Minnetonka, MN 55343 612-351-4567
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. Located in Eagan and Woodbury.	Intake Director 2110 Silver Bell Road Eagan, MN 55122 952-767-4204 www.mnautism.org

PACER	<p>PACER Center enhances the quality of life and expands opportunities for children, youth, and young adults with all disabilities and their families so each person can reach his or her highest potential. PACER operates on the principles of parents helping parents, supporting families, promoting a safe environment for all children, and working in collaboration with others.</p>	<p>Call 952-838-9000 pacer@pacer.org www.pacer.org</p>
	<p>With assistance to individual families, workshops, materials for parents and professionals, and leadership in securing a free and appropriate public education for all children, PACER's work affects and encourages families in Minnesota and across the nation.</p>	

Financial and Medical Assistance

Agency	Services	Eligibility	Contact
Disability Specialist, Inc.	Representing people with Social Security disability claims. Free consultation.	Please call or access the website for more information.	1-800-642-6393 www.disabilityspecialists.net
Family Support Grant (FSG) Program	Cash grants to families of children up to age 21 with intellectual and 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.	<ol style="list-style-type: none"> 1. Must meet income requirements. 2. Child must be determined by a case manager to be at risk for out-of-home placement to a licensed residential program. 3. Average limit for a monthly payment is \$240. 	The 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 or call intake at 651-430-6484.

LADDA	The Fund of the St. Croix Valley Foundation provides grants to cover 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 an intellectual and developmental disability.	For more information, contact 651-436-8321 or 651-439-4837.
Lions Club/Jaycees Club	Check with your local chapter.		
Medical Assistance (MA)	Medical Assistance for your child/family based on your family's income.	Families complete a MNSure application to determine eligibility. If your child is eligible for SSI, he/she is eligible for MA. Families who are eligible for MA may also be eligible for WIC, but families need to complete a separate WIC application.	Applications are online at www.mnsure.org For assistance with applications, contact Portico at 800-352-2876 or Southside Community Services at 612-827-7181.
MA Waivers	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. Coverage is the same as MA, plus: case management, respite care, homemaker services, in-home family support, assistive technology, day habilitation, supportive living services, environmental modifications, and others.	Available to people with intellectual and developmental disabilities and related conditions. Parent income is not considered in determining eligibility, but there is a parental fee for services.	MA waivers are administered through the county and the child must be assessed through the Intellectual and Developmental Disabilities Division. For more information about getting on the waiting list for this program, contact your Washington County Case Manager.
Minnesota Dental Association	Free/low cost dental care.	Income eligible.	www.mndental.org
Minnesota Department of Human Services	Community dental clinics that provides services to individuals	Individuals with intellectual and developmental disabilities,	Health Source Dental Clinic 1425 East Rum River Drive S.

Dental Clinics	who are unable to obtain care from other community providers.	severe and persistent mental illness, traumatic brain injury, chemical dependency (receiving services in residential treatment facilities).	Cambridge, MN 55008 763-689-7306
MTM	Medical transport and/or mileage reimbursement.	On medical assistance.	636-561-5686 www.mtm-inc.net
Need Help Paying Bills	This page has low income lawyers, legal assistance resources, food clinics, and medical care clinics.	Please access the website for more information.	www.needhelppayingbills.com/html/washington_county_assistance_p7.html
Personal Care Assistance (PCA)	PCA provides services to persons who need help with day-to-day activities. A trained individual can help a person with basic daily routines.	Person must be eligible to receive MA, 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 make decisions themselves or have another person available who can make decisions about care.	Contact the intake line and request MnCHOICES assessment to determine if you qualify: 651-430-6484.
Private Insurance	Coverage received as a benefit of employment. Private insurance always acts as the primary funding source.	Eligibility is dependent on group coverage. Refer to provider for details.	Contact your employer's human resources department or call the number on the back of the insurance card.
Quality Disability Services	Representing applicants in Social Security disability claims.	Please call or access the website for more information.	1-855-724-1146 www.qualitydisabilityservices.com
SSI	Monthly income for your disabled child. The minimum amount varies.	<ol style="list-style-type: none"> 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. 2. Condition must last or be expected to last at least 	<ol style="list-style-type: none"> 1. Call the Social Security Administration at 1-800-772-1213 (voice) or 1-800-325-0778 (TDD). 2. Process may take 3-4 months, but eligibility goes back to the date of the application.

