



After the Diagnosis:



A Comprehensive Guide to Additional Resources for Families Affected By Autism (Updated February 2010)

If you do not see a resource or listing for your area,
please contact your local FBR office, the Family Support Coordinator,
or the Chief Operating Officer.

We will make every attempt to meet your needs.

Family Behavioral Resources - Autism Services

Local Phone Number: 724-850-8118, Ext. 25

Toll Free Number: 1-866-4-FBR-ASD

Fax Number: 724-850-9500

autismservices@familybehavioralresources.com

www.familybehavioralresources.com

Visit us on  – Become a fan of “Family Behavioral Resources”!



Introduction

This guide is meant to support those individuals who have received a diagnosis of an autism spectrum disorder; this may include Autism, Pervasive Developmental Disorder-Not Otherwise Specified, Asperger's Syndrome and other related diagnoses. Our target audiences for this guide are those individuals and family members who have begun to "navigate the system." For example:

- ✓ Your child has seen a psychologist or other evaluator
- ✓ Your child has an ACCESS card (or applied for Medical Assistance)
- ✓ You have selected a wraparound provider and had their initial Interagency Service Planning Team (ISPT) Meeting)
- ✓ You have begun to accept the diagnosis, and would like additional supports and information
- ✓ You are ready to take the "next steps" in treating your child – through early intervention/preschool, outpatient therapies, and more

It is our hope that families will find our guide educational and informative. We have made extensive efforts to provide the most comprehensive information and listings in relation to autism treatments, therapies, and providers. We realize that we may have overlooked some organizations, facilities, or important resources. If this is the case, please let us know what we have missed so we may share that information with the community.

Family Behavioral Resources is dedicated to providing support to children and families affected by an autism spectrum disorder. We believe that autism is treatable with early intervention and treatment. Our team of Regional Directors of Autism Services and Autism Coordinators are committed to providing support to children on the spectrum not just through wraparound services, but also by training and supervising other clinicians in a variety of modalities. Our Family Support Coordinator partners with the Autism Team to develop community outreach efforts, such as partnering with school districts to develop autism support classrooms, offer workshops, and provide resource packets that promote autism awareness and education.

If you would like more information about autism, or about the services that FBR can provide to you and your family, please do not hesitate to contact:

Rick J. Murray, LSW, BCBA, Chief Operating Officer
Catherine A. Hughes, Family Support Coordinator
PO Box 879
Greensburg, PA 15601
1-866-4-FBR-ASD or 724-850-8118, Ext. 25 (Office)
724-850-9500 (Fax)
autismservices@familybehavioralresources.com (Email)

Please be sure to visit us on the web at **www.familybehavioralresources.com**.

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If you have general concerns about behavioral healthcare in Pennsylvania, contact:

Department of Public Welfare – Office of Mental Health and Substance Abuse
Health & Welfare Building
Room 502, PO Box 2675
Harrisburg, PA 17105-2675
717-787-6443
www.dpw.state.pa.us/omhsas/dpwmh.asp

Department of Public Welfare – Office of Mental Retardation
Health & Welfare Building
Room 512
PO Box 2675
Harrisburg, PA 17105-2675
717-787-3700
www.dpw.state.pa.us/omr/dpwmr.asp

PA Health Law Project
Toll-Free HelpLine 1-800-274-3258
www.phlp.org

Behavioral Health – Managed Care Organizations:

You can contact your local behavioral health managed care organization, and ask for your Care Manager if you have questions about the efficacy of your child’s behavioral services provided by *HealthChoices*. A managed care organization is set up for every county in Southwestern PA, and they service families who receive medical assistance for their child resulting from a formal diagnosis from an approved practitioner.

Community Care Behavioral Health
One Chatham Center
Suite 700, 112 Washington Place
Pittsburgh, PA 15219
(Allegheny County only) 1-888-251-CCBH (2224)
www.ccbh.com

CBHNP
145 Clark Building Road, Suite 8
Bedford, PA 15522
Bedford/Somerset Member Services: 1-866-773-7891
Blair County Member Services: 1-866-773-7892
Lancaster County Member Services 1-866-722-8646

Value Behavioral Health
520 Pleasant Valley Road
Trafford, PA 15085
Armstrong 1-877-688-5969
Beaver 1-877-688-5970
Butler 1-877-688-5971
Cambria: 1-866-404-4562
Fayette 1-877-688-5972

Greene 1-877-688-5973
Indiana 1-877-688-5974
Lawrence 1-877-688-5975
Mercer 1-866-404-4561
Washington 1-877-688-5976
Westmoreland 1-877-688-5977
www.valueoptions.com

✚ Early Intervention:

Early Intervention, or EI units can help you find preschool classrooms for children with developmental delays and special needs. An independent evaluator typically assesses developmental needs and delays by screening the child by means of a Multi-Disciplinary Evaluation. EI units can also assist families with arranging occupational, speech, and physical therapy evaluations, as well as vision and hearing tests. Therapeutic preschool classes are completely funded for children ages three to five who present at least a 25% cognitive delay. These classrooms typically emphasize play skills and socialization. Most children with an Autism spectrum disorder qualify for these services.

Allegheny Intermediate Unit
(Allegheny County)
475 East Waterfront Drive
Homestead, PA 15120
412-394-5700
www.aiu3.org

225 Center Grange Road
Aliquippa, PA 15001
724-774-7800
www.bviu.org

Alliance for Infants and Toddlers
(Allegheny County)
The Hough Building
2801 Custer Avenue
Pittsburgh, Pennsylvania 15227
412-885-6000
www.afit.org

Midwestern Intermediate Unit IV
(Butler, Lawrence, and Mercer Counties)
453 Maple Street
Grove City, PA 16127
724-458-6700
www.miu4.k12.pa.us

Appalachia Intermediate Unit 8
(Bedford, Blair, Cambria, and Somerset
Counties)
4500 Sixth Avenue
Altoona, PA 16002
1-814-940-0223
www.iu08.org

Intermediate Unit 1
(Fayette, Greene, and Washington Counties)
One Intermediate Unit Drive
Coal Center, PA 15423
1-800-328-6481 or 724-938-3241
www.iu1.k12.pa.us

ARIN Intermediate Unit 28
(Armstrong and Indiana Counties)
2895 W Pike
Indiana, PA 15701-9769
724-463-5300
www.iu28.org

Lancaster-Lebanon Intermediate Unit 13
1020 New Holland Avenue
Lancaster, PA 17601
717-606-1600
www.iu13.org

Beaver Valley Intermediate Unit
(Beaver County)

Westmoreland Intermediate Unit
(Westmoreland County)
RR12 Box 205
Donahue Road
Greensburg, PA 15601
724-836-2460
wiu.k12.pa.us

(You can also contact your local school district for additional information)

Occupational Therapy, Physical Therapy, or Speech and Language Therapy (Outpatient):

Children with an Autism Spectrum Disorder can benefit immensely from a variety of interventions. This includes outpatient treatments such as occupational, speech/language, and physical therapies.

