



## **Autism Resource Guide**

**April, 2021**

The Autism Insurance Resource Center is committed to providing the community with insurance resources to meet each person and family's unique needs throughout every stage of life.

This 9-page resource guide provides information about autism resources for the families you serve. The guide includes links to the MassHealth provider list, ABA agencies in the Greater Lawrence Area, links to downloadable tool kits on specific topics (dental visits, blood draws, how to toilet, etc.) and general community resources for both autism and mental health issues. The guide includes links to resources in Spanish.

We welcome your referrals. Families and staff can contact us at 774-455-4056, email [AIRC@umassmed.edu](mailto:AIRC@umassmed.edu) or through the [Contact form](#) on our website. There is no fee for our services.

[AIRC's](#) website, [www.massairc.org](http://www.massairc.org) includes fact sheets that can be downloaded and are available in multiple languages ([Finding an ABA provider](#), [Tips for Applying to MassHealth CommonHealth](#), [Insurance Appeals and Denials](#), and related topics). The website includes links to Spanish Fact Sheets. Please contact us for additional languages.

Please note that the information provided on our website is not a recommendation, referral or endorsement of any resource, therapeutic method, or service provider and does not replace the advice of medical, legal or educational professionals.

## Autism Resources Links

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## Hospital Information

### Tufts Children's Hospital

<https://www.tuftschilrenshospital.org/Patient-Care-Services/Departments-and-Services/Center-for-Children-with-Special-Needs/>

An infant who has difficulty holding himself upright. A toddler who does not wave "bye bye" or bring toys to her parents. A preschooler whose speech is delayed. A child whose disruptive behaviors causes problems at home or school. Or, a child who seems to be "different" and cannot make friends. These are some of the children seen at the Center for Children with Special Needs (CCSN) at Tufts Children's Hospital in downtown Boston.

The world can be frustrating for a child with developmental difficulties. Whether you are the parent, or the child's teacher, therapist, or health care provider, the CCSN provides a comprehensive resource for evaluation, diagnosis, treatment, advocacy and support for children with diverse disabilities.

With a team of specialists, the CCSN is one of the largest programs of its kind in the region. Contact them today for a consultation at **617-636-8100**.

### Boston Medical Center

<https://www.bmc.org/pediatrics-autism-program>

<https://tinyurl.com/bmcmasshealthguide>

Since 2007, the Autism Program has provided comprehensive care to patients and their families by looking at **all of the ways** families may be in need of support and services in caring for their children. Through direct patient support, provider education, and community-based trainings, the Autism Program assists and empowers those affected by ASDs.

The Autism Program **removes status and ability to pay** from the equation, alleviating worry from the minds of families so you can focus on seeking the best possible outcomes for your children. High quality and comprehensive care is provided to all, and services are provided in a culturally competent manner.

## Hospital Information (cont.)

### **Boston Children’s Hospital: Family Education Library**

<http://bostonchildrens.org/familyeducation> or <https://extapps.childrenshospital.org/efpec>

Our Family Education Library houses a wide range of helpful documents, including family education sheets on popular topics or questions. Navigate to the “**Autism**” **section** for autism-specific documents created by the Boston Children’s Autism Spectrum Center team. There are also great resources within the various “**COVID-19 (Coronavirus)**” **sections**, including social stories to help with masks, how to structure your child’s day at home, and more. Many of our documents are translated into Spanish and some are in additional languages.

### **Boston Children’s Hospital Autism Spectrum Center**

<http://www.childrenshospital.org/centers-and-services/programs/a--e/autism-spectrum-center-program>

BCH’s Autism Spectrum Center main website has more information on the services the Center provides to families, local resources, research information, and more. Call them at **617-355-7493** for more information on their resources.

