SOME HELPFUL LOCAL RESOURCES ON AUTISM SPECTRUM DISORDERS FALL 2019

Compiled by Autism Society Western New York

Resources for Parents

Autism Society Western New York (ASWNY) 19 Limestone Drive, Suite 1, Williamsville, NY 14221 www.autismwny.org Call 716-633-2275 or email info@autismwny.org. Check our new web site and EVENTS calendar for various WNY agencies workshops and events. Web site contains information and links on a wide range of topics including safety options, local agencies, schools, and support groups, recreational, and therapy options. There is also information on biomedical research and diet. Sign up for our email list for notifications of upcoming events, informational meetings and support coffees at autismwny.org click on "Join ASWNY e-mail list" and reply to the confirmation e-mail. Follow us on Facebook, Twitter, and Instagram.

<u>APIC Access to Psychiatry through Intermediate Care</u> For individuals across the lifespan with developmental disabilities with and without co-occurring mental illness. UB School of Medicine, Dept. of Psychiatry staffs the APIC model. Staff includes psychiatrists, psychiatric nurse practitioners, psychologists, and cross systems navigators. Provides medication management, dually diagnosed Wraparound services, and access to mobile psychiatric care. Goal is to provide access to appropriate services and reduce emergency room visits and hospitalizations. Eligible individuals must be at high risk for emergency room visits, hospitalization, overmedication, arrest, loss of school/residential placement. Contact 716-406-7005.

<u>Autism Service's Resource Center</u> 97 Main Street in Hamburg. A lending library with sensory materials, respite services, a small conference facility and a monthly support/informational group. Call 716-992-0131.

The Children's Guild Foundation Autism Spectrum Disorder Center at Oishei Children's Outpatient Center
Oishei Children's Outpatient Center (Conventus), 1001 Main St., Buffalo, NY 14203. Evaluation for ASD. First family-focused, multi-disciplinary Autism Spectrum Disorder (ASD) Center of its kind in WNY offers monthly parent groups and quarterly newly diagnosed information sessions for parents and adult family members of children diagnosed with an autism spectrum disorder. They also have a Community ASD Calendar, Parent Support Group listing and Resource Page on their web site. www.ochbuffalo.org/care-treatment/autism-spectrum-disorder-center 716-323-6350

Levine Autism Clinic, Univ. of Rochester Medical Center, Golisano Children's Hospital 585-275-2986 200 East River Rd, third floor, Rochester, NY 14623 Very extensive evaluation for ASD. Take insurance including Medicaid. See if your insurance requires referral, preapproval, and/or out of pocket costs. Facebook.com/DBPeds.GCH Provides comprehensive and coordinated care to children with autism spectrum disorder (ASD). Their team of experts' monitor developmental progress, treats health problems associated with ASD, assesses and treats behavior problems, and ensures that families have needed resources and connection to community support. Part of Autism Speaks' Autism Treatment Network.

<u>The Children's League</u> 393 North Street, Springville, NY 14141 716-592-9331 The Children's League does autism evaluations for Early Intervention and CPSE and CSE with County or School System paying costs if authorized. **Evaluation for ASD up to age 7**. They have a shorter wait time but do not accept insurance or private pay. www.tclny.org

<u>Complete Wellness Arts & Science Center</u> 1515 Kensington Ave., Buffalo, NY 14215. www.completewellnesswny.com The Wellness Center offers an exceptional and comprehensive collection of healing practices and inspiring, and educational wellness classes. Cultivate wellness with Hyperbaric Oxygen Therapy, Hypnosis, Pain Management, Infrared Light Therapy, Physical Therapy, Health & Wellness Coaching, Reiki, Cooking Classes, workshops, and much more. 716-253-6548

<u>DDAWNY (Developmental Disabilities Alliance of WNY)</u> www.ddawny.org Great resource for Advocacy for adults with developmental disabilities. A link for the DDAWNY Guide to Services 2019 can be found under Resources.

ATI (Alternatives to Incarceration) is operated by Community Services for Every 1 (formerly Community Services for the DD) Supports those who have a developmental or learning disability. The program provides advocacy and assistance throughout the court process and monitors legal obligations while working with probation, parole and courts to establish a plan for success. Program staff will conduct assessments and provide case management in order to determine risk related to reducing recidivism. Service within Erie County only. https://www.csevery1.com. (click on referrals/Adult Services) Call 883-8002 ext 441.

Parent Network of WNY 1000 Main St., Buffalo, NY 14202 www.parentnetworkwny.org 716-332-4170 or toll free 866-277-4762 Information and Referral Line English: 716-332-4175 Espanola: 716-449-6394 info@parentnetworkwny.org Parent Network's goal is to empower families to successfully advocate for their children with special needs to see that they receive proper care and education. Open to both families and professionals, they offer free workshops, conferences, information and referral services, and resources. Check their website for more information, dates, and locations for their FREE workshops. For a list of directories, including recreation, go to www.parentnetworkwny.org/resource-library/printable-materials/

DISCLAIMER: This is NOT an all-inclusive list of resources for families before and after the diagnosis. It is also not an endorsement of specific individuals and/or agencies listed. Additional info on upcoming workshops and therapy programs can be found under **EVENTS and Information pages at <u>www.autismwny.org</u>**

Resources for Parents

<u>Parent to Parent of NYS Western Region Office</u> Mission is to connect families of individuals with special needs through a parent matching program, help families locate information, and offer various workshops. Parent Coordinator Sharon Marrella's email smarrella@ptopnys.org www.parenttoparentnys.org/offices/western/ 1-800-971-1588 or 607-869-2171

<u>WNYDDRO FRONT DOOR INFORMATION SESSIONS</u> Visit https://opwdd.ny.gov/welcome-front-door/training/western Various times and locations. First step in learning more about qualifying for services through OPWDD.