Speech and language therapy is necessary to address the communication needs of diagnosed children. Children in speech and language therapy (SLT) do not just learn how to say words; they can learn how and when to use functional language, how to communicate wants and needs, and how to converse with others. Other age-appropriate skills can be addressed too, such as social skills, reading/writing, play skills and more. Non-verbal (and sometimes verbal) children may use picture schedules (PECS) or basic sign language to communicate.

Occupational therapy (OT) can teach or reinforce activities of daily living, play skills, social skills, as well as fine and gross motor skills. Many occupational therapists today implement a sensory integration approach, since many children with Autism have sensory processing difficulties. This means the way they process their environment – through their five senses – is different than that of typically developing peers. For example, an autistic child may become increasingly aggravated from a loud fire alarm, bright fluorescent lighting in a grocery store, or tight fitting sneakers.

Physical therapy (PT) is used for some children with Autism to address more significant fine or gross motor delays, motor planning, and/or low muscle tone (hypotonia). Physical therapy and exercise can be combined with occupational therapy to address stereotypical behaviors, sensory needs, and sometimes, social skills.

Often, a child is enrolled in more than one type of therapy to address their variety of needs. Here is a listing of some of the outpatient facilities or independent providers in Southwestern Pennsylvania. Cities listed are where offices are based, however providers often service a region or count(ies).

Altoona Regional Health System
PT, OT, SLP
Duncansville, Puritan Park, Tyrone
814-889-2011 (Main Line)

Billie Sujansky, MS, LPC
245 Race St.
Somerset, PA 15501
814-443-4891 or 1-877-814-4891

Armstrong County Memorial Hospital
PT, OT and SLT
Kittanning
724-543-8598

The Children's Institute of Pittsburgh
PT, OT, SLT, and Functional Feeding Clinic
Squirrel Hill, Norwin Hills, Greentree, Wexford
412-420-2113
www.amazingkids.org

Aspire Pediatric Therapy
OT and SLT
McKees Rocks, New Kensington
412-458-0798

Children's Therapy Center
PT, OT, and SLT
McMurray
724-537-1490 (SLT)
724-527-1263 (OT)
724-941-6200 (Main)

Autism Center of Pittsburgh
OT, SLT and Evaluations
Serving the Greater Pittsburgh region
412-364-1886/1-866-PUZZLE-2

Crossroads Speech and Hearing
Canonsburg, West Mifflin, and Wexford
724-941-4434

Barclay Rehab Pediatric Therapy Center
PT, OT, and SLT
Youngwood
724-925-6700

Easter Seals – Central PA
PT, OT, SLP (Also Autism Resource Center)
Altoona, Chambersburg, Mechanicsburg, State College,
Waynesboro, and York
1-888-372-7280

Bollman Behavior and Speech Services, Inc.
SLT
Bellevue/Emsworth
412-761-1485

Jameson Rehabilitation Center
OT, PT
2655 Ellwood Rd.
New Castle, PA 16101

Bedford-Somerset MH/MR
OT

724-658-4539
Or
3410 Wilmington Rd.
New Castle, PA 16101
724-658-2801

Nathan Speech Services
SLT, Advocacy, Social Skills Groups
Pittsburgh
412-363-8388

Neurological Therapy Specialists
PT, OT, and SLT
Greensburg and Indiana
1-800-945-0023
www.neurological-therapy-specialists.com

Pediatric Therapy Specialists, Inc.
PT, OT, and SLT
Sharpsburg
412-787-1180

Positive Steps
PT, OT, and SLT
Gibsonia
724-444-5333
www.positivestepstherapy.org

Rehabilitation Specialists
SLT
Allison Park, Bellevue, Robinson, and Zelienople
412-761-6062
www.rehabspecialists.net

River Speech and Educational Services
PT, OT, SLT, Reading/Tutoring, Social Groups
Fox Chapel
412-963-0463

Therapy Services, LLC
PT, OT/Sensory Integration, SLT
Washington
724-228-0650

UPMC Bedford Memorial
OT, SLT, PT, Sensory Integration Program
Everett, PA
814-624-3572

**UPMC Horizon Center for Rehabilitation
Preventative Medicine**
Farrell, PA 16121
724-983-7980
or
Greenville, PA 16125
724-588-3001

Your local ARC chapter can offer information about advocacy, community resources, outpatient therapists, and support groups in your hometown:

Achieva
(Formerly ARC of Allegheny County)
711 Bingham Street
Pittsburgh, PA 15203
412-995-5000

ARC of Armstrong County
309 Market Street
Kittanning, PA 16201
724-545-3426

ARC of Beaver County
3582 Brodhead Road
Suite 202
Monaca, PA 15061
724-775-1602

ARC of Blair County
431 Jackson Avenue
Altoona, PA 16602
814-946-1011

ARC of Butler County
Pullman Commerce Center
Suite 202

112 Hollywood Drive
Butler, PA 16001
724-282-1500

ARC of Cambria County
960 Bedford Street
Johnstown, PA 15902
814-535-1511

ARC of Fayette County
80 Old New Salem Road
Uniontown, PA 15401
724-438-8416

ARC of Greene County
197 Dunn Station Road
Prosperity, PA 15329
724-627-5511

ARC of Indiana County
2340 Warren Road Suite 106
Indiana, PA 15701
Telephone: (724) 349-8230

ARC of Lancaster County

630 Janet Avenue
Lancaster, PA 17601
717-394-5251

ARC of Mercer County
850 North Hermitage Road
Hermitage, PA 16148
724-981-2950

ARC of Washington County
Foxpointe Centre Suite 200
201 S. Johnson Road
Houston, PA 15342
724-745-3010

ARC of Somerset County
PO Box 206
Windber, PA 15963
814-467-9800

ARC of Westmoreland County
R. D. 12, Box 227
Donohoe Road
Greensburg, PA 15601-9357
724-837-8159

www.thearcpa.org

✦ Autism Specific Resources – Western PA ✦

Once your child is enrolled in wraparound, EI, outpatient therapies, and more, you may find yourself looking for support for yourself and your family. You may also look for more information about types of interventions – behavioral as well as alternative. Families often find that the best way to learn more about Autism and treatments is by connecting with other parents who are already experienced with the disorder. Often, parents cope with the diagnosis by researching and learning about anything and everything related to Autism. Information is certainly available through an array of resources. Here is a listing of some of those organizations and publications – on local and national levels.