		12 months or be expected to result in death. 3. Family income guidelines must be met. 4. Family assets are considered.	3. Families should start the application process even if all the information is not available.
TEFRA (type of MA)	Medical Assistance coverage for your child with disability residing at home. Eligibility is based only on your child's income and assets. There is a parental fee based on income and family size.	Eligibility criteria used is the same as SSI (see above).	Applications are online at www.mnsure.org . For assistance with applications, contact Portico at 800-352-2876 or Southside Community Services at 612-827-7181, or go to www.ausm.org . Parental fee estimator: http://pfestimator.dhs.mn.gov/mainmenu.aspx .
United Health Care Children's Foundation	This is a 501(c)(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.	1. Child under the age of 16. 2. Must have a commercial health insurance plan and have out-of-pocket medical expenses. 3. Income limitations apply.	Grant lines located on website. 1-855-698-4223 customerservice@uhccf.org www.uhccf.org
University of Minnesota Dental Clinics	General and specialty dental services, including orthodontics and implants. School of Dentistry reduced fees. MA, MNCare, and most insurances accepted.	Patient clinics open to the public.	515 Delaware Street SE Minneapolis, MN 55455 612-625-2495 www.dentalclinics.umn.edu
Valley Outreach Emergency Fund	The Emergency Fund provides financial assistance to individuals and families who are in crisis or transition. They consider requests for help with	Valley Outreach primarily serves households in the Stillwater school district area whose income is at or below 200% of the Federal Poverty Guideline or	1911 Curve Crest Blvd. W. Stillwater, MN 55082 651-430-2739 info@valleyoutreatmn.org

	rent/mortgage, utilities, transportation, medical and dental emergencies, and other basic needs.	who are in crisis. Must bring identification and proof of residency to each visit.	
Youth Advantage	Financial, need-based scholarships and loan of new or gently used sports equipment, musical instruments, or other necessary items.	Children K-12 residing in District 834's boundaries and are financially qualified.	Scholarship application located on website. 904 4th Street S., Suite 300 Stillwater, MN 55082 651-342-1266 www.youthadvantage.org

Guardians and Conservators

Agency	Services	Contact
Arc Guide to Guardianship	Offers information about supportive decision-making, guardianship, conservatorship, power of attorney, etc.	For more information or advocacy services, call 952-920-0855 or 833-450-1494. https://arcminnesota.org/resources/arc-guide-to-guardianship
Minnesota Judicial Branch	The Minnesota Judicial Branch has launched a new online training for individuals who have been appointed by a court to serve as a guardian or conservator.	Provides resources for guardians and conservators: www.mncourts.gov/Help-Topics/Guardianship-and-Conservatorship.aspx Conservator Hotline: 763-279-0176

Housing

Agency	Services	Contact
Housing Benefits 101	Plan for the person's home, with the services they need. Provides resources for moving out of a facility, changing your home, keeping your home, and homeless services.	https://mn.hb101.org
Minnesota Recovery Connection	Provides a list of programs and organizations that offer housing options, resources, and services.	https://minnesotarecovery.org/category/housing/housing-housing-services

Rumi – BridgesMN	A platform that will serve as a way to introduce and connect people who are looking for mutual support. Rumi is an ideal resource for case manager, guardians, family members, and individuals with disabilities that want more choice and control in where they live, how integrated in the community they live, who they live with, and who supports them.	For more information on Rumi, please contact BridgesMN. www.bridgesmn.com
Washington County Housing Resources	Assistance in locating affordable housing.	651-430-6488 Walk-in hours: Mon. and Wed. (Stillwater): 1-3 p.m. Tues. and Thurs. (Cottage Grove): 1-3 p.m. Fri. (Stillwater): 10 a.m.-Noon All appointments are in the Community Services' offices. The Washington County Government Center is at 14949 62nd St. N. in Stillwater. The Cottage Grove Service Center is at 13000 Ravine Parkway in Cottage Grove.