## MassHealth Provider List

### **MassHealth Provider List**

**[www.mabhaccess.com](http://www.mabhaccess.com)**

How do I find a MassHealth provider? **There are three groups of services available for public searching on MABHA. Please refer to each of these sections for details.**

- Youth and Family Services (autism services such as ABA and family counseling)
- Substance Use Disorder Services
- Mental Health Services

### **ABA Agencies in the Greater Lawrence Area**

#### **ABA Agencies Servicing Zip Codes 01841 and 01843 \***

1. Inbloom Autism Services 888-754-0398 <https://www.inbloomautism.com/eastern-massachusetts>
2. New England ABA 866-926-4345 <https://ne-aba.com>
3. Key Connections 888-896-5227 <http://www.kcabaservices.com/>
4. Key Autism Services 617-863-9090 [www.keyautismservices.com](http://www.keyautismservices.com)
5. Beacon ABA Services 508-478-0207 [www.beaconservices.org](http://www.beaconservices.org)
6. Merrimack Autism Consultants 978-656-8546 [www.merrimackautism.com](http://www.merrimackautism.com)
7. Pride Star Center for Applied Learning 978-677-6952 [www.pridestarcenter.com](http://www.pridestarcenter.com)
8. B.E.S.T. Building Essential Skills Together 508-233-2308 <https://www.best-aba.com/>

**\*This list is subject to change.**

## General Autism Resources

### **Autism Commission**

<https://www.mass.gov/autism-resources-for-families>

Resources for throughout the lifespan. Resources are listed by age:

1. Birth – age 3
2. School aged
3. 14-22
4. Adults
5. Additional resources

### **Northeast Arc**

<https://ne-arc.org>

This is the Arc that services Lawrence and surrounding cities and towns.

The goal of the Northeast Arc is to ensure that children and adults with disabilities are able to live, work, engage in civic life, and play in the community. They work toward that goal by offering a wide variety of programs including Autism Services, Day Habilitation, Deaf Services, Early Intervention, Employment Services, Family Support, Personal Care Assistance, Recreation, Residential and Transition Services.

### **McPap for Autism**

**Call: 1-855-627-2763**

Eastern MA/Boston and North ESP/MCI Teams  
Beth Israel Lahey Behavioral Health Services (Haverhill, Salem, Lawrence, and Lowell)  
Eliot Community Services (Lynn and Everett)

The Massachusetts Child Psychiatry Access Program (MCPAP) is a system of regional children's behavioral health consultation teams designed to help primary care providers and their practices to promote and manage the behavioral health of their pediatric patients as a fundamental component of overall health and wellness. MCPAP supports the integration of behavioral and physical health. Our teams are available to consult with behavioral health clinicians working in the primary care setting as well as the primary care provider and other members of the primary care team.

## **DDS Northeast Region Adult Resource Guide – Useful for All Ages**

### **DDS Northeast Region Adult Autism Resource Guide - 2019**

A comprehensive **guide** that provides great information to **adults** on the spectrum and to their families about the process for applying to the Massachusetts Department of Developmental Services (DDS) for **Adult Autism** services.

### **Autism Speaks**

<https://www.autismspeaks.org/tool-kit>

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. They 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.

There are tool kits for someone with a newly diagnosed child, issues with toileting, dental visits, blood draws, IEP's, etc. Each tool kit can be downloaded for free.

Autism Response Team at Autism Speaks:

**1-888-AUTISM2 (1-888-288-4762)**

En Español: **1-888-772-9050**

**[help@autismspeaks.org](mailto:help@autismspeaks.org)**

### **Flutie Foundation**

[www.flutiefoundation.org](http://www.flutiefoundation.org)

Programs and activities improve the quality of everyday life for people and families affected by autism along **seven key dimensions** that are critical to living each day fully. They aim to provide a path for education and/or employment during the day; opportunities for physical and social activity outside of work/school; and the tools to be safe, supported, and informed at all times.