ABOARD – Advisory Board on Autism and Related Disorders

35 Wilson Street
Suite 100
Pittsburgh, PA 15233
412-781-4116
www.aboard.org

An organization committed to “*maximizing potential, maximizing possibilities*” for children, adolescents, and adults with Autism. ABOARD is proud to offer information dissemination, a lending library, 56 support groups in 36 counties, media communications (such as the ABOARD E-Gram), and workshops and conferences regarding everything from IEPs (Individualized Education Plans), behavior management and sensory integration to featuring adults with Autism such as the famous Dr. Temple Grandin and Kim Peek (the original “Rain Man”). Members of ABOARD benefit by receiving quarterly issues of “The All ABOARD News,” and receive discounts on presentations and workshops. ABOARD can be supported through their Autism efforts such as the annual Gala and Casino Nite benefiting ABOARD and CeFAR (Center for Excellence in Autism Research), volunteer work, and generous donations.

ASDHOPE

www.asdhope.com

ASD HOPE is a group of parents and professionals, located in Central Pennsylvania, dedicated to helping families find the answers. Support groups, workshops, and parent information booklets are available.

AutismLink

www.autismlink.com

AutismLink is a locally based national organization offering a multitude of supports for families and the autism community, including family-friendly events, advocacy and a comprehensive website.

Autism Society of Butler County

Davy Wildman, ASBC President

PO Box 275

Evans City, PA 16033-0275

724-538-4425

autismsocietyofbutlercounty.tripod.com/id16.html

This is the Butler County chapter of the Autism Society of America. Please call or email to receive their newsletter and monthly updates.

Autism Society of Pittsburgh

4371 Northern Pike

Monroeville, PA 15146

412-856-7223 (or 7224)

www.autismsocietypgh.org

A local chapter of the Autism Society of America (ASA), the ASA of Pittsburgh offers information, a library with a variety of legal, medical, nutritional, educational and psychological materials (the Danny Cope Autism Library) information and support, newsletters, workshops, a referral system, legal information, parent support, and more. Founders of the first Spectrum Charter School providing vocational training as well as a unique educational experience for autistics aged 14 to 21, S.P.E.A.K. (Summer Program for the Education of Autistic Kids), and an ESY (Extended School Year) program that teaches basic living skills, recreation, community training, and IEP objectives. The ASA of Pittsburgh offers information to families about traditional as well as alternative modalities of intervention. The Board of Directors and Advisory Board are compiled of doctors and even Pittsburgh celebrities such as Myron Cope, Wayne Van Dine, and Adam Lynch.

Autism Society of Westmoreland County

Lisa C. Vinck-Liston, President, ASA-WCC

544 Hickory Drive

Greensburg, PA 15601

724-834-0597

pa-westmorelandcounty@autismsocietyofamerica.org

This is the Westmoreland County chapter of the Autism Society of America. Please call or email to receive their newsletter and monthly updates.

Autism Help Network

Heather Stewart, Program Director

4714 Valleyfield Drive

Allison Park, PA 15101

724-449-7072

www.autismhelpforyou.org

Directly from the Autism Help Network Site: Welcome to the Autism Help Network website -your journey begins here! The AHN website is both an informational piece to newcomers and a networking tool for parents dealing with autism. We offer a wide array of services to families in many different areas. We are positive you will find answers here, and if you don't, we encourage you to call or email us and one of our staff will be more than happy to help you obtain the answers you seek. AHN is more than an organization, for some we are a way of life, for others we are the helping hand that makes a child's day a little brighter. We are funded by individuals and businesses alike who care about the autism community and want to be a part of the evolution of a community in need. Although there is no cure for autism, AHN has made it a point to offer the next best thing, unconditional support to all in need. We look forward to hearing from you, whether you need help, or wish to contribute we welcome you to our family!

Autism Speaks

Beth Whitehouse – Greater Pittsburgh Regional Director

Lisa Maloney – Greater Pittsburgh Walk Manager

8035 McKnight Road

Pittsburgh, PA 15237

412-367-4571

www.autismspeaks.org and www.walknowforautismspeaks.org

The National Alliance for Autism Research (NAAR) formed back in 1994 by Eric and Karen London, two parents who were determined to donate money to Autism research to help children like their son, Zachary. Once they learned that there was no national non-profit organization dedicated to funding Autism research, they formed NAAR. In February 2005, Bob and Suzanne Wright formed Autism Speaks to help raise awareness, much needed funding, and to support the thousands of families across the nation who are affected by Autism Spectrum Disorders. In February 2006, the National Alliance for Autism Research merged with Autism Speaks to unite forces in the fight against Autism. In late 2006, Autism Speaks also merged with Cure Autism Now to further drive the united front in the fight against Autism.

In 2000, families located right here in Pittsburgh formed the first “Walk FAR for NAAR.” Now known as the “Walk for Autism Research,” this grassroots effort raises millions of dollars each year to fund biomedical research. This united organization demonstrates that it just takes “one family, one voice” to make a difference in the lives of others. Families are invited to participate in the Pittsburgh Walk Now for Autism, held annually in late spring.

*****Now available through Autism Speaks is the *100-Day Kit* for new families. Call 1-888-AUTISM-2 to request a personalized kit, tailored to your family's needs!**

Autism Spectrum Connection (Formerly LLCARE) and The Tommy Foundation

Liz Carotto, President

1390 Columbia Avenue

Lancaster, PA 17603

877-363-3993 or 717-312-8111

www.tommyland.org/community/asc.html

Directly from the website: ASC was founded by Jim Boudier in 2004. Today, Liz Carotto serves as President of the organization and the founders of the Tommy Foundation serve on the board along with Nicole Cekovich and Deb Brown. Formerly known as LC Care, it changed its name in 2007 to better serve the community. The mission of ASC is to provide families and professionals

opportunities to network with the support of local resources while fostering awareness of individuals with autism throughout the Susquehanna Valley.

