The MN Autism Resource Portal is a complete resource guide!

The portal was created with input from parents, advocates, professionals, and others.

Pathway to Services and Supports
FIRST STEPS: PATHWAY TO PLAYING, LEARNING AND GROWING

Although every child is unique and will learn and grow at their own pace, children are expected to develop in similar ways. By keeping track of developmental milestones, you will be able to support your child as they grow and identify right away if they may need extra help to learn. Don’t wait, early intervention programs can make a big difference! You are your child’s first and most important teacher. Here are tips, tools and guidance to help support your child’s development. Look for these important developmental milestones.

BIRTH TO 3 MONTHS
- Coos, cries, and gurgles
- Follows movement or turns head towards sounds
- Quits to familiar voice or touch

Tip: Hold, cuddle, hug and rock your baby. Talk, read and sing songs to them.

4-6 MONTHS
- Babbles, squawks and laughs
- Rolls over and sits up on their own
- Responds to own name by smiling or turning head
- Begins to recognize faces

Tip: When your baby starts to smile and bubble, respond back! They are trying to talk with you and want you to talk back.

7-9 MONTHS
- Imitates gestures, sounds, actions and facial expressions
- Creeps or crawls
- Gestures by pointing or waving
- Notices you, looks at you often, and easily turns to you when you talk or gesture
- Looks where you are looking or painting

Tip: Play simple games like patty cake and peek-a-boo. Point out and name pictures in books.

12 MONTHS
- Pulls themselves up to stand
- Walks alone
- Starting to say single words
- Shows interest in other children
- Enjoys taking turns and exchanging objects
- Gets you to notice them and the things they are interested in

Tip: Allow others to support you in your journey and ask for help if needed.

18 MONTHS
- Runs and kicks
- Points to pictures in books
- Plays beside other children
- Uses 2 to 3 words together
- Combines words, gestures, and looking together when talking to others
- Points to show others something interesting

Tip: Continue regular check-ups and ask the doctor for a developmental screening if you have a concern.

2 YEARS
- Builds small block towers and puzzles
- Uses 3 to 4 word sentences
- Uses words and phrases to share interest and have short conversations with you
- Shows concern or affection for others
- Plays make believe with dolls and animals
- Follows simple instructions

Tip: Be patient with your child, you are learning together. Color with them and encourage them to start trying to do more things on their own.

If your child appears to lose speech or social skills, talk with your health care provider right away. A screening and evaluation may help to identify additional supports. DON’T WAIT, EARLY INTERVENTION PROGRAMS CAN MAKE A BIG DIFFERENCE!

If you think your child may need extra help to learn, talk with your child’s health care provider and visit HelpMeGrowMN.org or call 1-866-693-4769 to complete a referral for a free evaluation for your child.
FIRST STEPS: PATHWAY TO PLAYING, LEARNING AND GROWING

You are your child’s first and most important teacher. Here are resources and programs that help support your child’s development.

Child and Teen Checkups provide comprehensive healthcare and treatment. Newborns, children, and adolescents through the age of 20 who are eligible for Medicaid can get routine Child and Teen Checkups for free through this program. The Child and Teen Checkup coordinators can help you find a clinic, dentist, interpreter or transportation.

Help Me Grow MN provides resources for families to understand developmental milestones and identify concerns. Some supports include confidential screening or evaluation at no cost. Visit the Help Me Grow website or call 1-866-693-GROW (4769) to make a referral. Educational services are free to all who qualify and do not require a medical diagnosis. Services typically start within 30-45 business days of evaluation.

Minnesota’s Follow Along Program can help you learn about your child’s health and development. In addition, get ideas about what to teach and at what age to teach it, ask questions, and find out what other supports may be available for your child. Enroll in the program online or contact the state program coordinator at: (651) 201-3641 or toll free 1-800-728-5420 or email at: health.cysnih@state.mn.us

Early Childhood Family Education (ECFE) is a program offered through your local district to help encourage and enhance family relationships through parent and child interaction and education. Services and supports may include academic readiness, parent education, social and emotional development and other skill building opportunities. The ECFE program is offered through Minnesota public school districts, oftentimes in partnership with other community or early learning programs.