Support Groups

ASWNY Parent Support Group and Informational Meetings - held jointly with Fantastic Friends of WNY Meetings are twice a month on a Tuesday, one meeting from 10:30 am to noon and one meeting from 6:30 pm to 8:00 pm at Fantastic Friends of WNY. 1284 French Road, Depew, NY 14043. Check EVENTS Calendar page at www.autismwny.org for dates and times or Facebook: Fantastic Friends of Western New York for dates and times. RSVP: fantasticfreiendswny@gmail.com or call 716-608-6234. Questions call the Autism Society Western New York 716-633-2275.

The Akron Parents of Children with Special Needs hosts workshops and discusses and finds plans to help children with challenges within school, extracurricular activities or family situations with the overall goal of inclusiveness. They meet the 2nd and 4th Tuesdays of each month at 7:30 pm at the C. Dee Wright Community Center, 11 Church St., Akron, NY 14001 Contact Nicole LaMonte-DeGolier 818-625-0486 or Akronspecialneeds@gmail.com. Facebook: Akron Parents of Children with Special Needs

<u>Autism Services Resource Center Family Support Group</u> meets at 97 Main St., Hamburg, NY. Call 716-992-0131 for schedule, topics and to be added to the mailing list. www.friendsofasi.org/hamburg-resource-center/

Bornhava Support Groups Evening groups meet once a month throughout the school year, Oct. – May, at Bornhava, 25 Chateau Terrace, Amherst, NY. Most have children birth – 5 years old. They have two groups, one for moms and one for dads. WOW Moms contact Ann Lindemann-Czajka at 716-839-1655 and Men's Forum contact Ellen Crawford at 716-839-1655.

<u>Child & Family Support Program (CFSP)</u> A peer run program within the Mental Health Advocates of WNY focuses on issues affecting families that have emotional, behavioral, or mental health challenges. Support Groups offered at various locations. Childcare may be available. Must RSVP 716-886-1242 ext. 337 or email laney@mhawny.org for childcare. www.mhawny.org

Mental Health Advocates of WNY -Family Support Group 1st Friday of the month 6-7:30 pm Mental Health Advocates of WNY, 999 Delaware Ave., Buffalo, NY 14209 RSVP 886-1242 x337

Mental Health Advocates of WNY -Family/Teen/20 Something Support Groups 2nd Friday of the month 6-7:30 pm Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg, NY 14075 Enter Door 3 for Support Groups. Childcare is available. Must RSVP 886-1242 x337

Mental Health Advocates of WNY -Family Support Group for Caregivers of Younger Children (ages 4-12), 4th Saturday of the month 10-11:30 am Baker Hall School Cafeteria, 777 Ridge Rd., Lackawanna, NY 14218 Enter parking lot from South Park Ave. Child care is available. Must RSVP 886-1242 x337

Mental Health Advocates of WNY -Teen Peer Support Group Peer-Led (ages 13-18), 1st and 3rd Friday of the month 6 – 7:30 pm Mental Health Advocates of WNY, 999 Delaware Ave., Buffalo, NY 14209 RSVP 886-1242 x337. Parent group meets at the same time in a separate room. No childcare available for third Friday group.

Mental Health Advocates of WNY -20 Something Group 18+, 3rd Friday of the month 6-7:30 pm Mental Health Advocates of WNY, 999 Delaware Ave., Buffalo, NY 14209. RSVP 886-1242 x337. Parent group meets at the same time in a separate room. No childcare available for third Friday group.

The following support groups will meet at: WNYCPC Community Service, 575 Alberta Dr., Suite 2, Amherst, NY 14226:

Teen Peer Support Group (Peer-led support for teens ages 13-18) meets 2nd and 4th Thursday of the month **Parents and Caregivers of Ages 13-18 Support Group** meets 2nd Thursday of each month, 6:30-8:00 pm **Parents and Caregivers of Ages 4-18 Support Group** meets 4th Thursday of each month, 6:30-8:00 p.m. *Childcare is available. Must RSVP 716-886-1242 x337.

Mental Health Advocates of WNY - Grupo de Apoyo a Familias (Spanish Family Support Group) cada martes 2 y 4 del mes 6-7:30 pm Mental Health Advocates of WNY, 999 Delaware Ave., Buffalo NY 14209 Registrarse al 886-1242 x337

<u>Grand Island Autism Support Group</u> Informal parent run support group for families with children with ASD meets the 1st Tuesday of the month, September – June, from 6:30 pm to 8:00 pm at Realty USA, 2139 Grand Island Blvd, Grand Island, NY 14072 www.facebook.com/GrandIslandNYSupportGroup. Contact Vienna Haak at 716-430-5118.

<u>Buffalo RPM Support Group</u> for those who are using/interested in Rapid Prompting or are interested in method. For dates and times contact 716-406-7018 buffalorpm@gmail.com. www.buffalorpm.org

Support Groups

<u>DDAWNY Family Committee</u> informs family members about their rights, protections, services and the wide range of options available for their loved ones with developmental disabilities. Focus: Advocacy and living options for individuals with DD. Meets 3rd Tuesday each month, 7 p.m., Aspire of WNY, 7 Community Dr., Cheektowaga, NY 14225. No meetings in July, August and December. www.ddawny.org Facebook: DDAWNY Family Committee. Contact: ddawnyfamilycommittee@gmail.com

<u>DDAWNY Transition Committee</u> plays an integral role with 14-21 year old students with disabilities who are preparing to leave mandated educational services. The Committee advocates, in compliance with New York State law, that our population receive appropriate transition planning. The Committee facilitates information, training, and a variety of resources to benefit students with disabilities. The committee invites school districts, community agencies, families, and any stakeholders who would like current information around transition. Meets the third Friday, most months Sept.-May, 8:30-11:00 a.m. at Erie 1 BOCES Education Campus 355 Harlem Road, West Seneca, NY 14224 716-821-7542. For more information please contact co-facilitators, Pam Cronyn (PCronyn@arceriecounty.org) or Tonia Weichmann (tlw@parentnetworkwny.org) website: www.ddawny.org/committees/transition/

<u>Autism Family Support Group in Niagara County</u> meets first Monday of almost every month from 6:30 – 8:30 pm at Empower Children's Academy, 9812 Lockport Rd., Niagara Falls. A one week advance reservations for childcare is required. RSVP 716-332-4170 or email info@parentnetwork.org.