Bureau of Autism Services for Pennsylvania

Nina Wall Cote', Director
Department of Public Welfare
Bureau of Autism Services
PO Box 2675
Harrisburg, PA 17105
1-866-539-7689
www.autisminpa.org
DPW-AutismOffice@state.pa.us

Driven by the Autism Task Force of 2003, the BAS strives to meet the needs of persons with ASD and their families across the lifespan. They operate under the Department of Public Welfare, and collaborate with the Office of Mental Health and Substance Abuse Services (OMHSAS) to ensure that quality services and supports are created and delivered to those affected by autism. They have been, and continue to be, instrumental in the implementation of Act 62 (Autism Insurance Act), the Adult Autism Waiver, and the Autism Services, Research, Education and Treatment (ASERT) Centers across the state.

The Hope Learning Center

Asha M. Persaud, Director
155 Lake Drive
Wexford, PA 15090
724-933-HOPE
info@thehopelearningcenter.org
www.thehopelearningcenter.org

Directly from The Hope Learning Center website: The Hope Learning Center is dedicated to improving education for students affected by autism through curriculum development, teacher training, family support, arts outreach, technology, and public awareness. The Hope Learning Center is a center of excellence developed in an effort to bridge the gap between the nationally recognized research being performed on autism and the high demand for children with autism.

Learn more about upcoming conferences and current events by visiting their website!

Moms' Breakfast Group – Autism Support Group for Blair/Cambria Counties

Lori Crabtree
814-684-0836

Connect with other families in Central PA!

Parents in Toto

Mary Limbacher, Founder
143 S. Main Street
Zelienople, PA 16063
724-473-0990
parentsintoto.com

Directly from the Parents in Toto website: Parents in Toto is a newly created parent and family resource center, in the heart of the Zelienople business district, developed as an outreach of the ABOARD sponsored Cranberry CARES parent support group for families challenged by Asperger's Syndrome or High-Functioning Autism. At Toto, our goal is to provide more accessible and integrated programs for northern community caregivers and individuals on the spectrum to reduce the isolation and frustration that is often felt. Additional confusion usually compounds the difficulty when attempting to navigate the many varied medical and governmental services. We want to help. Parents in Toto will specifically focus on providing personal guidance through parent volunteers who will share support, knowledge, and information regarding the many local resources, therapists, support and social groups to aide in problem-solving for your specific needs. Parents in Toto is a pending 501c3.

Tri-Medical Supply

New Castle, PA
1-800-541-0734
trimedonline.com

Many children with autism are not toilet-trained by the age of 3. **Medical Assistance will cover the cost of diapers/pull-ups for your child if they are older than 3 and not toilet-trained.** Telephone Tri-Med and they will explain how the program works. You will then have to call your physician and have them write a prescription for the diapers/pull-ups and fax it to Tri-Med. Tri-Med will then arrange for the delivery of the supplies to your home.

Autism Specific Resources – Nationally Recognized Organizations and Useful Websites

ABA Resources - Richard Saffran's Website - rsaffran.tripod.com

AutismInfo – www.autisminfo.com

Autism Network for Dietary Intervention (ANDI) – www.autismndi.com

AutismOne Radio - www.autismone.org

Autism Research Institute (also home of *Defeat Autism Now!*) - www.autism.com/ari

Autism Society of America – www.autism-society.org

Autism Speaks – www.autismspeaks.org

Autism Today – www.autismtoday.com

Dr. Carbone (Verbal Behavior) - www.dr-carbone.net

Christina Burk – www.christinaburkaba.com (Applied Verbal Behavior)

Dana's View from the Inside – www.danasview.net

Defeat Autism Now – www.autism.com/ari

Developmental Delay Resources – www.devdelay.org

Do 2 Learn – www.do2learn.com (Offers ASD information and picture schedules)

Exploring Autism - www.exploringautism.org

Families for Early Autism Treatment – www.feat.org

First Signs – www.firstsigns.org

Generation Rescue – www.generationrescue.org

Monarch Educational Materials – www.monarchmaterials.com

National Autism Association – www.nationalautismassociation.org

OASIS (Asperger's Support) - www.udel.edu/bkirby/asperger/

Relationship Development Intervention (Dr. Steven Gutstein) – www.connectionscenter.com

Talk About Curing Autism – www.tacanow.org

Unlocking Autism – www.unlockingautism.org

Yahoo! Groups – www.yahoo.com

Over 700 chat rooms and message boards related to Autism can be found by using the search engine in the “Groups” section of the Yahoo! Homepage. *This is an excellent way to connect with other families affected by Autism.*

Autism Publications

The Advocate – www.autism-society.org

This newsletter is available through the Autism Society of America.

Autism/Asperger's Digest Magazine- www.autismdigest.com

This monthly magazine offers information about Autism, Asperger's Syndrome, and Pervasive Developmental Disorder, and is the only magazine all about Autism. Autism/Asperger's Digest is made possible by Future Horizons.

Exceptional Parent - www.eparent.org

This monthly magazine for parents of children with special needs features “*EP On Autism.*”

Future Horizons - www.futurehorizons-autism.com

Future Horizons is a leader in Autism and Asperger's specific publications. They offer catalogs, newsletters, books, audiotapes, videos, and a laundry list of conferences.

Mothering Magazine – www.mothering.com

A natural family living magazine, this publication often features columns and stories about families affected by Autism Spectrum Disorders.

Schafer Autism Report - home.sprynet.com/~schafer

This daily email report is perhaps the most comprehensive publication on the latest news about anything and everything related to Autism.

National Online Support Groups or Forums for Parents of Autistic Children – Autism Specific

www.facebook.com – Multiple supports available!

www.autismspeaks.org

www.autism-pdd.net

groups.yahoo.com/group/children_with_autism

groups.yahoo.com/group/autism_in_girls

groups.yahoo.com/group/autism-aspergers

groups.yahoo.com/group/parenting_Autism

groups.yahoo.com/group/AspergersSupport

groups.yahoo.com/group/P2ParentsChat

www.udel.edu/bkirby/asperger/messageboards.html

National Online Support Groups or Forums for Parents of Autistic Children – Related Disorders and Treatment Approaches

groups.yahoo.com/group/abmd – Autism Biomedical Discussion, for parents and professionals to discuss research and biomedical treatments for Autism

groups.yahoo.com/group/DTT-NET – A group for parents and professionals to discuss behavioral interventions for Autism such as Applied Behavioral Analysis, Verbal Behavior, Natural Environment Training, Discrete Trial Training

groups.yahoo.com/group/GFCFKids – For parents who are considering or are already implementing a gluten-free, casein free diet for their children

groups.yahoo.com/group/IEP_guide – This group is for families with children with special needs (not Autism-specific). However, many autistic children have an IEP (Individualized Education Plan). This group discusses IEPs, IDEA (Individuals with Disabilities Education Act), a “504 plan” (based on section 504 under IDEA), NCLB (No Child Left Behind), and general educational advocacy

groups.yahoo.com/group/NewRecoveredKids – For parents of children who have recovered or are on the road to recovery from the

symptoms of Autism

groups.yahoo.com/group/sensoryintegrationgroup – This group provides information, education, and support to families who have children affected by Sensory Integration Disorder (or Dysfunction), or that have sensory issues related to Autism.

groups.yahoo.com/group/VerbalBehavior – This group is for parents and professionals to discuss Verbal Behavior, an approach taught within an ABA program based on the book by B. F. Skinner. The list is moderated by Christina Burk, M.A., CBA.