Go to cdc.gov/ActEarly to find:
• Free milestone checklists to help you learn more about how your child is developing.
• Tips for how to help your child with information on how to talk to your doctor if you ever become concerned about your child’s development.

Contact your local county agency or tribal offices to receive information on child care, financial assistance and more.

651-431-4300 or 866-267-7655
Attention: if you need free help interpreting this document, call the above number.

If you think your child may need extra help to learn, talk with your child’s health care provider and visit HelpMeGrowMN.org or call 1-866-693-4769 to complete a referral for a free evaluation for your child.

For accessible formats of this publication or additional equal access to human services, write to DHS.info@state.mn.us, call 651-431-4300 or 866-267-7655 (toll free) or use your preferred relay service.
NEXT STEPS: Pathway to Services and Supports for a child recently identified with autism spectrum disorder (ASD)

Your child has been identified as having autism spectrum disorder (ASD).

You may feel overwhelmed, however, with the right services and supports, your child will continue to learn, develop, and grow. Early intervention is key, so it’s important to get started right away. Minnesota has a variety of services and supports available to you and your child. To get started, contact your local county or tribal office and ask about:

1. Healthcare coverage options. You may apply through your local county or tribal agency or go to MNsure.org. MNsure is a website where you can apply for Minnesota health insurance plans and find out if you meet the requirements for Minnesota Health Care Programs (MHCP), like Medical Assistance (MA).

2. TEFRA: If your income is too high to qualify for MA, you may apply for TEFRA. You may have to contribute to the costs of the child’s care by paying a parental fee. The amount of the fee is calculated on a sliding scale based on your income.

3. MNdHealth assessment and support plan. Request a MNdHealth Assessment and support plan to help identify potential services your child may be eligible for. When you call, also ask about case management services.

There are multiple ways of accessing services and supports.

THE NEXT STEP IS TO CONNECT WITH SERVICES AND SUPPORTS TO HELP YOUR CHILD.

- **Primary care provider**
  
  Your child’s doctor may be able to connect you with specialists depending on your child’s specific needs. Specialists may include but are not limited to: speech and language pathologists, occupational therapists, dietary specialists, and sleep clinics.

- **Early Childhood Special Education**
  
  Most children with ASD are eligible to receive school-based early intervention and educational support services. Children age 0-5 are referred through Help Me Grow; children who are older can be connected through the special education department in your district. Services are provided through your local public school district at no cost to you, regardless of income or immigration status. 1-866-693-GROW (4769) or [www.helpmegrowmn.org](http://www.helpmegrowmn.org)

- **Early intervention services**
  
  A comprehensive evaluation determines eligibility for Early Intensive Developmental Behavioral Intervention (EIDBI) services. Early intervention can help manage challenging behaviors and teach functional communication and social skills. Complete the [MN EIDBI101 online training](http://www.mned.org) for families to find a provider, learn about other potential services and see funding options. You can also find providers in the [MHCP provider directory](http://www.mhdcp.org) under Autism-EIDBI and Agency.

**Get educated about autism**

Learn more about ASD and effective intervention strategies by taking the [ASD Strategies in Action online training](http://www.mn.gov). Contact [ASD.DHS@state.mn.us](mailto:ASD.DHS@state.mn.us) for a free subscription.

**Connect with other families and resources in the community**

Attend support groups in-person or online to meet people who have navigated these complex systems and may be able to support you along the way.

- [Family Voices of MN](http://www.familyvoicessimn.org)
- [Autism Society of MN (AsSM)](http://www.autismmn.org)
- Reach out to friends, family, and local support groups

Watch [On the Autism Spectrum: Families Find Help and Hope](http://www.autismmn.org) to hear from families in the African American, Hmong, Latino, Native American, and Somali communities talk about their journey receiving an ASD diagnosis and accessing services.

Connect with advocacy organizations to learn effective ways to advocate for your child and find support from trained advocates.