Meals and Food

Agency	Services	Contact
Fare for All	Fare for All is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetable, and frozen meat in bulk to save you up to 40% off grocery store prices. This is open to everyone and there are no qualifications to participate!	763-450-3880 info@fareforall.org
Help at Your Door	Provides grocery delivery and help putting your groceries away. Minimum order of \$40 and maximum order of \$200.	651-642-1892

Valley Outreach Food Shelf	Provides non-perishable items (canned and boxed foods) in addition to fresh produce, deli items, milk, eggs, margarine, frozen meats, and other perishable products as available. You are able to “shop” for your food, selecting items that are most appropriate for your needs. Valley Outreach primarily serves households in the Stillwater school district area whose income is at or below 200% of the Federal Poverty Guideline or who are in crisis.	1911 Curve Crest Blvd. W. Stillwater, MN 55082 651-430-2739 info@valleyoutreachmn.org
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Medical Diagnosis

Agency	Assessment Team	Assessment Process	Contact
Behavior Therapy Solutions of MN, PLLC	Licensed psychologists.	Diagnostic assessment and psychological testing will provide report and diagnosis.	Contact BTS of MN at 651-328-6280.
Child and Family Behavioral Health – Park Nicollet	Psychologists, MDs, and therapists.	<ol style="list-style-type: none"> 1. Assessment of children with developmental and behavioral disorders. 2. Consultation with schools, individual family counseling, and education. 	Contact the Child and Family Behavioral Health Center at 952-993-3307.
Fraser Child & Family Center	Team of two of the following: licensed psychologist, social worker, autism specialist.	Evaluation will take three sessions. There is a waiting list for evaluations.	Call the intake coordinator at 612-767-7222 or visit the Fraser website for general information: www.fraser.org .
Gillette Children’s	Licensed psychologists.	Will provide assessment and diagnosis.	651-290-8707
University of Minnesota Autism and Neurodevelopmental Disorders Clinic	Licensed psychologists and neuropsychologists.	<ol style="list-style-type: none"> 1. Requires the completion of a life skills assessment (school assessments accepted) current within 3 years. 	Contact the Autism Clinic at 612-625-3617.

2. Must fill out a questionnaire.
3. Each child will be initially seen by a developmental behavioral pediatrician to determine if more medical testing or treatment is needed.

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.

Agency	Contact
Activ Style	1701 Broadway Street NE, Minneapolis, MN 55413 800-651-6223
Alliance Medical	2260 Cliff Road, St. Paul, MN 55122 651-895-8040
Corner Home Medical	866-535-5335 www.cornermedical.com
Handi Medical Supply	2505 University Avenue W., St. Paul, MN 55114 651-644-9770
Reliable Medical	9401 Winnetka Avenue N., Bloomington, MN 55445 763-255-3800

Social and Recreational Opportunities

Agency	Services	Contact
Cindy's Creative Celebrations	Event entertainment company. The majority of our artists are either parents of a child on the autism spectrum or are on the spectrum themselves!	P.O. Box 28753 Oakdale, MN 55128 651-773-4915 cindy@cindyscc.com www.cindyscc.com
Community Bridge	This is a program operated by a consortium of five school districts and operates out of	For more information on these programs, call 651-748-7630.