Educational Advocacy:

When a child is diagnosed with Autism in Pennsylvania, they usually qualify for special education services. Typically these services follow an early intervention program (if the child is diagnosed early). An IEP, or Individualized Education Plan, is developed for the child to meet his or her specific needs and academic goals. It is important to advocate for the child's best interests, and ensure that he or she receives all the services that are necessary to achieve academic success and a FAPE, or Free and Appropriate Public Education. Each child is *legally entitled* to these services.

The best advocates for children are parents and caretakers. Here's how to better prepare yourself as an advocate:

- Attend workshops and conferences regarding IEPs offered by ABOARD, the ASA, the PEAL Center, and other local organizations.
- Learn about your rights to special education in Pennsylvania by referencing the Education Law Center (www.elc-pa.org) – access manuals that can be downloaded to your computer, newsletters, and a HelpLine that offers information about legal advocacy.
- Read books about IEPs and advocacy such as:
 - ✓ *The Complete IEP Guide: How to Advocate for Your Special Needs Child* by Lawrence M. Siegel
 - ✓ *Wrightslaw: From Emotions to Advocacy – The Special Education Survival Guide* by Peter and Pamela Wright
 - ✓ *I Need Help with School!* by Rebecca A. Moyes
- More books and manuals are available through Amazon.com
- Take the time to build a professional rapport with your school district. You should get to know the officials involved with the planning of your child's educational needs. However, you are the leader(s) of your child's IEP team. Informed, dedicated parents are important components of the team.

Would you like an experienced child advocate to help you ensure that your child is receiving the special education services that he or she qualifies for? You have options:

- ✓ Contact your local ARC chapter
- ✓ Contact the PEAL Center – serving Western and Central Pennsylvania (Speak to Cindy Duch, Director of Parent Advising, or Astrid Arroyo, Parent Mentor)
- ✓ Contact your Base Service Unit/Service Coordination Unit
- ✓ Contact FBR Autism Services – A list of educational advocates/consultants and a number of free publications from various sources are available in one combined packet. This is especially for parents who need to better understand the IEP process. Call today!

You can also speak to experienced parents:

- ✓ Join Yahoo! Groups “IEP_guide” message board at groups.yahoo.com/group/IEP_guide. The board consists of experienced parents and advocates. The group’s *Files* section contains a listing of links, advocacy tips, sample IEPs, and useful forms/handouts relating to IEPs, 504 plans, or No Child Left Behind (NCLB).
- ✓ Attend local support groups and connect with other parents who may live in your school district.

More About Advocacy:

As parents and caretakers navigate “the system”, they often learn that advocacy does not begin or end with school districts. Advocating and fighting for your child’s rights and physical or mental health needs is imperative for a variety of situations, which may or may not include:

- Doctor’s appointments – Including:
 - Psychologists
 - Psychiatrists
 - Developmental Pediatricians
 - Neurologists
 - Primary Care Physicians / General Pediatricians
 - Other medical specialists such as nutritionists, GI doctors, and more
- Interagency Service Planning Team Meeting (ISPTs) for wraparound services
- Evaluations for outpatient therapies (OT, SLT, PT and more)
- Appointments with the DPW or Social Security offices
- Any formal meeting or appointment regarding services or treatment for your child

How can a parent become a good advocate?

Here are some tips from our Family Support Coordinator, a parent of a child with Autism:

- ❑ ***Accept the diagnosis.*** Autism is a life-long disability – there is no cure for the disorder, though recovery from many symptoms is possible.
- ❑ ***Develop your own “filing system” for your child’s records.*** For example, have a folder for psychological reports, one for outpatient therapies, one for early intervention, etc.
- ❑ ***Request copies of everything.*** This includes any and all reports or records pertaining to your child. Not only will therapists and doctors find this helpful, this is also a good way track your child’s progress. You need to become your own “secretary” of sorts.
- ❑ ***Bring recent reports from other evaluators to every relevant appointment.*** For example, when you attend your child’s quarterly psychological evaluation, bring your child’s OT evaluation from last month, or a copy of your child’s new IEP from early intervention.

- Comprehensive information gives evaluators and physicians a well-rounded overview of your child's progress and current interventions and needs.
- ❑ ***Offer information about Autism to your child's psychologist or pediatrician.*** Though it isn't a parents' job to educate physicians about alternative treatments, or why sensory integration is beneficial to children with Autism, many professionals are grateful to parents who offer such information that they can share with those in their practice. Parents are often quick to blame doctors (especially PCPs) who are not educated about the latest information or treatments about Autism. Doctors usually have hundreds of patients with a variety of needs, may work 50-60 hours a week along with being on-call on evenings and weekends, and often have their own families and children to raise. Experienced parents and professionals know that new Autism information is available virtually every day. Doctors simply do not have time to read new information available on the internet or in medical journals. By offering information to your child's doctor(s), you are saving them a lot of time, and building a rapport with them at the same time. However, some doctors are unfortunately closed-minded, and brush off parental concerns.
 - ❑ ***Find a doctor(s) who will listen.*** When building a treatment team, everyone needs to be on the same page. Parents need the support of every team member – from wraparound, EI, school districts, outpatient facilities, and doctors – when treating their child. Though most parents are not scientists, researchers or physicians, it is often the parents that spend endless hours reading and learning about alternative or behavioral treatments. Often, parents that act as “amateur scientists” find the right treatments for their child. Some therapists and doctors may not see eye to eye with parents who would like to try, for example, a gluten-free, milk-free diet or intensive Discrete Trial therapy. Parents are often chastised for asking about mercury-free vaccinations, food allergy testing, or referrals to various specialists. Open-minded doctors recognize the important role that families play in the treatment of an autistic child.
 - ❑ ***The same goes for therapists and other paraprofessionals!*** Offer the same information to other members of your child's team. Information that you offer to members of your wraparound team or your child's OT, for example, may be useful to some of their other clients with Autism. Sharing information benefits everyone.
 - ❑ ***Connect with other parents.*** Again, sometimes the best sources of information are parents of children with Autism who know how to navigate the system and have spent the time researching and learning about the disorder. Let those parents save you some time and energy, and let them inspire you. Often they can answer your questions quickly and efficiently. Experienced parents make excellent mentors ... and advocates!
 - ❑ ***Know your role as the leader of your child's team.*** It's common for parents to feel intimidated when master's level clinicians, paraprofessionals, and medical doctors surround them. Parents often feel that the BSC or psychologist should head the child's team. It's the parents who ultimately lead the team, since they are working to recover their *own child* from the symptoms of Autism.
 - ❑ ***Speak up!*** If you feel an approach or treatment is not appropriate, say something! It is your right, and your child's right, to refuse any type of intervention that is not acceptable to you. However, know the difference between being open and closed minded.
 - ❑ ***Promote awareness about Autism.*** Many people do not know that Autism is the second most common disability in children today. Rates of Autism are now as high as 1 in 150, and in some areas it is more prevalent. Very possibly, someone you know – a neighbor, an old friend from college, a co-worker – knows of someone who is affected by Autism. If they do not, it is very likely they will in the future (according to the staggering rates of the disorder).

