

Washington County Autism Resource Guide

2015

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
<p>Washington County Developmental Disabilities Unit</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>To apply for DD services for a child with an Autism Spectrum Disorder, contact DD Intake at (651) 430-6484.</p>
<p>School District #622, North St. Paul, Maplewood, and Oakdale</p>	<p>School District #622 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 the district at (651) 748-7289.</p>
<p>School District #624, White Bear Lake Area Schools</p>	<p>The school provides comprehensive programs for students with disabilities who range in age from birth through high school.</p>	<p>The district can provide services to children from birth to age 5 in early intervention program.</p>	<p>Children from birth through high school who meet eligibility requirements.</p>	<p>To be screened, call Help Me Grow at: (866) 693-4769 (Children: birth – 5) (651) 407-7553 (Children: 6 and up)</p>

Case Management/Educational Diagnosis cont.

AGENCY	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT
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.	The school district will provide early childhood special education in the home up to age 2, and in classrooms from ages 2-5.	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 have a child screened, call School District #831 at (651) 982-8301. Help Me Grow at: (763) 433-4888 (Children under 3)
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.	The school district will provide early childhood special education in the home up to age 3 and in classrooms ages 3-5.	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.	To be screened, call Deb Carlson at: (651) 407-2447.
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.	The school district will provide early childhood special education in the home up to age 3, and in classrooms from ages 3-5.	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 refer: For children from birth to age 3, Help Me Grow at: (866) 693-4769 For children ages 3-5, call: (651) 351-8309.

Case Management/Educational Diagnosis cont.

AGENCY	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT
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 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 Early Childhood Screening, District 833 at: (651) 458-6658.

Day Treatment, Integrated Preschool, & Behavioral Therapy Centers

AGENCY	SERVICES/PROGRAMS	CONTACT INFORMATION
Autism Society of Minnesota	Personalized behavior management.	Barbara Luskin 2380 Wycliff St., Suite 102 St. Paul, MN 55455 (612) 647-1083
Autism Spectrum Disorders Clinic	Assessment and pediatric neuroscience.	University of Minnesota 420 Delaware St. S.E. MMC 486 Minneapolis, MN 55455 (612) 626-3606
Behavior Therapy Solutions of MN, PLLC	Specialists in assessment and behavioral interventions for children with an autism spectrum disorder. Provides diagnostic assessment, in-office individual and family therapy, in-home intensive behavioral intervention, and social skills group.	700 Commerce Dr., Suite 260 Woodbury, MN 55125 (651) 328-6280 Email inquiries: info@btsofmn.com www.btsofmn.com



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

AGENCY	SERVICES/PROGRAMS	CONTACT INFORMATION
Canvas Health, Inc. (fka HSI)	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 Behavior Asst. Program Tracey Bishop (M.A.), Program Coordinator 375 E. Orleans St. Stillwater, MN 55082 (651) 351-3121 www.canvashealth.org
Center for Integrated Well-Being, Inc.	Counseling, psychotherapy - a holistic approach.	Jeffrey Jeanetta-Wark, (M.A., LICSW) 1449 Grand Ave. St. Paul, MN 55105 (651) 698-0768
Children's Clinic Woodwinds	Occupational Therapy, Physical Therapy, and Speech Therapy. Developmental and behavioral pediatrics.	1825 Woodwinds Dr., Suite 100, 400 Woodbury, MN 55125 (651) 232-6860
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 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
East Metro Family Counseling	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



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

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 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
www.fraser.org

William Fritsche, PhD

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

The Lovaas Institute for Early Intervention

Clinic-based services based on shaping behavior through reinforcement of successive approximations, prompting and fading procedures, and 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, (PSY.D., L.P.)
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.

3001 Broadway St. N.E.
Minneapolis, MN 55414
(612) 767-4200
www.mnautism.org/

Partners in Excellence (Partners)

Autism therapy center that offers a set of effective treatment programs for children ages 1-10 years old diagnosed with an Autism Spectrum Disorder.

2266 2nd St. N.
North St. Paul, MN 55109
(651) 773-5988
www.pieofmn.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 Rd.
Minnetonka, MN 55414
(952) 939-0396
www.stdavids.net



Education & Support

NAME

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

CONTACT

2905 Country Drive, Ste. 105,
Little Canada, MN 55117
651-760-3109
www.dcsmn.org

Family Means
In-Home Respite Volunteers

(651) 439-4840

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.

3420 Nevada Ave. N
Crystal, MN 55427
(763) 486-5359

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 Coordinator
Minnesota Autism Center
3800 Tesseract Place
Eagan, MN 55122
(952) 767-4204
www.mnautism.org/

The Whole Learning School
TWLS is an independent school that specifically designed for student 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.

