Autism Spectrum Resource List

SIUE Student Support Services

- Career Development Center (CDC) –
  - "Assists students by incorporating career counseling and development with cooperative education and internships in a comprehensive program to prepare students to enter the world of work. The CDC is a starting point for students to find valuable career information."
  - https://www.siue.edu/career-development-center/index.shtml
- Retention and Student Success (ORSS) –
  - "Provides resources and support to help students meet the demands of college and become successful graduates. The ORSS includes services such as: student mentoring, academic planning, and resource management."
  - https://www.siue.edu/retention/
- Counseling Services –
  - "SIUE Counseling Services can help provide short-term assistance for students with a variety of concerns. They operate with the highest ethical standards in an effort to foster psychological well-being and development."
  - https://www.siue.edu/counseling/
- Learning Support Services –
  - "Learning Support Services provides academic support to SIUE students through a variety of programs. These include: Academic Development Courses, Testing Services, Open-Access Tutoring Centers, and many other services."
  - https://www.siue.edu/lss/
- Tutoring Resource Center –
  - "Held within Learning Support Services and serves the purpose of helping SIUE students succeed in their courses by offering a supportive learning environment. Offers walk-in tutoring to SIUE students for no additional cost for a variety of courses."
  - https://www.siue.edu/lss/tutoring-resource-center/index.shtml
- ACCESS –
  - "ACCESS is dedicated to promoting an accessible SIUE campus community to ensure that all students are afforded an equal opportunity to be successful. ACCESS offers a variety of ways to accommodate individual student needs and serves as a bridge between the classroom and the commencement stage."
  - https://www.siue.edu/access/

Edwardsville & Madison County Resource Lists

- Edwardsville Township Community Resource Directory
    - https://edwardsvilletownship.com/wp-content/uploads/2019/08/Edwardsville-Township-Community-Resource-Directory-2019-2020-2.pdf
- Madison County Community Resource Packet
    - http://roe41.org/pdffiles/MadisonCountyHomelessResources.pdf

Find Services & Support

- Psychology Today
    - Use to find therapists, teletherapy, psychiatrists, treatment centers, and support groups near you.
    - https://www.psychologytoday.com/us/therapists
- American Psychological Association
    - Psychologist locator
    - https://locator.apa.org/
- Asperger/Autism Network (AANE)
    - Offers three online support groups for adults on the autism spectrum.
        1. Online Community Connection Sessions for Adults - help relieve isolation during the COVID-19 pandemic by connecting with community members and AANE staff. (*Free*)
        2. Online "Open" Support Groups for Adults - have an undefined number of group members with new people coming and going on a regular basis. (*Free*)
        3. Online "Closed" Support Groups for Adults- have the same members for a set number of sessions. (*Pay what you can afford*)
    - https://www.aane.org/resources/adults/support-groups/#online_chat_adults
- Counselor Referrals - Edwardsville & Surrounding Areas
    - This referral list is comprised of several counselors that treat various disorders in the Edwardsville and surrounding area. This list includes counselors with sliding scale or reduced fees.
    - https://drive.google.com/file/d/1mEXJWxBgkQ9l2EbkpolzK_0_ZG0cGfMy/view?usp=sharing
- Community Mental Health Referrals – Edwardsville & Surrounding Areas
    - This referral list is comprised of several agencies that provide comprehensive mental health treatment in the Edwardsville and surrounding area. This list includes agencies with sliding scale and reduced fees.
    - https://drive.google.com/file/d/1eXnVVs6qPxrGoFB5Wh_WUiSLgB8X7mOx/view?usp=sharing
- Missouri Sliding Scale Counseling Agencies
    - This referral list is comprised of several sliding scale counseling agencies in Missouri.
    - https://drive.google.com/file/d/1S17SuL8F6sVsJAl9JEbg8nTEyVLo3A2G/view?usp=sharing