Hertel Ave., Buffalo, NY Group for Parents of Teenagers w/ ASD meets monthly on Thursdays from 6pm - 7:30pm at Dash's Market, 1770 Hertel Ave., Buffalo, NY 14216 All are welcome, but this group is geared towards parents of teenagers who may be transitioning to higher education, employment and/or independent living. A light dinner will be served. A group for Teens with Asperger's will be available at the same time with prior registration. Contact 716-332-4170 or email info@parentnetworkwny.org. For more information email jmertz@kaleidahealth.org. RSVP appreciated.

<u>Parent Group for Parents of Children with ASD</u> meets monthly on Wednesdays from 6:30-8:30 pm at Aspire Building, 7 Community Dr., Cheektowaga, NY. Contact Jana Mertz at 716-323-6435 or email jmertz@kalediahealth.org. Please sign up online so we will have enough materials available: https://tinyurl.com/ausomegroup2018

Local SEPTSA (Special Education Parent, Teacher, and Student Assoc.) and SEPAC (Special Education Parent Advisory Committee) Groups are not specifically for autism, but they are a source of support and a way to network with other parents.

- Buffalo Public Schools SEPAC Contact: Kim Hernandez 716-846-4570 or keh@parentnetworkwny.org
- Clarence SEPTSA www.clarenceschools.org/domain/742 Email: clarenceseptsa@gmail.com Denise Hicks
- Foundation for Inclusive Catholic Education (FICE) www.fice-program.org Email: ficeprogram@yahoo.com, 716-536-3887 Facebook: FICE: Foundation for Inclusive Catholic Education WNY
- Hamburg Special Ed Committee of PTA Candace Ditkowski cditkowski@hcsdk12.org
- **Ken-Ton SEPTO** www.ktsepto.org 716-427-3719 Facebook: Ken-Ton SEPTO Special Education Parent Teacher Organization
- Orchard Park Special Education PTSA Questions? Email: OPSEPTSA@gmail.com
- **Williamsville SEPTSA** www.williamsvilleseptsa.org williamsvilleseptsa@gmail.com Dave Whalen, President 716-565-9338

Groups for Siblings

<u>Niagara Frontier Sibshops</u> Meets bi-monthy from 11 am-2pm on Saturdays and special events. Lunch is provided. Cost: \$5/child; \$10 maximum per/family. Scholarships available. Empower, 9812 Lockport Rd., Niagara Falls, NY 14304 Contact: Robin Stevens @ 716-478-9528 or rstevens@empower-wny.org for dates and to register.

<u>WNY Sibshop at Canisius College</u> Ages 6-12 Upcoming sessions are Nov. 16, 2019, Jan. 25, 2020, and March 28, 2020 from 1 p.m. – 5 p.m. at Canisius College Delevan Townhouses Community Room, 1025 W. Delevan Ave., Buffalo, NY 14215. This program provides support, guidance, and opportunities for peer interactions to siblings of children with special needs. Sibshops are lively, action packed 4 hour workshops that celebrate the many contributions made by brothers and sisters of kids with special needs. Cost per session: \$20 to register the first child in the family, additional children \$10 each. They also have a library for parents and siblings. Call Dr. Susan Putnam at 716-888-2895 or profputnam@gmail.com. www.sibshopwny.com

<u>Teen Group for Sibs</u> Currently forming a new teen group for ages 13-17 centered around activities. If interested, contact Dr. Susan Putnam at 716-888-2895 or profputnam@gmail.com

Groups for Individuals on the Spectrum

Aspergers Group Autism Services offers two support groups for adults with HF Autism and Aspergers

- **Buffalo Group** meets the first Thursday of the month from 4:30 to 5:30 at Autism Services, 699 Hertel Road, Buffalo. RSVP Maureen at 716-631-5777 ext. 109 or mcallanan@autism-services-inc.org.
- **Hamburg Group** meets first Wednesday of each month from 5-6 pm, ASI Resource Center, 97 Main Street, Hamburg. RSVP Veronica at 716-631-5777 ext. 318 or vfedericoni@autism-services-inc.org.

<u>Electronic Gaming Therapy</u> Social skills groups, held once a month, are designed to teach **children and adolescents** skills for communicating, socializing, problem-solving, and coping with emotions in a structured environment using electronic gaming technology and the Signal Cycle Model. Dr. Drew Messer and Dr. Brian Moyer provide individual and family therapy counseling. Located at 8616 Main St, Suite 4, Williamsville, NY 14221 716-961-9435 www.electronicgamingtherapy.com Cost.

Agencies/Services/Supports

<u>Aspire of WNY</u> General Information contact 716-838-0047 or email: info@aspirewny.org. www.aspirewny.org **Aspire Center for Learning Services** are not autism specific.

Aspire of WNY's Community and Independent Living Supports Aspire can assist you with employment opportunities through personalized supports. Individual career services can include:

ACCESS-VR Services include personalized vocational evaluations, work experience opportunities through internships, technology evaluations, and job coaching.

OPWDD Supported Employment offers personalized job development and coaching.

Employment Training Program through OPWDD funding supports, participants are offered paid internships at local businesses with the ultimate goal of paid employment.

Consolidated Supports and Services (CSS) through OPWDD Front Door and CSS programs, participants can contract personalized employment support services.

Traditional Day Habilitation and Non-Traditional Day Habilitation include Supported Volunteering and Lifestyle Enrichment (SVLE), Technology Today, The Co-Op, and iXpress.