9400 Cedar Lake Road
Suite #7
St. Louis Park, MN 55426
(763) 231-2700

Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
Family Support Grant Program	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"> 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. 	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.
LADDA	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
Lions Club / Jaycees Club	Check with your local chapter.			
Medical Assistance (M.A.)	Medical Assistance for your child/family based on your family's income.	Covered expenses are the same as TEFRA.	Families complete a MNSure 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.	Applications are online at: www.mnsure.org/ For assistance with applications contact Portico 651-489-2273 or Southside Community Services at 651-430-1880.
M.A. 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 M.A., plus: <ol style="list-style-type: none"> 1. Case management 2. Respite care 3. Homemaker services 4. In-home family support 5. Assistive technology 6. Day habilitation 7. Supported living services 8. Environmental modifications and others 	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.	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.

Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
Metro Friendship Foundation	Scholarships for social skills education.	By providing scholarships for social skills education, individuals who may otherwise be unable to afford these services will receive the training they need to succeed at home, in school, on the job and in life.	<ul style="list-style-type: none"> • Live in the Twin Cities 7-County Metro Area • Ages birth to twenty-one • Household adjusted gross income is less than \$75,000 	Metro Friendship Foundation 14111 Gardenview Court Apple Valley, MN 55124 (952) 215-1449 www.metrofriendshipfoundation.org
Minnesota Dental Association	Give a kids a smile.	Free dental care.	Income eligible.	www.mndental.org
Minnesota Department of Human Services	Dental Clinics	Community dental clinic that provides services to individuals who are unable to obtain care from other community providers.	Individuals with Developmental disabilities, severe/persistent mental illness, traumatic brain injury, chemical dependency (receiving services in residential treatment facilities)	Health Source Community Dental Clinic 1425 East Rum River Drive S. Cambridge, MN 55008 (763) 689-7306
MNet	Medical transport and/or mileage reimbursement.		On medical assistance.	1-866-467-1724

Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
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.	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.
Private Insurance	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.
SSI	Monthly income for your disabled child.	Maximum benefit 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 12 months or be expected to result in death. 3. Family income guidelines must be met. 4. Family assets are considered. 	<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 application. 3. Families should start the application process even if all the information is not available.

Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
Steps of Hope Grant	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 www.ausm.org under the 'Steps of Hope' tab on the left hand side of the website.
TEFRA (Type of M.A.)	Medical Assistance coverage for your child with disability residing at home. Eligibility is based only on your child's income and assets.	Examples of covered expenses: <ul style="list-style-type: none"> - Inpatient/ Outpatient care - Medical transportation - Prescribed drugs - Therapies - Prosthetic devices - Eyeglasses - Audiology - Dental care - Laboratory and X-ray - Health insurance premiums - Home health ordered by physician: private nursing, PCA, medical supplies and equipment, and diapers for children over 4 - Hospice care 	Eligibility criteria used is the same as SSI. <ol style="list-style-type: none"> 1. The level of care needed must be similar but cannot exceed what would be provided in a medical facility. 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. 3. If fees go over the actual cost of services, they are applied toward the next year's parental fee. 	Applications are online at: www.mnsure.org For assistance with applications, contact Portico at (651) 489-2273, Southside Community Services at (651) 430-1880, 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 (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"> 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. 	(952) 992-4459 www.uhccf.org



Financial and Medical Assistance Cont.

SOURCE	DESCRIPTION	BENEFIT	ELIGIBILITY	CONTACT/ APPLICATION PROCESS
University of Minnesota	General and specialty dental services, including orthodontics and implants	School of Dentistry Reduced fees, Medical Assistance, MNCare, and most insurance accepted	Patient Clinics open to the public	(612) 625-2495 www.dentistry.umn.edu/patients 515 Delaware Street SE Minneapolis, MN 55455
Youth Advantage	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"> - District 834 Community Ed. classes (school year & summer) - St. Croix Valley Athletic Association Programs - School sports teams & music programs - After-school fee-based clubs & activities - Camps & classes at local sites, such as 4-H, Warner Nature Center, or ArtReach Alliance - and more! 	Children K-12 residing in District 834's boundaries and are financially qualified.	(651) 342-1266 www.youthadvantage.org