- ❑ ***Mentor others who are new to the diagnosis.*** Once you have “learned the ropes,” you may find that you are able to help others navigate the system. Helping others such as yourself is rewarding, and somewhat therapeutic.
- ❑ ***Never, ever give up hope, and inspire others to do the same.*** Some children who are more severely affected do not respond as quickly to therapy or treatments. Parents can easily become frustrated and aggravated, and feel as if they should just give up when their child is not responding. Be patient – no therapy or approach works overnight. We should hold onto the hope that children with Autism can reach their fullest potential. Everyone deserves that chance.

How can a parent learn more about their children’s rights as consumers?

Families in Southwestern Pennsylvania, whose children participate in HealthChoices , are able to access confidential services from the Mental Health Association’s Ombudsman program free of charge. An **Ombudsman** provides information about managed care organizations, helps families to understand their rights, and helps consumers solve problems by assisting them in filing complaints and grievances, investigating claims as needed. They cannot act as individual advocates; however, they can refer families to advocates as needed.

Families who have questions, concerns, or need to file a complaint or grievance against a managed care organization or another providers offering services to children should contact an Ombudsman. They are available in the following counties:

Allegheny: 1-877-787-2424	Greene: 1-888-642-6767
Armstrong: 1-888-329-0468	Indiana: 1-800-871-4445
Beaver: 1-800-496-4388	Washington: 1-888-642-6767
Butler: 1-888-329-0468	Westmoreland: 1-800-871-4445
Fayette: 1-877-213-3031	

✚Therapy Acronyms and Basic Terminology of Therapeutic Approaches ✚

You can find out what most abbreviations stand for and definitions of many “Autism-related” terms by visiting www.Autism-resources.com/Autismfaq-glos.html

Here are some definitions of just some of the treatment modalities offered or supported by Family Behavioral Resources:

Applied Behavioral Analysis, or ABA, is a discipline devoted to the understanding and improvement of human behavior. It focuses on objectively defined observable behaviors of social significance. It seeks to improve the behavior under study while demonstrating a reliable relationship between the procedures employed and the behavior improvement. It uses methods of science – description, quantification, and analysis. ABA is a compilation of teaching procedures. ABA provides structured programming that provides positive reinforcement, therefore increasing appropriate behaviors. Data is collected and analyzed by a behavioral specialist. This methodology can benefit children of any age, beginning around 2 years old. ABA can be approached in a number of ways, such as Discrete Trial Training and Applied Verbal Behavior.

Discrete Trial Training is one of many teaching procedures that fall under the “ABA umbrella.” DTT follows the guidelines set forth by Dr. Ivar Lovaas. FBR does not believe in using punishments or aversives in our approach. Rather, we concentrate on task analysis, and breaking down skills into small,

measurable steps that can be reinforced in a positive manner. The format used is *Sd* (the antecedent), *R* (the child's response), and *Sr* (Reinforcement/consequence) – every discrete trial must have these three components.

Applied Verbal Behavior is another method that focuses on the language element of learning, based on the studies of B.F. Skinner. It promotes the teaching of language in a functional manner. In a verbal behavior approach, a child starts to understand the true meaning or value of words, rather than using simply a rote labeling vocabulary. A child learns to repeat words, label them, describe them, request them, respond to others using the word, read them, and write them. Clearly, language, verbal and non-verbal, affects all aspects of interacting with others. A child's language needs can be met by having their behavioral consultant complete The Assessment of Basic Language and Learning Skills, or ABLLS assessment. This comprehensive protocol can determine the basic foundation for a DTT program with VB components.

Dr. Steven Gutstein created the **Relationship Development Intervention (RDI)** model of teaching a child about relationships with others. It teaches a child about how to relate to those around them, how to understand what other people are feeling, and how to identify their inner feelings and needs. Children learn about human emotion, sharing, and empathy, thus learning to connect more with their world.

Sensory Integration (or sensory processing) is a large factor in determining the functions of a child's behavior. The way a child processes their environment, by use of the five senses, is often dysfunctional in a child with autism. They are usually hypersensitive or hyposensitive to touch, light, sounds, smells, and tastes. Children with SI dysfunction (what is now known as Sensory Processing Disorder) usually have aversions to certain textures, such as only wearing cotton clothing and eating crunchy, salty foods, just to give an example. In regard to touch, they may shudder at another person slightly brushing up against them, or jump on the bed for long periods of time to seek out input for their bodies. Often, those with SI needs have poor motor skills, and have difficulty with such tasks as dressing, writing, and "motor planning (resulting with trouble in areas such as balance and coordination." Approaches of occupational therapy are often used to treat this area of behavioral needs, but can also be treated by ABA. By analyzing the child's sensory behaviors, the team can help the family to determine what the child needs to improve in sensory integration. The concept of developing a plan for sensory needs is called a "sensory diet." **FBR does not implement elements of a sensory diet without direct consultation and support from a licensed Occupational Therapist.**

Every child learns and develops through play. **Play Therapy (or Floortime)** is useful for children with social and emotional needs. By observing a child's play, one can gain insight into a child's true feelings about themselves and the world around them, not to mention how they interpret their environment. Through this method of therapy, the child can also learn important social skills.

Common Misconceptions and Concerns about the Wraparound System and Its Treatment Approaches: Answers from a Parent and Professional

Myth/Concern: Wraparound, sometimes referred to as "in-home" therapy, is intrusive.