	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.	
Courage Center St. Croix	1:1 swimming lessons for children and adults with disabilities.	Swimming lessons: 651-241-3820
	Courage Riders: Therapeutic horseback riding. Classes held at the Washington County Fairgrounds in Lake Elmo and during camping sessions at Camp Courage.	Courage Riders: 651-241-3337 https://account.allinahealth.org/events/58793
Nick Boyer: In-Home Fitness and Nutrition Support	Nick began working with individuals who have special needs during his time as a personal trainer for the YMCA. He has worked with a wide range of individuals with special needs including Down Syndrome, Cerebral Palsy, and Autism to work on weight loss goals, healthy life skills, improving nutrition habits, increasing activity level, or relieving stress.	651-246-0259 nickboyerfitness@gmail.com www.nickboyerfitness.org/specialneeds
River Valley Riders	Therapeutic horseback riding. Riding locations in Lake Elmo, Scandia, and East Farmington.	651-439-2558 http://rivervalleyriders.org
Valley Friendship Club	Enrich, Empower, Embrace Creating safe, accessible social opportunities.	For more information and a list of recreational activities visit www.valleyfriendshipclub.org or call 651-491-6486.
West Metro Learning Connection	This company offers a large variety of services that include social skills classes for people of all ages on the Autism spectrum. They also offer a number of therapeutic recreation opportunities that include activities, camps, and more.	For more information on the activities available, visit www.wmlc.biz .

Woodbury Lutheran Church	They offer a variety of activities targeted at children and adults with disabilities. This includes 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 .
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Stores

Name	Services	Contact
Bittersweet Bakery (Gluten Free)	Please call or visit the website for more information	2105 Cliff Road #5 Eagan, MN 55122 651-686-0112 http://bittersweetgf.com
Elizabeth Bellas Custom Sewing	Design and construction of clothing and accessories for special needs clients, including weighted blankets, weighted vests, and sensory-friendly casual wear. All items are custom made while keeping prices affordable.	6016 Beard Avenue S. Edina, MN 55410 952-929-9677 Elizabeth.Bellas@gmail.com www.elizabethbellas.com
Higley Welding	Custom, special needs bicycles.	13009 Main Street Rogers, MN 55374 763-438-0356 brucehigley@gmail.com https://HigleyWelding.com
Tailor Made Nutrition & Gluten Free 4U	Please call or visit website for more information.	8160 Coller Way Woodbury, MN 55125 651-702-2522 www.tailormadenutrition.com

Services

Agency	Services	Contact
Chore Services	Developed to assist older adults and individuals with disabilities living in the Stillwater Area School District (ISD #834). By engaging volunteers, Chore Services helps fill requests for basic home maintenance assistance.	651-439-7434
Safety Net Tracking	Provides law enforcement and public safety agencies with training, equipment, and proven technology to help them quickly find and rescue individuals with cognitive conditions such as Autism Spectrum Disorder and Alzheimer's who wander and become lost while enrolled in SafetyNet™ Services.	1-877-434-6384 www.safetynettracking.com
Sentence to Serve (STS)	Provides lawn care, snow shoveling, and assistance moving within Washington County.	Contact your case manager to request services.
Valley Outreach Clothing Closet	Helps you meet your critical clothing needs. Must bring identification and proof of residency each visit.	1911 Crest Curve Blvd. W. Stillwater, MN 55082 651-430-2739 info@valleyoutreachmn.org

Support Groups

Agency	Services	Contact
General Disability Support Group	Parenting Networking Group. Meets the 3rd Thursday of each month from 6-8 p.m., September - June.	Lake Elmo Elementary 11030 Stillwater Blvd. Lake Elmo, MN 55042
Social Skills Groups for Youth with Asperger's Syndrome	Group meets weekly. Middle school youth (grades 5-8) meet: Thursdays 4:15-5 p.m.	Mitch Leppicello, LICSW East Metro Family Counseling 700 Commerce Drive #295 Woodbury, MN 55125

	High school youth (grades 9-12) meet: Thursdays 3:15-4 p.m. Many forms of insurance are accepted. Call for more information.	651-408-5132 MitchLICSW@eastmetrofamilycounseling.com www.eastmetrofamilycounseling.com
Support Group for Parents/Caregivers of Children with Autism	Meets the 2nd Tuesday of each month, 7-8:30 p.m. at the Family Achievement Center in Woodbury.	2101 Wooddale Drive, Suite A Woodbury, MN 55125
Therapy OPS	Offers general social skills and girls-only social skills groups. Please contact the clinic for specific information regarding these groups.	Therapy OPS 2925 Buckley Way Inver Grove Heights, MN 55076 651-455-0561 www.therapyops.com

Below are other local organizations that provide a variety of support groups, educational opportunities, advocacy, and mentoring.