Medical Diagnosis

DIAGNOSIS/ CRITERIA	AGENCY	ASSESSMENT TEAM	CONTACT PERSON	ASSESSMENT PROCESS
Medical Diagnosis	The Alexander Center – Park Nicollet www.parknicollet.com	Psychologists, M.D.’s, and therapists.	Contact the Alexander Center at (952) 993-2498.	<ol style="list-style-type: none"> 1. Assessment of children with developmental and behavioral disorders. 2. Consultation with schools, individual family counseling, 3. and education.
Medical Diagnosis	Behavior Therapy Solutions of MN, PLLC www.btsofmn.com	Licensed psychologists	Contact BTS of MN at (651) 328-6280	Diagnostic assessment and psychological testing will provide report and diagnosis.
Medical Diagnosis	Fraser Child & Family Center www.fraser.org	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.	Evaluation will take 3 sessions. There is a waiting list for evaluations.
Medical Diagnosis	Gillette Children’s www.gillette childrens.org	Licensed psychologists.	(651) 291-2848	Will provide assessment and diagnosis.
Medical Diagnosis	Sheila Merzer & Associates	Licensed psychologists.	(952) 928-7811	Will provide assessment and diagnosis.
Medical Diagnosis	University of Minnesota Autism Spectrum and Neurodevelopmental Disorders Clinic 612-365-1000 Toll free: 855-AMPLATZ (855-267-5289)	Licensed psychologists and neuropsychologists.	Contact the Autism Clinic at: (612) 625-3617	<ol style="list-style-type: none"> 1. Requires the completion of a life skills assessment (school assessments accepted) current within 3 years. 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.

NAME

CONTACT

Activ style:

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

Corner Medical:

(651) 403-3502
www.cornermedical.com

Handi Medical Supply:

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

Jackson Medical Equipment:

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

Key Medical Supply:

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



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.

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) 241-3342 for more info. or visit www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/Programs-and-services/Adaptive-sports-and-recreation/Horseback-riding

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.wmlc.biz/.

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.

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.

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

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

Bicycle Bills Pro-Shops
Specializes in adaptive bikes.

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

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

8160 Coller Way
Woodbury, MN 55125
(651) 702-2522
www.tailormadenutrition.com

Support Groups/Parent Resources/ Support & Skill Building

NAME	INFORMATION	CONTACT
Autismlink	A networking website for families and professionals with a services search, mentor program, and chat room.	www.autismlink.com/
General Disability Support Group	Parenting Networking Group. Meets the 3rd Thursday of each month from 6:00-8:00 p.m. September – June.	Lake Elmo Elementary 11030 Stillwater Blvd Lake Elmo, MN
Roadways to Success – Social Skills, Individual, & Group Therapy Sessions	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 lhopwood1@comcast.net
Social Skills Groups for Youth with Asperger's Syndrome	Group meets weekly. Middle school youth (gr. 5-8) meet Thursdays 4:15-5:00 p.m. High school youth (gr. 9-12) meet Thursdays 3:15-4:00 p.m. Many forms of insurance are accepted. Call for more information.	Mitch Leppicello, MSW, LICSW East Metro Family Counseling 710 Commerce Dr. Suite 215 Woodbury, MN 55125 MitchLICSW@eastmetrofamilycounseling.com (651) 408-5131
Support Group for Parents/Caregivers of Children with Autism	Meets the 2nd Tuesday of each month, 7:00 – 8:30 p.m. at the Family Achievement Center in Woodbury.	autismsupportwashingtoncounty@yahoo.com
Therapy OPS	Offer 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

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

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



Therapy Centers

PROGRAM NAME:	Center for Speech, Language & Learning, Inc.	Children's Theraplay	Children's Therapy Center - Eagan
LOCATION/ PHONE NUMBER:	434 Hayward Ave N Oakdale, MN 55128 (651) 739-2300	2399 Ariel St. N, Suite A Maplewood, MN 55109 (651) 773-0354	2795 Pilot Knob Rd., Suite 100 Eagan, MN 55121 (651) 994-9644
CENTER-BASED OR IN-HOME:	Center-based	Center-based, with In-Home services available on a case to case basis.	Center-based
WEBSITE:	www.csllinc.com	www.ctplaymn.com	www.childrenstherapyctr.com/
SERVICES OFFERED:			
AUDITORY SERVICES		Y	Y
FEEDING ASSISTANCE		Y	
OCCUPATIONAL THERAPY	Y	Y	Y
PHYSICAL THERAPY		Y	Y
PLAY SKILLS GROUPS		Y	
SOCIAL SKILLS GROUPS		Y	
SPEECH THERAPY	Y		Y
VISION THERAPY			
PROGRAM NAME:	Children's Woodwinds Clinic	Christenson Vision Care	Courage Kenny Rehab. Institute – St. Croix
LOCATION/ PHONE NUMBER:	1825 Woodwinds Dr. Ste. 100, 400 Woodbury, MN 55125 (651) 232-6800	2215 Vine St., Suite E. Hudson, WI 54016 (715) 381-1234	1460 Curve Crest Blvd. Stillwater, MN 55082 (651) 241-3820
CENTER-BASED OR IN-HOME:	Center-based		Center-based
WEBSITE:	www.childrensmn.org/	www.christensonvisiontherapy.com	www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/Courage-Kenny-Kids-St-Croix/
SERVICES OFFERED:			
AUDITORY SERVICES			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