School to Adult Life Transitions Aspire of WNY's transition plans are designed to adhere to NYS graduation guidelines and can include:

Vocational Profiles an in-depth profile of the individual's skills, interests, learning abilities, and opportunities for success in the community. This person-centered approach is designed to empower the supported individual to achieve their highest potential for activities and employment. 716-836-7235

World of Work (WOW) Program Individualized Career & Transition Services of Aspire of WNY teaches students ages 14-21 transferrable skills, helping to lay a rudimentary occupational foundation which they can build upon throughout high school. WOW is for school districts in Erie County. Contact Paula Kerber 716-505 5262 or Paula.Kerber@aspirewny.org

Educational Coaching/College Support Plans are designed to prepare the student for a seamless transition from high school into college life. 716-836-7235

Western New York Project SEARCH Collaborative is a business-led partnership which offers a school-to-work program alternative for students with disabilities who are in their last year of high school. The program is provided by Beechwood Continuing Care in conjunction with Erie 1 BOCES, Aspire of WNY and The Summit Center. Placement in Project SEARCH is determined by your local school district's Committee on Special Education. Upon successful completion of the program, a student will earn the Skills & Achievement Commencement Credential. For an application and enrollment information, please contact John Pope, Erie 1 BOCES at 716-821-7017 or jpope@e1b.org.

<u>Autism Learning Partners</u> Amherst, NY Call 888-805-0759 for more information. <u>www.autismlearningpartners.com</u> Provides Applied Behavior Analysis (ABA) in home and in school in the WNY area. Accepts Insurance. No Medicaid.

Bornhava 25 Chateau Terrace, Buffalo, NY 14226 716-839-1655 www.bornhava.org info@bornhava.org
An early intervention and preschool program, nurturing and educating children with developmental disabilities.

Buffalo Hearing and Speech Center (BHSC) www.askbhsc.org 50 E. North Street, Buffalo, NY 14203 716-885-8318 Bridge Builders/Autism Program (Pre-K/K) is a full day center based program for ages 3-7 yrs. The classroom team consists of staff trained and/or educated in the Dr. Stanley Greenspan's "Floortime Teaching Approach". 716-885-8318

Social Communication Program (ages 5 yrs.-high school) and **Language to Literacy** (ages 6 yrs.-high school). Most major insurances and Medicaid accepted. E. North Street, Buffalo location.

Supplemental Learning Programs: Learning Literacy Program (ages 6-18) and **Social Skills** (ages 5-18) Private Pay. Sheridan Dr., Williamsville location.

BHSC is also looking for adults who are interested in participating in an informal Social Communication group.

Contact Christine Battaglia at 885-8871 ext. 2300 or Steve Miller at 885-8871 ext. 2289

Agencies/Services/Supports

<u>Autism Services, Inc.</u> 40 Hazelwood Drive, Amherst, NY 716-631-5777 www.autism-services-inc.org Provides a broad range of services to individuals with ASD and their families including Adult Day Services, Employment Services, Residential Services and Family Support Services including after school, vacation camp and Saturday respite. Must have an ASD diagnosis and OPWDD qualified. Various locations.

Educational Program (ages 5-21) in Amherst and Buffalo. Must have an ASD diagnosis.

Southtowns Hamburg Resource Center 97 Main St., Hamburg, NY 716-992-0131 A community resource that offers outreach workshops, a conference center, *J.P.'s Foundation Gallery*, The Kyle Reid Resource Library, social skills program, support groups, meeting space and a Saturday respite service. Check website for hours. www.autism-services-inc.org/hamburg-resource-center/

Autism Resource Library includes books and sensory items that parents or professionals can borrow in Amherst and Hamburg locations.

In Home Clinical Support - Positive Behavior Support Professional will assess your child and provide consult support services designed to give you ideas on how to better manage your child's behavioral issues.

Social Skills Groups for Children with Autism/ASD meets evenings and some Saturdays in Amherst and Hamburg to develop Social Skills to help children learn to better "fit in" at school, work and home.

Supplemental Day Hab - Enrichment program held twice a month in the evening at 6pm in Williamsville includes art, music and movement. Must be OPWDD qualified, with ASD diagnosis and living at home.

Autism Center for Learning co-sponsors two workshops a year with ASWNY.

<u>Chautauqua Opportunities</u> Locations: Jamestown 716-611-9430 and Dunkirk 716-366-8176. Offers services to help individuals in Chautauqua county move from crisis to self-sufficiency. Addresses housing and other issues.

<u>Cantalician Center</u> 2049 George Urban Blvd, Depew NY 716-901-8700 www.cantaliciancenter.org info@cantalician.org Academic Campus and Early Childhood Center at Depew location has sensory therapy and calming rooms, adaptive physical education program, library center, music with adaptive instruments, speech, OT, PT clinic areas, vocational training area for Life Skills Program and more. The agency provides a broad range of services to individuals with disabilities to include daycare, preschool, and school age programs (ages 5-21), vocational and day services, family-centered evaluations (birth-5 years), Supported Employment Services, and Contract Services.

<u>The Children's League</u> 393 North Street, Springville, NY 14141 www.tclny.org 716-592-9331 Center-based preschool and school-aged program for ages 3--6. Home and community-based Early Intervention and Preschool services (0-5). Instructional methods utilize Applied Behavior Analysis (ABA) with a special focus on Verbal Behavior Training. Program emphasizes the development of functional communication skills as well as appropriate social, play, self-help, and academic skills

Empower 9812 Lockport Road, Niagara Falls, NY Offers job training and day programs, community housing, and community health. Also children's preschool -- special classes and integrated classes . Information: www.empower-wny.org, 716-297-0798 or email info@empower-wny.org.

The Institute for Autism Research (iar) at Canisius College is offering the MAXfit program. MAXfit will be conducted twice a week on Monday and Friday afternoons from 4:30 PM to 5:45 PM for 11 weeks at the iar. The program seeks to increase the activity level of children with autism whose cognitive and language skills are intact. The MAXfit program takes the structure of our empirically-validated summerMAX program and adapts it to teach the children with autism exercises and activities to improve their fitness while also working on social skills. Cost: Free. Ages: 7-12 yrs.

Families interested in this program should contact the iar at 716-888-2800 or iar@canisius.edu or visit www.canisius.edu/iar/.