Fact: A true wraparound approach is not always applied just in the home. Treatments can be given in a child's home, community setting such as a daycare or preschool, sometimes a school, or in extracurricular activities (such as a social skills development group). Therapy for a child is not meant to be intrusive. Rather, its goal is to enable the child and in turn, the family to function more independently.

Myth/Concern: I have to go to the welfare office to get an ACCESS card? People will think I'm poor!

Fact: Medical assistance provided to children who have a disability is *not income-based*. The ACCESS card pays for wraparound services, along other outpatient therapies and various medical services. Many children who have an ACCESS card also keep their previous insurance carrier.

Myth/Concern: Wraparound is inconvenient, and takes over your life.

Fact: Though parental involvement is required for the team to treat your child, it does not need to be overwhelming in a negative way. Therapeutic sessions, especially those conducted in the home, are scheduled per the family's needs. There is much room for flexibility. Treating a child and addressing their needs is indeed time consuming, physically as well as emotional. However, in time, most parents feel that their time invested in wraparound is worth their child's improvement and well being.

Myth/Concern: If a parent of a child with autism accepts services, then they have failed as parent. They must have done something wrong!

Fact: Autism is a complex developmental disorder with a genetic, neurological, and/or biological basis. The term "refrigerator mother" coined in the 1960's has long-since been proven completely false. "Bad parenting" does not cause Autism. Nobody knows what the cause is, and there is no cure. However, accepting help from trained experts who can employ a variety of treatments based in the scientific method is one way of giving a child a better chance at leading a normal life.

Myth/Concern: I'm not having a therapist follow us around on community outings. Let's draw even more attention to the fact that our family and my child have a problem!

Fact: As mentioned previously, a goal of wraparound, as well as of most other types of outpatient therapy, is to teach the child skills and enhance inner abilities so that they may function independently. A child better prepared to function in their natural environment and in the "real world" is less likely to draw attention to themselves than a child who has had little or no intervention. Though recovery is not promised, we strive to help your child achieve his or her highest potential. Observing a child across several domains, and especially providing treatment in natural and outside settings, will help to achieve that goal.

Myth/Concern: Discrete Trial and ABA are robotic forms of training. I don't want my child to be a robot!

Fact: Initially, the ways of teaching the child through this process is repetitive. Gradually, as the child acquires skills, maintains them, and generalizes such concepts, the program has room for flexibility and the means to become more natural. Positive reinforcement, a vital necessity for a true DTT program, is recommended for all children to increase desired behaviors. Everyone needs to be rewarded for his or her work, and that includes adults. Discrete Trial Training offers the child a chance to learn in a structured environment that promotes success.

Myth/Concern: You can't guarantee that "this" method of therapy works. Prove it! There's so many "treatments" for autism.

Fact: Numerous institutions and current studies confirm that the best way to intervene with an autistic child is to offer early intervention. We don't employ just one type of therapy or method when we treat a child with Autism. Rather, we spend time identifying a child's current level of functioning, and strengths as well as areas of concern, to develop a treatment plan tailored to your child's needs. Much of what we do is based on the ABA model, which addresses several needs: communication, behaviors, self-monitoring, social skills, sensory needs, and play skills. Many children with Autism have deficits in each of these areas and every diagnosed child has deficits in at least some of these areas. If they did not, they would not meet the criteria for Autism.

Myth/Concern: I don't want my child to have a "label." If people hear that my child is autistic, he'll be treated differently. Giving my child wraparound services just emphasizes the Autism.

Fact: Yahoo's discussion group *IEP_Guide* points out that "behavior labels a child, and the diagnosis gives one hope to help (him or her) appropriately." Parents who deny their child services because they fear the "scarlet letter" is really putting their child at a disadvantage. Treatment for the symptoms and behaviors manifested by Autism is encouraged. Early intervention has shown to be a child's best chance at best recovery, or perhaps alleviation of some symptoms. At the worst, children who have not responded to therapy at least have parents that exhausted all possibilities and had their child's best interests at heart. That's still something to be admired.

A Few Brief Thoughts from a Parent and Professional

At Family Behavioral Resources, we emphasize “Family Focused Therapy.” Per the principles of the Child and Adolescent Service System Program, or CASSP, we recognize that the family is the most important part of the treatment team and decision-making process for a child with a diagnosis. We encourage a mutually beneficial collaborative effort between parents and professionals in order to produce improvements and a better quality of life for your loved one.

As a parent of a child previously diagnosed with autism, I strongly encourage you to enthusiastically accept assistance from experienced professionals, and build a team that ultimately benefits your son or daughter. When a child receives a diagnosis of autism, a parent has two choices: (1) ignore the problem or (2) make every attempt to overcome it. Many parents feel that they must “grieve” for the child that they feel they have lost. **It is important to remember that all children have incredible potential.** The wraparound model is one method of bringing out that potential within. Families in Pennsylvania are so fortunate to have such services available to them through a Medical Assistance program with no income guidelines, as there are very few states that have services comparable to ours.

Parents need to become advocates for their children, and research every avenue until they find the multi-system approach that best fits their needs. Accepting and implementing the wraparound team is one important step in achieving this. I was once quoted as saying, “My wraparound team is intrusive, invasive, and inconvenient... and they are saving my child’s life.” I have absolutely no regrets when it comes to my child’s wraparound team. I have nothing but the highest hopes and expectations for my son. The sky’s the limit and possibilities are endless.

-- Catherine Hughes, Family Support Coordinator for FBR

Overview of Autism Services Offered by Family Behavioral Resources

Specialized Autism Services

Family Behavioral Resources recognizes the unique needs of children with Autism Spectrum Disorders. Our approach to treating children with Autism builds upon the concepts of collaboration and teamwork in ensuring the highest level of clinical integrity in the support we provide to children with autism.

The Autism Team

An Autism Director or Coordinator is identified for each office of FBR. The Autism Director or Coordinator provides complete clinical oversight of the Autism Services within their region. The Autism Directors or Coordinators provide weekly Clinical Consultation and Collaboration (CCC) Sessions to Behavior Specialist Consultants (BSC) who serves as Lead Clinicians for the children we serve. The Autism Directors or Coordinators are also available to provide support to any child's program at any point in treatment and often participate in the initial program development for new consumers.

The Autism Team has had extensive experience in the field of clinical programming for children with Autism. The team includes persons with substantial education and training in Applied Behavior Analysis, Occupational Therapy (Sensory Integration), Verbal Behavior Programming, Discrete Trial Instruction, Precision Teaching, and the Picture Exchange Communication System (PECS).