PROGRAM NAME:	Family Achievement Center	Functional Kids Clinic	Life Track Resources
LOCATION/ PHONE NUMBER:	2101 Wooddale Dr., Suite A Woodbury, MN 55125 (651) 738-9888	2495 Maplewood Dr., Ste. 313 Maplewood, MN 55109 (651) 770-8884	709 University Ave. W. St. Paul, MN 55109 (651) 227-8471
CENTER-BASED OR IN-HOME:	Center-based	Center-based	Center-based
WEBSITE:	www.familyachievement.com/	www.functionalkids.com/	www.lifetrackresources.org
SERVICES OFFERED:			
AUDITORY SERVICES		Y	Y
FEEDING ASSISTANCE	Y	Y	Y
OCCUPATIONAL THERAPY	Y	Y	Y
PHYSICAL THERAPY	Y		Y
PLAY SKILLS GROUPS	Y		
SOCIAL SKILLS GOUPS	Y		
SPEECH THERAPY	Y	Y	Y
VISION THERAPY			

PROGRAM NAME:	Minnesota Autism Center	Oakdale Optical Center	St. Croix Therapy
LOCATION/ PHONE NUMBER:	8450 City Centre Dr. Woodbury, MN 55125 (952) 767-4230	7001 10th St. N. Oakdale, MN 55128 (651) 714-0759	742 Sterbenz Dr. Hudson, WI 54016 (715) 386-2128
CENTER-BASED OR IN-HOME:	Center-based		Center-based
WEBSITE:	www.mnautism.org	www.oakdaleopticalcenter.com	www.stcroixtherapy.org
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		Y	



Therapy Centers

PROGRAM NAME: **Therapy OPS**

LOCATION/PHONE NUMBER: 2925 Buckley Way
Inver Grove Heights, MN 55076
(651) 455-0561

CENTER-BASED OR IN-HOME: Center-based

WEBSITE: www.therapyops.com

SERVICES OFFERED:

AUDITORY SERVICES	Y
FEEDING ASSISTANCE	Y
OCCUPATIONAL THERAPY	Y
PHYSICAL THERAPY	Y
PLAY SKILLS GROUPS	
SOCIAL SKILLS GROUPS	Y
SPEECH THERAPY	Y
VISION THERAPY	



Transportation

NAME	INFORMATION	APPLYING FOR SERVICE	CONTACT
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 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 Application designed to assess a person's ability to use the regular fixed route bus service, and a Professional Verification Form 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: www.metrotransit.org/metro-mobility

Vocational/Transitional Services

NAME	INFORMATION	CONTACT
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.	MCIL 1600 University Ave. W. St. Paul, MN 55104 (651) 646-8342 (general) Nick Wilke, Transition Specialist (651) 603-2018
Positively Minnesota	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

Other Resources

NAME	INFORMATION	CONTACT
Autism Society of MN Resource Directory	An extensive Autism Resource Directory can be found in the 'Autism Info.' section of the website.	www.ausm.org
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.	http://mn.db101.org/
Disability Specialist, Inc.	Representing people with Social Security Disability claims. Free consultation	800-642-6393 www.disabilityspecialist.net
Fraser Child & Family Center Autism Resource Directory	The directory can be found in the 'Forms' section of the website.	www.fraser.org
LoJack SafetyNet	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 and Alzheimer's who wander and become lost while enrolled in the SafetyNet™ Service.	1-877-434-6384 www.safetynetbylojack.com
Medical Doctor	Dr. Stella K. Evans, M.D. Pediatrician 2535 SE 23rd Ave. Mpls., MN 55414	(612) 672-2350



Other Resources

NAME	INFORMATION	CONTACT
Moga Law Group	Representing people with Social Security Disability claims. Free consultation.	1-888-545-7202
Need Help Paying Bills	Resource for assistance with rent, heat, food, etc.	www.needhelppayingbills.com/html/washington_county_assistance_p7.html
Quality Disability Services	Representing applicants in Social Security Disability Claims. Free consultation.	1-855-724-1146 www.qdservices.net/

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:
Stillwater: (651) 430-6455 / Cottage Grove: (651) 430-4159 / Forest Lake: (651) 275-7260