<u>INTANDEM</u> <u>www.intandem.org</u> Niagara and Cattaraugus counties Provides a wide range of services to include Day Program, a wide range of person-centered employment services for eligible youth and adults, Community Habilitation, Niagara Floral Center and Greenhouse/ Horticulture therapy, Fine Arts Program, residential, vocational, recreational, and clinical services, and care coordination. Intake: 716-504-2617.

<u>Liberty POST</u> 331 Alberta Dr, Suite 110, Buffalo, NY 14226 716-204-5925 or gjohn@liberty-resources.org Their Autism Team includes Special Education Teachers, Speech Therapists, School Psychologists, OT/PTs, and Music Therapists. Individualized approach using DIRFloortime®, Applied Behavior Analysis (ABA) and traditional teaching and therapy approaches to support children and their families during their Early Intervention (EI) and Preschool years. Provided in the home, day care or preschool settings. Evaluations for EI or preschool services. Services can be funded by the county under EI or school district for ages 0-5. Also offers private pay for school aged children.

People Inc. 716-817-7400 www.people-inc.org Through a variety of services, including residential, employment, community outreach, health care and recreation programs, they help families and people with disabilities, as well as seniors, live more healthy, independent and productive lives. Bilingual services are available.

Agencies/Services/Supports

<u>The Resource Center</u> 200 Dunham Avenue, Jamestown, NY 14701 www.resourcecenter.org Supports individuals with disabilities and other challenges in achieving maximum independence. Offers self-advocacy, self-directed services, community habilitation, day services, living options, and clinical services. 716-483-2344

<u>SASi (Suburban Adult Services Inc.)</u> 960 West Maple Court, Elma, NY 14059 www.sasinc.org 716-805-1555 Serving individuals of all ages with developmental disabilities in WNY. SASi programs and services include Employment Support, Day Program, Information and Referral, Residential, Clinical, Community Services, Family Support Services, High Hurdles Therapeutic Riding Program, Personal Training Program, and Moving Miracles Dance Program.

<u>WNY Independent Living, Inc.</u> Focuses on Information and Referral, Advocacy, Independent Living skills, peer counseling and transition. Assist individuals with disabilities to remain independently living, working and thriving in the communities of their choice. **Independence Express** provides up to six (6) FREE round trips a month for individuals eligible for OPWDD services who live with a family member in Erie, Niagara, Genesee and Orleans counties.

Call 716-836-0822 ext. 126 or 585-815-8501 ext. 126 for intake and application. www.wnyil.org 716-836-0822

<u>The Summit Center</u> 150 Stahl Rd., Getzville, NY 14068 www.thesummitcenter.org 716-629-3400 Provides services for children and adults with ASD in its Adult, Behavioral Health, Community, and Early Intervention, and Educational programs.

Behavioral Pediatrics Clinic: Individual, family, and group therapy. Accepts insurance and private pay.

Community Connections: 5 week program for children entering grade 1- age 16 with social issues related to HF ASD and other disabilities. Cost.

Summer Treatment Program 5 week program for children ages 7-13 with ADHD, Conduct Disorder, Oppositional-Defiant Disorder, learning problems, and related behavior problems to help them build self-esteem and behavioral, academic, and social competencies.

L.A.F.F.S. (Leisure and Family Fitness Socialization) Ages 5-18. Summit staff will provide disability awareness and support so that the child and family can access community recreational opportunities. Must be OPWDD qualified.

BFFs (Building Friendship Fridays) Ages 16-25. Friday evening respite and recreation for individuals with developmental disabilities. Must be OPWDD qualified.

Training/Workshops

<u>Autism Society of Western New York Chapter</u> 19 Limestone Drive, Suite 1, Williamsville, NY 14221 www.autismwny.org 716-633-2275 E-mail: info@autismwny.org Inexpensive half-day workshops held twice a year. Check our EVENTS page on our website for information on a wide range of WNY workshops and events.

<u>Autism Research Institute (ARI)</u> Offers free online webinars for Parents and Professionals. www.autism.com ARI is a non-profit organization focused on conducting and sponsoring research aimed at improving the quality of life for today's generation of children and adults with autism spectrum disorders.

<u>CARD Albany: The Center for Autism and Related Disabilities at the University at Albany</u> A Statewide agency that provides evidence-based training and support to families and professionals. Annual conference rotates locations and is in Buffalo every few years. www.albany.edu/autism Email: card@albany.edu 518-442-2574

<u>Parent Network of WNY</u> 1000 Main St, Buffalo, NY 14202 www.parentnetworkwny.org 716-332-4170 or toll free 866-277-4762 info@parentnetworkwny.org Many FREE workshops in different locations and time frames on a wide range of topics. Complete schedule on web site. Semi-annual conferences with nationally known speakers (fee).

Parent Leadership Series develops your leadership skills to help you support families and individuals with disabilities, educate the community about the issues/struggles individuals with disabilities face, connect with a larger group of parent leaders with similar goals/ideas, and empower yourself and others to speak up. FREE.

The Summit Center Periodic workshops and trainings for parents and professionals. www.thesummitcenter.org 716-629-3400

WNY Regional Center for ASD (local CARD) www.thesummitcenter.org/wny-regional-center-for-asd/ 716-629-3400 The Summit Center, 150 Stahl Rd, Getzville, NY 14068 The WNY Regional Center for ASD provides support to families and professionals in seven counties (Niagara, Erie, Chautauqua, Cattaraugus, Allegany, Genesee and Orleans) including the 97 school districts in the region. Primarily addresses the needs of children and adults with ASD between the ages of 4 to 21 years.