Organizations - Resources & Hotlines

- Association of University Centers on Disabilities (AUCD)
  - https://www.aucd.org/template/index.cfm
- Autism Now
  - "The Autism NOW Center provides high quality resources and information in core areas across the lifespan to individuals with Autism Spectrum Disorders (ASD) and other developmental disabilities, their families, caregivers, and professional in the field."
    - https://autismnow.org/
- Autism Society
  - Autism Society National Helpline
    - "The Autism Society's National Helpline welcomes your phone calls, emails and letters. Please keep in mind that our helpline does not provide direct services/assistance, such as treatment, legal services, and case management. However, our trained Information & Referral (I&R) Specialists provide many resources to services and supports across the country."
      - 1-800-3-AUTISM (800-328-8476)
  - "The Autism Source Resource Database is the most comprehensive database of its kind. The Autism Society strives to offer only credible and reliable resources to our constituents, therefore we have employed our nationwide network of affiliates and collaborated with other autism organizations and professionals throughout the U.S. to create the Autism Source database."
    - https://source.autism-society.org/autismsource
- Autism Speaks
  - "Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. We do this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions."
    - https://www.autismspeaks.org/
- Autism Self-Advocacy Network (ASAN)
  - "The Autistic Self Advocacy Network seeks to advance the principles of the disability rights movement with regard to autism. Our activities include public policy advocacy, the development of autistic cultural activities, and leadership trainings for autistic self-advocates. We provide information about autism, disability rights, and systems change to the public through a number of different educational, cultural, and advocacy related projects."
    - https://autisticadvocacy.org/about-asan/

- National Center for College Students with Disabilities (NCCSD)
  - Clearinghouse & Resource Library
    - https://www.nccsdclearinghouse.org/
  - "Text 741741 when you are feeling depressed or suicidal. A crisis worker will text you back immediately and continue to text with you. It's free to ANYONE living in the U.S. and run by the Crisis Text Line."

Assistive Technology Tools

Digital Resources –

- *Technology and Autism*
  - "This website defines assistive technology and the way people communicate with the world. Autistic students struggle with communication and social skills. This resource can give you some valuable resources on how to improve your ability to do so."
  - https://www.autismspeaks.org/technology-and-autism
- *Assistive Technology for Communication Roadmap*
  - "Autism Speaks shows how to look into AAC, a specific type of assistive technology that helps autistic people to communicate on a higher level with peers and teachers."
  - https://www.autismspeaks.org/sites/default/files/2018-08/Augmentative%20Communications%20Road%20Map%20%281%29.pdf
- *Tips for Using Assistive Technology Devices*
  - "This page shows tips that will assist you if you or a loved one struggles with autism. It offers some helpful, practical tips on how to use assistive technology apps."
  - https://www.autismspeaks.org/tips-using-assistive-technology-devices
- *Autism Spectrum Disorders (ASD): Common Assistive Technologies*
  - "The University of Illinois has done some studies on Autism Spectrum Disorder and how the Individuals with Disabilities Act of 1988 is being implemented today with far more sophisticated technologies than ever before."
  - https://guides.library.illinois.edu/c.php?g=515793&p=3526329

Self-Help Resources

Autism Speaks Tool Kits –

- *Autism and the Transition to Adulthood Tool Kit*
  - o "The Transition Tool Kit is designed to assist families of individuals with autism on the journey from adolescence to adulthood. This kit will provide you with suggestions and options for you to consider as you set out to find your child's own unique path to adulthood. Topics covered include self-advocacy skills, legal issues, housing and employment options."
  - o http://www.autismspeaks.org/sites/default/files/2018-08/Transition%20Tool%20Kit.pdf
- *Postsecondary Education Opportunities for Students with Autism*
  - o "Deciding what to do after high school can be a difficult process. This guide will help you and your family explore the various options available to you. The guide provides a closer look at four-year universities, community colleges, vocational/technical school, life skills programs and more. The information will help you find the program that is right for you."
  - o https://www.autismspeaks.org/sites/default/files/2018-08/Postsecondary%20Guide.pdf
- *Is it autism and if so, what next? A guide for adults toolkit*
  - o "A tool kit for adults who suspect they may have autism, as well as those who have been recently diagnosed with the disorder"
  - o https://www.autismspeaks.org/sites/default/files/2018-08/Adult%20Tool%20Kit.pdf
- *Housing and Residential Supports Tool Kit*
  - o "A tool kit to assist individuals and families as they identify and secure appropriate residential supports and services."
  - o https://www.autismspeaks.org/sites/default/files/2018-08/Housing%20Tool%20Kit.pdf
- *Employment Tool Kit*
  - o "We have written this kit to help you research, find and keep employment. We compiled job-related stories, tips and information from a collaboration of people, including adults with autism."
  - o https://www.autismspeaks.org/sites/default/files/2018-08/Employment%20Tool%20Kit.pdf

About Autism

- National Institute of Mental Health
  - o Autism Spectrum Disorder
    - ▪ https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/
- Autism Speaks
  - o What is Autism?
    - ▪ https://www.autismspeaks.org/what-autism