### **Welcome to the Club (for newly diagnosed families)**

by Jess Wilson from “Diary of a Mom” blog

Relevant today though written in 2009

<https://www.dropbox.com/s/feg46e8u2niybd4/%E2%80%9CWelcome%20to%20the%20Club%E2%80%9D%2C%20from%20Jess%20Wilson%20at%20Diary%20of%20a%20Mom%20%7C%20INDEX.pdf?dl=0>

## General Community Resources

### **MassOptions**

<https://massoptions.org>

Your link to Community Services! What is MassOptions?

Are you an elder looking for help, such as in-home care ... an individual with a disability seeking help to live independently...or a family member or caregiver trying to locate services for a loved one?

MassOptions can help! They are a free resource that links you to services that help you or a loved one live independently.

### **Judge Baker Center for Children Family Crisis guide:**

Download the guide in English or Spanish using the links below.

Judge Baker Children's Center (Judge Baker) is a non-profit organization that serves children by promoting their developmental, emotional, and intellectual well-being.

With over a century of proven leadership in children's mental health issues, Judge Baker helps children and families chart their own best course to grow and thrive.

#### **ENGLISH:**

<https://drive.google.com/file/d/1TNhPQpcLEN6tNTKgbxqily-f-YxjmEKt/view>

#### **SPANISH:**

[https://jbcc.harvard.edu/sites/default/files/family\\_crisis\\_guide\\_-\\_spanish\\_0.pdf](https://jbcc.harvard.edu/sites/default/files/family_crisis_guide_-_spanish_0.pdf)



## Mental Health Resources

### **Department of Mental Health resource links**

The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work, and participate in their communities.

### **CBH Knowledge Center learning from COVID-19:**

<https://link.zixcentral.com/u/e1143127/RJ1XNzGk6hGcHks7KXgf9A?u=https%3A%2F%2Fwww.cbhknowledge.center%2Flearning-from-covid>

### **To subscribe to listserv for Knowledge Center News & Updates:**

<https://link.zixcentral.com/u/b17c8830/HvBXNzGk6hGcHks7KXgf9A?u=https%3A%2F%2Fwww.cbhknowledge.center%2Fmailing-list>

### **Providing School-Based Behavioral and Mental Health Supports and Services during COVID-19 School Closures: Guidance for School Counselors and Psychologists, and other Specialized Instructional Support Personnel (SISP):**

<https://link.zixcentral.com/u/af7dc492/hEhYNzGk6hGcHks7KXgf9A?u=http%3A%2F%2Fwww.doe.mass.edu%2Fsf%2Fsel%2F>

### **Children's Trust COVID-19 resources:**

<https://link.zixcentral.com/u/23bc666a/cpFYNzGk6hGcHks7KXgf9A?u=https%3A%2F%2Fonetoughjob.org%2Fblog%2F2020%2F03%2Fmassachusetts-coronavirus-updates>

### **Judge Baker COVID-19 resources for families:**

<https://link.zixcentral.com/u/ef227a77/5NhYNzGk6hGcHks7KXgf9A?u=https%3A%2F%2Fjbcc.harvard.edu%2F-covid-19>

### **HandHold**

<https://handholdma.org/>

Handhold was created by a team of mental health and child development experts in partnership with parents who have gone through what you are going through.

Our goal? To guide you in caring for your child's mental health and emotional well-being.

## **Spanish Language autism resources Recursos para el autismo en español**

### **Que est el autismo?**

<https://www.autismspeaks.org/espanol>

For people to get more information in their own language about what is autism?

### **Massachusetts Advocates for Children en Espanol**

<https://www.massadvocates.org/en-espanol>

Current info about COVID-19 and DESE (Dept. of Elementary and Secondary Education) school related info.

### **Exceptional Lives – Resources Directory in Spanish**

<https://www.exceptionallives.org/blog/ma-resource-directory-available-in-spanish>

### **Raquel Ouezada**

Host of “*Cambiando el Mundo de Personas con Discapacidades Radio Show*” (LA MEGA, 95.1FM and 1400AM).