Agency	Contact
Arc Minnesota	www.arcminnesota.org
Autism Society of Minnesota	www.ausm.org
Fraser	www.fraser.org
Metropolitan Center for Independent Living (MCIL)	651-646-8342 / www.mcil-mn.org
PACER Center	www.pacer.org
Special Olympics	612-333-0999 / www.specialolympicsminnesota.org
St. David's Child Development and Family Services	www.stdavidscenter.org
Valley Friendship	651-491-6486 / www.valleyfriendshipclub.org

Therapy Centers

Agency	Services	Contact
Brain Balance	The Brain Balance Program is a non-medical and drug-free approach to overcoming the challenges of ADHD, learning disabilities, processing disorders, Asperger Syndrome (ASD), and a host of other related childhood learning and developmental issues. Our	783 Radio Drive Woodbury, MN 55125 651-731-6172 www.brainbalancecenters.com

	integrated approach focuses on the whole child and combines physical and sensory-motor exercise with academic skills training, healthy nutrition, and confidence building.	
Center for Speech, Language, & Learning, Inc.	Center-based occupational and speech therapy.	434 Hayward Avenue N. Oakdale, MN 55128 651-739-2300 www.csllinc.com
Children’s Theraplay	Center-based, with in-home services available on a case-to-case basis. Offers auditory services, feeding assistance, occupational and physical therapy, play skills, and social skills groups.	2399 Ariel Street N., Suite A Maplewood, MN 55109 651-773-0354 www.ctplaymn.com
Children’s Therapy Center – Eagan	Center-based auditory services, occupational, physical, and speech therapy.	2975 Pilot Knob Road, Suite 100 Eagan, MN 55121 651-994-9644 www.childrenstherapyctr.com
Children’s Woodwind’s Clinic	Center-based occupational, physical, and speech therapy.	1825 Woodwinds Drive, Suite 100 Woodbury, MN 55125 651-232-6700 www.childrensmn.org
Christenson Vision Care	Center-based vision therapy.	2215 Vine Street Hudson, WI 54016 715-381-1234 www.christensonvisioncare.com
Courage Kenny Rehab Institute – St. Croix	Center-based auditory services, feeding assistance, occupational, physical, and speech therapy, play skills, and social skills groups.	1460 Curve Crest Blvd. Stillwater, MN 55082 651-241-3820 www.allinahealth.org/courage-kenny-rehabilitation-institute/courage-kenny-kids-st-croix
Dynamic Connections	Dynamic Connections is a therapeutic program promoting social, regulation, and problem solving skills to individuals ages three to adult. The program integrates	2495 Maplewood Drive, Suite #312 Maplewood, MN 55109 651-760-3109 info@dcsmn.org

	the Relationship Development Intervention model, occupational therapy, and psychological services.	www.facebook.com/DynamicConnectionsMn
Family Achievement Center	Center-based feeding assistance, occupational, physical, and speech therapy, play and social skills groups.	2101 Wooddale Drive, Suite A Woodbury, MN 55125 651-738-9888 www.familyachievement.com
Functional Kids Clinic	Center-based auditory services, feeding assistance, occupational and speech therapy.	2495 Maplewood Drive, Suite 313 Maplewood, MN 55109 651-770-8884 www.functionalkids.com
Life Track Resources	Center-based auditory services, feeding assistance, occupational, physical, and speech therapy.	709 University Avenue W. St. Paul, MN 55104 651-227-8471 www.lifetrackresources.org
Minnesota Autism Center	Center-based occupational and speech therapy, play skills and social skills groups.	2110 Silver Bell Road Eagan, MN 55122 651-452-3499 www.mnautism.org
Singing Heart	Singing Heart provides individual and group music therapy services, as well as arts and wellness programs for children, teens, adults and older adults with developmental disabilities and special needs throughout Washington County. In addition to music therapy, we offer adapted and therapeutic music lessons, jam band for teens and adults, and music and movement classes, including yoga.	105 New England Place, Suite 150 Stillwater, MN 55081 651-373-4336 katie@singing-heart.org www.singing-heart.org
St. Croix Therapy	Center-based auditory services, feeding assistance, occupational, physical, and speech therapy, and play skills and social skills groups.	742 Sterbenz Drive Hudson, WI 54016 715-386-2128 www.stcroixtherapy.org