Staff Training

FBR recognizes the value of training all levels of staff in ensuring that each child served receives the highest quality treatment available to date. All staff at FBR has access to a variety of trainings including Foundation Trainings in Autism that explore diagnosis to specific treatment approaches. Trainings are also available in Applied Behavioral Analysis, Sensory Integration, Discrete Trial, Visual Supports, Social Skill Development, and Applied Verbal Behavior Programming.

Commitment to Community

Our team at FBR takes pride in its commitment to meeting the individual needs of each community we serve. We offer Parent Support Groups, Sibling Support Groups, Social Skill Groups, and Play Groups in communities where needs have been identified. In addition to these ongoing groups, FBR holds Helping Others Potential Expand (H.O.P.E.) for Tomorrow Focus groups to identify needs within communities we serve.

Survey of Parent and Child Needs Related to Autism Spectrum Disorder

It is our hope that our guide to family resources has proven useful to you. If there's an area of information that we missed, we would greatly appreciate that feedback. We can then improve our introductory package to better serve other families like yours. We would also appreciate it if you could take just a few moments and fill out the following survey, so we can better meet the needs of the Autism community.

What would you like to see offered by Family Behavioral Resources that is not already offered in your area?

- | | |
|---|---|
| <input type="checkbox"/> A Family Support Group | <input type="checkbox"/> Yoga Therapy for Kids |
| <input type="checkbox"/> A Sibling Support Group | <input type="checkbox"/> Therapeutic Fitness Group |
| <input type="checkbox"/> A Social Skills Group | <input type="checkbox"/> Respite Care Program |
| <input type="checkbox"/> A Play Group | <input type="checkbox"/> Parent Training Workshops |
| <input type="checkbox"/> A Sensory Integration Group | <input type="checkbox"/> IEP and Child Advocacy Workshops |
| <input type="checkbox"/> A Biomedical Support Group | <input type="checkbox"/> Child Advocates |
| <input type="checkbox"/> Art Therapy | <input type="checkbox"/> Lending Library |
| <input type="checkbox"/> Music Therapy | <input type="checkbox"/> Asperger's Support Group |
| <input type="checkbox"/> Additional conferences or workshops specific to Autism; please list below: | |

Would you be willing to participate in a H.O.P.E. for Tomorrow Focus Group? Please list your contact information below. All information will be kept confidential:

Name: (Last, First): _____

Address: _____

Phone: _____ - _____ - _____ Email Address: _____

How Do I Contact FBR?

Would you like to speak to a member of the Autism Team? Please feel free to contact us:

Either Rick Murray or Catherine Hughes would be happy to assist you personally, or put you in contact with your local Regional Director of Autism Services or Autism Coordinator for support in regard to specific resources in your area. For your convenience, here is a listing of our office locations that offer wraparound services, and our outpatient clinics offering outpatient therapy and medication management.

ARMSTRONG – 206 Fifth Avenue, Suite B, Ford City, PA 16226
724-763-1002/724-763-1031

1-866-4-FBR-ASD / 724-850-9500
(*OFFERS AUTISM SERVICES AT THIS TIME)

BEAVER – 1301 Riverside Drive, Beaver, PA 15009
724-775-1362 / 724-775-3793

LATROBE-3576 Rt. 30W, Suite 7, Latrobe, PA 15650
724-537-8100 / 724-537-2070

BEDFORD – 9528 Lincoln Highway, Suite 1, Bedford, PA 15537
814-623-5077 / 814-623-5405

MERCER - *Colonial Square; 701 North Hermitage Road; Suite 10; Hermitage, PA 16148
(* 2/5/2010, moving to: 197 N. Buhl Farm Drive)
724-981-4462/724-981-4558

BLAIR – 764 Plaza Rt 764, Suite 2, Duncansville, PA 16635
814-695-2282 / 814-695-2460
(*OFFERS AUTISM SERVICES AT THIS TIME)

MONROEVILLE - 2526 Monroeville Blvd., Suite 200A, Monroeville, PA 15146
412-824-4005 / 412-824-4006

BRENTWOOD – Brentwood Towne Square, 101 Towne Square Way, Suite 239, Pittsburgh, PA 15227
412-881-2400 / 412-881-6400

NEW KENSINGTON BHRS- 4 Kensington Square, Suite A, New Kensington, PA 15068
724-339-1134 / 724-339-1554

BUTLER - Warner Center 200 Renaissance Dr., Suite 401, Butler, PA 16001
724-282-9010/ 724-282-9019
(*OFFERS FAMILY-BASED SERVICES)

NEW KENSINGTON CLINIC- 3 Kensington Square, Suite B, New Kensington, PA 15068
724-335-9733 / 724-335-9734

CAMBRIA – 313 West High Street, Suite 209, Ebensburg, PA 15931
1-866-4-FBR-ASD / 724-850-9500
(*OFFERS AUTISM SERVICES AT THIS TIME)

NORTH HILLS-8035 McKnight Road, Suite 102, Pittsburgh, PA 15237
412-366-8342 / 412-366-8346

CRANBERRY – One Landmark North Suite 101, 20399 Rt. 19, Cranberry Twp., PA 16066
724-772-2677/724-772-2669

NORTH HUNTINGDON - 8960 Hill Drive, North Huntingdon, PA 15642
724-861-9200 / 724-861-5926

◆ ***GREENSBURG** - One Corporate Circle, Suite 2000, Greensburg, PA 15601
724-850-7300 / 724-850-8011 (*Clinic Only)

ROBINSON- Park West One; 1000 Cliff Mine Road, Suite 100; Pittsburgh, PA 15275
412-788-4224 / 412-788-4553

◆ **INDIANA BHRS** - 1380 RT. 286 Hwy East, Suite 526, Airport Prof. Center, Indiana, PA 15701
724-463-3600 / 724-463-3633

SOMERSET – 140 West Union Street; Somerset, PA 15501
814-444-0620 / 814-444-0640

INDIANA CLINIC - 1380 RT. 286 Hwy East, Suite 524, Airport Prof. Center, Indiana, PA 15701
724-465-0369 / 724-465-1081

◆ **UNIONTOWN** - 253 S. Mt. Vernon Ave., Uniontown, PA 15401
724-438-4960 / 724-438-1809
(Serving Fayette and Greene Counties)

LANCASTER– Sycamore Court, 245 Centerville Road, Suite 11, Lancaster, PA 17603

WASHINGTON – 90 West Chestnut St., Millcraft Center, Suite 110 LL, Washington, PA 15301
724-229-0311 / 724-229-3277

◆ = Outpatient Clinic Available