Safety

<u>Project Lifesaver WNY</u> is the only law enforcement based tracking program for individuals prone to wandering. A \$300 onetime cost for transmitter and \$120 annual cost for 12 batteries, 12 wristbands and 12 snaps (enough for a year). May be reimbursable through family reimbursement. 716-374-0090 www.projectlifesaverwny.org admin@projectlifesaverwny.org

Recreation Resources

The <u>Access Pass</u> permits residents of New York State with disabilities, as defined in the application, free or discounted use of state parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the New York State Department of Environmental Conservation. For more information, contact 518-474-2324 during normal business hours or email accesspass@parks.ny.gov. www.parks.ny.gov/admission/access-pass

The <u>Arts Access Pass Program</u> is designed to give eligible members increased opportunities to participate in the arts in their communities. In order to be eligible for the program, you must be currently be on income based Public Assistance (SNAP, Medicaid, TANF) and present an active benefit card when signing up for the Arts Access pass. Registration forms are available at sites throughout Western New York. After you register, a welcome packet will be sent to your home address. The welcome packet will include your Arts Access Pass, more information about the program, and a list of participating organizations that offer Arts Access tickets. The pass is only good for one year. After that year you must register again by filling out a new application. The Arts Access season runs from 9/1-8/31. www.arts-access.com.

<u>Au-some Aquarium</u> 701 Whirlpool St., Niagara Falls, NY 14301 716-285-3575 www.aquariumofniagara.org First Friday of each month (Not offered during the months of June, July, and August.) 6 p.m. - 8 p.m. Free for families with autism who are members of the Aquarium, \$10 per Family for non-members, \$5 per individual. RSVP: https://tinyurl.com/ausomeaquarium2019 For more information: 716-323-6435 or email jmertz@kaleidahealth.org. Enjoy a touch tank, sea lion show, sensory and art activities, gluten-free snacks, and information resources from community partners.

BPOkids for Exceptional Kids Kleinhans Music Hall, 3 Symphony Circle, Buffalo, NY 14201. Classical concert series for kids. Pre-concert activities start at 1:30 pm. and one hour concerts begin at 2:30 p.m. In partnership with OCH's (Oishei Children's Hospital) Autism Spectrum Disorder Center, the BPO works to make the BPO Kids Concerts more accessible for all children with ASD. Exceptional Kids families have access to an on-site liaison from Oishei Children's Hospital (OCH), highly reduced ticket costs, special seating arrangements, a designated quiet space and noise-cancelling earphones (subject to availability). For more info/ tickets call 716-885-5000 and mention "BPO Kids for Exceptional Kids". Tickets are \$15 per family. Parking in the BPO lot is \$5. https://bpo.org/community-engagement/community/accessibility-for-exceptional-people/

Bowling League for Special Needs Sat. 11a.m.-12:30 p.m. September-April Join any time. Contact Vienna 716-430-5118 Location: Mallwitz's Island Lanes, 1887 Whitehaven Rd., Grand Island, NY 14072. A league for any age special needs individual. Registration fee is \$10. Cost is \$7 per individual for 2 games and shoe rental. Call for more information.

<u>Buffalo Sabres Thunder Ice Hockey</u> A coed team for individuals with special needs who have some ice skating experience. Practices are Sundays 9:00 a.m. October - April at North Buffalo Ice Rink, 156 Tacoma Ave., Buffalo, NY 14216. www.wnyspecialhockey.com Contact 716-691-4530, michaelsteffan@verizon.net

CAUSE-Center for Allied and Unified Sport and Exercise at Daemen College CAUSE provides opportunities for people ages 5+ to participate in unified sport and recreation alongside college students and students-athletes. Activities vary. During sessions, caregivers may watch their loved one compete, enjoy time to themselves, or access Daemen's fitness center free of charge. CAUSE sports sessions primarily take place at Daemen's Academic and Wellness Center Gym, 4433 Main St., Amherst, NY 14226. Pre-registration is required. daemenwildcats.com/cause or call 716-566-7888

<u>Cheektowaga Adapted Recreation Program</u> 716-897-7205 October-May A variety of adapted recreational activities and social opportunities for youth with developmental disabilities (ages 5-21) and learning disabilities (ages 5-16). Dates, times and cost vary. Rates for OPWDD eligible. http://www.tocny.org/Departments/YouthRecreationalServices.aspx

Clarence Learn To Swim Adaptive Program Clarence Middle School For children with a classified disability or significant medical condition. Adaptive Level 1 (Ages 4-9) for swimmers who are just becoming comfortable with the water. These children are NOT able to swim independently and require 1:1 adult support in the water. Adaptive Level 2 (Ages 8-16) is for swimmers who are able to float, tread water, and maintain balance in the water independently. Swimmers may have an interest in competing in the Special Olympics Aquatic Division. Cost and Online Registration: www.clarencelearntoswim.com. CLTSDirector@gmail.com

<u>Danceability</u> 2365 George Urban Blvd., Depew, NY 14043 www.danceabilityinc.com <u>danceabilitywny@gmail.com</u> 716-651-0094 Danceability is an individualized dance, fitness and movement program serving the special needs community. Sept. – May and a 6 week summer dance program for people with special needs. For registration and cost check their website.

<u>Fantastic Friends of WNY</u> 1284 French Rd., Depew, NY A non-profit social organization for special needs children and adults. A variety of events held at our center and at various handicapped accessible locations throughout WNY. Attendees are usually paired with a 1:1 volunteer. 716-608-6234 or email fantasticfriendswny@gmail.com Facebook: Fantastic Friends of Western New York www.fantasticfriends.org

Recreation Resources

<u>Find Your Niche Recreation Program</u> is a Town of Hamburg Recreation program, Saturdays, October thru May. Fee \$35 for children Ages 8-15 and 16-30 with Autism Spectrum Disorders and other Neurobiological/Behavioral challenges. You do not need to be a resident to participate. They have additional adaptive recreation programs for children and adults with varying disabilities. Call 716-646-5145 or go online to www.hamburg-youth-rec-seniors.com to register or sign up for mailing list.

<u>Game Night</u> at Lancaster Youth Bureau, 200 Oxford Ave. Lancaster, NY 14086. Once a month 6:00 pm-8:00 pm. for children grades K-12 with ASD and their parents. Includes video, board games and new friends that you can meet. Call Lancaster Youth Bureau 716-683-4444 or Lynne at thirtytoesntired@aol.com Parent participation required. Siblings and friends welcome.