Therapy OPS	Center-based auditory services, feeding assistance, occupational, physical, and speech therapy, social skills groups.	2925 Buckley Way Inver Grove Heights, MN 55076 651-455-0561 www.therapyops.com
Woodbury Eye Care Clinic	Center-based vision therapy.	2070 Eagle Creek Lane, Suite 200 Woodbury, MN 55129 651-436-3356 www.woodburyeyecareclinic.com

Transportation

Agency	Services	Contact
Community Thread Connector Loop	Provides door-to-door transportation service for older adults and others who are unable to drive to medical appointments. Volunteer drivers use their personal vehicles to transport people.	651-439-7434 https://communitythreadmn.org/community-services/community-thread-connector-loop
Connector LOOP	A weekly bus service that takes individuals to and from local destinations. Vehicles are accessible.	Stillwater: <ul style="list-style-type: none"> • Mondays, 10 a.m.- 3 p.m., \$3 per day • Questions: DARTS at 651-234-2272 Forest Lake: <ul style="list-style-type: none"> • Wednesdays: Free • Questions: NewTrax at 651-263-1046. White Bear Lake: <ul style="list-style-type: none"> • Free
Metro Mobility	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 conditions. 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	Call the customer service center at 651-602-1111 (Mon.-Fri. 7:30 a.m.-4 p.m.) or visit the website: www.metromobility.org .

are unable to navigate the regular fixed-route 'bus system', or if they are unable to board and exit the bus at some locations.

Vocational & Transitional Services

Agency	Services	Contact
College Plus by Mains'l	The college Essentials+ program, available in California and Minnesota, is designed to provide support and assistance to young adults, who are interested in pursuing a college degree or academic certificate, to advance their education and career goals.	7000 78th Avenue N. Brooklyn Park, MN 55445 763-494-4553 http://mainsl.com/support-options/college-plus-program.php
Metropolitan Center for Independent Living (MCIL)	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. Services for adults include individual advocacy, vocational services, personal assistant services, home modification, and ramp projects.	530 Roberts Street N. St. Paul, MN 55101 651-646-8342 (general) 651-603-2018 (Independent Living Coordinator)
Vocational Rehabilitation Services Program	If you have a disability, the Vocational Rehabilitation Services office can help you prepare for, find, and keep a job and live as independently as possible. Most people who get SSI or SSDI benefits and want to work are eligible.	6043 Hudson Road, Suite 170 Woodbury, MN 55125 651-501-6363

Other Resources

Agency	Services	Contact
Autism Society of MN Resource Directory	An extensive Autism Resource Directory can be found in the 'Autism Info' section	www.ausm.org

	of the website.	
Crisis Response Unit – Washington County	Washington County Crisis Response Unit provides 24/7/365 mobile crisis mental health services for adults and children experiencing a crisis. Mobile crisis interventions are face-to-face, short-term, intensive mental health services.	651-275-7400 crisisresponse@co.washington.mn.us
Disability Benefits 101	Disability Benefits 101 gives you tools and information on health coverage, benefits, and employment. You can plan ahead and learn how work and benefits go together.	https://mn.db101.org
Fraser Child & Family Center Autism Resource Directory	The directory can be found in the ‘forms’ section of the website.	www.fraser.org
Joshin App	This application can assist families in finding care for their loved one. They offer qualified caregivers on demand.	https://joshin.com
Minnesota Autism Resource Portal	The purpose of this website is to provide the Minnesota Autism community with up-to-date information and resources related to Autism and Autism Spectrum Disorder.	https://mn.gov/autism

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

If you notice any incorrect information or have additional questions, please contact your Washington County Social Worker.

For general information about Community Services, please call 651-430-6455.

We have offices in Cottage Grove, Forest Lake, and Stillwater.