Jewish Community Center of Greater Buffalo Swimming programs www.jccbuffalo.org

Au-Some Family Night Out is a once a month water safety class that will give caregivers the tools that they need to keep family members affected by autism or any other special consideration safe in and around the water. The first part of the class will be dedicated to instruction with time after for free swim. Buffalo and Getzville locations.

Au-Some Swimmers A learn to swim program for children diagnosed with autism spectrum disorders. Private swim lesson: one instructor per child. Contact 716-886-3172 ext. 411. Buffalo and Getzville locations

Au-Some Swimmers/Special Friends swim lessons are one on one, with combined group play activity at the beginning and end of the lesson focusing on swimming, safety, and cooperative skills. There is a maximum of 5 participants per time slot. These time slots have been selected because they are quieter times at the pool, with the intention of preventing sensory overload and minimizing distractions. However, if your child is unable to attend during the designated time slots, we will offer alternative times if you contact us about it. Getzville location

Special Friends© is a Adapted Swim Lesson class, for all children with Cerebral Palsy, Autism Spectrum Disorders, Fragile X Syndrome, Rett Syndrome, and Down's Syndrome. All swim lessons are one on one, with combined group play activity at the beginning and end of the lesson focusing on swimming, safety, and cooperative skills. There is a maximum of 5 participants per time slot. These time slots have been selected because they are quieter times at the pool, with the intention of preventing sensory overload and minimizing distractions. However, if your child is unable to attend during the designated time slots, we will offer alternative times if you contact us about it. Getzville location

<u>Josh and Friends</u> www.SowFitBuffalo.com Join us at SowFit Buffalo Sports and Fitness, 1292 Sheridan Dr., Buffalo, NY 14217 where we serve our clients all over WNY with our variety of exercise and movement classes at our all adaptive/all abilities integrated fitness studio. Cost. 716-331-3671 Email: SowFitBuffalo@gmail.com

Zuba® in the Circuit - Mondays, Tuesdays, and Wednesdays 6 p.m.

Pound® Rockout Workout-Thursdays 7 p.m.

Koru® - Wednesdays 7 p.m.

Yoga – Saturdays 10 a.m.

<u>Moving Miracles (a division of SASi)</u> 954 Union Rd., Suite 1, West Seneca, NY 14224 www.movingmiracles.org 716-656-1321 A dance and movement program ages 3+ with special needs serving Western New York. September through May. Cost.

<u>Music Lessons with Laura Nadine</u> www.enlightenedaudio.org Laura is an adult with Asperser's who lives in the Buffalo area and offers music lessons in violin, viola, cello and piano and in music composition. Lessons are both on-line and in-person. Online lessons are thru web cam. In-person lessons are offered in Buffalo. Some in-home lessons offered based on location. Travel rates apply.

<u>SABAH Inc.</u> works with special needs athletes of all ages through a number of community programs throughout the Buffalo-Niagara and WNY area. Programs include Adaptive Ice Hockey, Evening and Weekend Skating, Fit and Fun for Adults with Disabilities, Summer Skates, and Special Needs Summer Recreational Fitness Programs. 716-362-9600 www.sabahinc.org

<u>Sensational Fun, Inc.</u> 2881 Southwestern Blvd., Orchard Park A Multi-sensory Play Center. Open Play Every Day!! Free/low cost sports, clubs, camps, respite, family events, available for all ages. For hours, fees, and more information, call 716-674-7001, visit Sensational Fun Facebook page, or www.sensationalfun.org.

<u>Sensory Friendly Films at FLIX Stadium 10</u> 4901 Transit Rd., Lancaster, NY 1st Sat. of Month, 10 a.m. Cost \$7.75 Lights will be left on and the sound lowered. Tickets can be purchased online or at the box office. Flix will also offer a weekly raffle for attendees to win concession prizes and promotional movie gifts. http://flix10.dipsontheatres.com 716-668-1888

<u>Sensory Friendly Films at Movies at The Reg</u> The Reg Lenna Center for the Arts, 116 East Third St., Jamestown, NY 14701 Visit www.reglenna.com or call 716-484-7070 for dates, show times and cost.

Recreation Resources

<u>Sensory Friendly Films at Regal Cinemas</u> Regal's My Way Matinee gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. This becomes a safe space where our guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying a movie! 10:30am on the 2nd and 4th Saturday of the month. Regal Cinemas Niagara Falls 12, 720 Builders Way, Niagara Falls, NY 14304

Visit www.regmovies.com/static/en/us/promotions/my-way-matinee for more information and cost. 844-462-7342

<u>Sensory Friendly Performance Series at Theatre of Youth</u> 203 Allen St. Buffalo Cost. General seating. Noise muffling headsets and a calming space are available. To purchase your tickets you will need an access code. Please contact the TOY box office 716-884-4400 ext. 304 or boxoffice@theatreofyouth.org. www.theatreofyouth.org.

<u>Sensory Sensitive Sundays at Chuck E. Cheese's</u> First Sunday of the month from 9 am-11 am, includes reduced lighting and noise, food and games offered, and trained and caring staff. Locations: 4408 Milestrip Rd., Buffalo, NY 14219 and 4990 Harlem Rd., Amherst, NY 14226

<u>Sensory Sundays at Sky Zone</u> 425 Cayuga Rd, Cheektowaga, NY 14225 Where families with sensory challenges can jump and have fun together in a relaxed and supportive environment. Sundays 9–11am Cost: \$10 per jumper \$25 family (up to 4 jumpers) 716-206-3300 Children and adults with special needs and their families. Music is turned off and distractions are dialed down. www.skyzone.com/buffalo/programs/sensory-sunday

<u>Sweet Charlottes - Where Kids Party and Play</u> 10255 Main Street, Clarence, NY Open Mon, Tues, Thurs., and Friday 9-1 and Saturday 9-12. Check website to confirm hours. Sweet Charlottes is a place for kids of all ages with and without disabilities to explore, be inspired, learn, PLAY and PARTY. Also offers inclusive half -day preschool, early intervention social skills play group, and summer camps. www.sweetcharlottes.org 716-320-5848 sweetcharlottes@yahoo.com

<u>TOPSoccer Program - Amherst</u> Players with special needs ages 5-20 runs Saturdays, November-March Cost. 716-580-3468 www.amherstsoccer.com Topsoccer@amherstsoccer.com Village Glen ASA Soccer Complex, 162 Mill St., Williamsville, NY 14221

<u>TOPSoccer Program – Olean</u> Players with special needs ages 5-21. www.nyswysa.org/topsoccer Contact: Dave Talbot (Player Questions) dt22stpfc@yahoo.com or Rachel Linderman (Volunteer/Buddy Questions) rslinderman@gmail.com. Cost.

<u>We Rock the Spectrum</u> An integrated sensory-based gym where all children can come together to improve their communication, cognitive, social emotional, behavioral, fine and gross motor skills. Offer social skills, yoga classes, and camps. All ages/abilities. Call for cost, dates, and times.

5427 Transit Rd., Williamsville, NY 14221 www.werockthespectrumbuffalonorthtowns.com 716-428-3434 **6950 Erie Rd., Derby, NY 14047** www.werockthespectrumbuffalosouthtowns.com 716-562-7274

<u>WNY FLASH ACADEMY S.T.A.R.S.</u> Soccer program for players ages 5-21 with any disability, whether physical or developmental. Spring sessions are at Sahlen Sports Park, 7070 Seneca St., Elma, NY and summer sessions are at West Seneca Soccer Complex, 3747 Seneca St., West Seneca. Contact Ginny Boniface at 716-827-8860. www.wnyflash.com

*More recreation resources can be found in The Recreation and Leisure Services Directory 2018-2019 which can be found on Parent Network of WNY's website, https://parentnetworkwny.org/recdirectory/

Summer Camps/Therapy Programs

<u>Cradle Beach</u> 8038 Lakeshore Rd., Angola, NY www.cradlebeach.org 716-549-6307

<u>Summer Camp</u> for ages 8-16 serves the needs of children with disabilities and those who come from economically disadvantaged backgrounds from WNY. They provide a healthy environment and organized activities to promote socialization, self-worth, and decision making in an atmosphere of love and acceptance. Cost based on sliding scale.

<u>Weekend Respite</u> -ages 8 & up living at home

<u>Wellness G.I.F.T.S. Retreat Weekend</u> Hickory Hill Family Camping Resort, Bath NY. Wellness G.I.F.T.S., Inc. is committed to providing educational, social, emotional, recreational activities and respite care to all members of families who have children with special needs. Check website for 2020 Retreats Weekends. www.wellnessgifts.org (607) 684-3243

Important Information

APIC: Access to Psychiatry through Intermediate Care Mobile psychiatric care, cross systems navigation, medication management (review and adjust meds in conjunction with current providers) and case management for children, adolescents and adults with developmental or intellectual disabilities whose needs are not being met by the current system of care. APIC does not replace current care. They assist, augment, and coordinate treatment to help create a sustainable plan for families, providers, and individuals in crisis. APIC is grant funded and provides medical and social resources to families at no charge. Four key areas are addressed: medical needs, alternative behavioral health therapies, improving the home environment and providing breaks for caregivers thru non-traditional respite. www.apicout.org Contact: 716-406-7005

<u>NYSTART</u> provides community-based crisis prevention and response services for individuals age 6 and over with intellectual and developmental disabilities who present with behavioral and mental health needs. https://opwdd.ny.gov/ny-start/home. NYSTART uses a person-centered, positive, evidence-informed approach to help individuals, families, caregivers, agencies, and other providers. Provides clinical assessments (including psychiatric, behavioral and medical), consultation, education and training, crisis response and therapeutic recreation. OPWDD eligibility required.

For WNY Region contact 716-608-2702 or Lisa Harnden (lisa.m.harnden@opwdd.ny.gov)

The Office for People with Developmental Disabilities (OPWDD) has changed the way services are coordinated which is now known as People First Care Coordination. The Medicaid Service Coordination (MSC) program which used to coordinate services has been replaced by a new program called Health Home Care Management. Health Home Care Management will continue to provide the service coordination that people currently receive, and will also provide coordination of other services, such as health care and behavioral health supports. Care Coordination Organizations (CCOs), new entities formed by existing providers of developmental disability services, will coordinate all the services a person receives for their developmental disability, as well as the coordination of health, wellness, and mental health services through one individualized Life Plan.

Two Care Coordination Organizations serve WNY.

Person Centered Serviceswww.personcenteredservices.com888-997-7030Prime Care Coordinationwww.primecareny.org844-347-3118

ACCES-VR Adult Career and Continuing Education Services- Vocational Rehabilitation (ACCES-VR) services are for individuals with disabilities that interfere with getting or keeping a job or who have difficulty advancing at their job. VR services may only be provided if your goal is employment. To apply or be referred for VR services you should be at least 14 years old and must be available to participate in the vocational rehabilitation process. Also serves adults with disabilities. You do NOT have to be OPWDD eligible. More info at www.acces.nysed.gov Buffalo District ACCES-VR @ 1-888-652-7062.

List compiled by Kathy Eiss, Karen Townson, Ann Tara and Mary Ellen Gorczynski. Updated Fall 2019. We hope you find these resources helpful!

Autism Society Western New York 19 Limestone Drive, Suite 1 Williamsville NY 14221 716-633-2275 info@autismwny.org www.autismwny.org

Check out our web site for upcoming workshops, support group, informational meetings and events!!

DISCLAIMER: This is NOT an all-inclusive list of resources for families before and after the diagnosis. It is also not an endorsement of specific individuals and/or agencies listed. Additional info on upcoming workshops and therapy programs can be found under **EVENTS and Information pages at <u>www.autismwny.org</u>**