- [The ARC of MN](http://www.thearcmn.org)
- [PACER](http://www.pacer.org)

The Pathway to Services and Supports for Autism Spectrum Disorder (ASD) document provides an overview of what is available for children as they grow. The Overview of Medical Identification and Educational Determination of Autism Spectrum Disorder resource helps to clarify the difference between a medical diagnosis and an educational determination and why it is important to access both. For additional information, visit [mn.gov](http://www.mn.gov) or contact [ASD.DHS@state.mn.us](mailto:ASD.DHS@state.mn.us).
What YOU need to do after your child is identified with autism spectrum disorder (ASD)?

During the first month

1. **Contact Help Me Grow MN**
   - Evaluation date: 
   - Phone number / e-mail: 
   - Contact person: 
   - Notes: 

2. **Set up appointment for a comprehensive evaluation to access early intervention services**
   - Evaluation date: 
   - Provider name: 
   - Phone number / e-mail: 
   - Contact person: 
   - Notes: 

3. **Call your local county or tribal office**
   - a. Identify healthcare coverage options
   - b. Schedule MNChoices assessment
   - Evaluation date: 
   - Contact person: 
   - Notes: 

   **Tips:** Create a binder, notebook, or file cabinet with copies of all the forms, reports, and assessments that you have been asked to complete (e.g., consent documents, evaluations, testing results, etc.). Organize them by the service or provider (e.g., school, speech, doctor, etc.).

During the next few months

**CONNECT WITH...**

- Local school district: With your local school district's early childhood special education staff, develop and review the Individualized Family Service Plan (IFSP) or Individualized Education Program (IEP).
  - Evaluation date: 
  - Contact person: 
  - Notes: 

- Early intervention provider: With your provider, develop a treatment plan and participate in family training programs.
  - Follow up with providers or services if you were put on a waiting list.

By the end of year one

- Continue programs and services as described in your child’s IFSP or IEP. Review your child’s progress and take notes on potential skills or behaviors you would like to work on to prepare for your yearly team meeting.
  - IEP meeting date: 
  - Contact person: 
  - Notes: 

- Continue early intervention services according to your treatment plan. Review your child’s progress and take notes on potential skills or behaviors you would like to work on to prepare for your next team meeting.

- Follow-up with your local county or tribal office regarding services identified in MNChoices assessment and support plan.

- Connect with support groups and advocacy organizations. Parents and advocates in these groups can connect you with information and resources. Start a list of important people in your child and family’s life and how they can support you. It’s important to identify other caregivers besides yourself who are equipped to care for your child if needed. This may be a family member, Personal Care Assistant or respite provider.

- Follow up with your child’s primary care provider to review their progress at the well-child appointment.
  - Appointment date: 
  - Contact person: 
  - Notes: 

Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. Call the Disability Hub MN at 1-866-333-2466 or visit DisabilityHubMN.org to get connected to resources and services. For more information, visit mn.gov/autism or e-mail ASD.DHS@state.mn.us

JUNE 2020
Transition services for youth and young adults begin at age 14 and are offered by schools in collaboration with Vocational Rehabilitation Services (VRS), a state employment department. You can work with your Individualized Education Program (IEP) team to develop a person-centered plan to achieve your goals and prepare you for life after high school.

**SECONDARY EDUCATION AND PLANNING**

Post-secondary training can be:
- four-year college
- technical school
- other learning opportunity

Explore these and other resources with your family, vocational rehabilitation counselor, school guidance counselor and others.

Accommodations are available for college placement tests like the ACCUPLACER and the ACT. Colleges and technical schools can make accommodations and provide supports through Section 504. When touring potential schools, you and your family should connect with the disability services departments to discuss potential accommodations.

Review this [Postsecondary Resource Guide](#), which includes practical learning strategies, information on self-advocacy, paying for college, accommodations and more.

**COMMUNITY SUPPORTS, SERVICES, AND RECREATION**

In Minnesota, you’ll find a wide variety of parks, activities, and other options to engage individuals of all abilities. Many communities sponsor their own sensory-friendly events, respite events, walks and other activities. Visit the community center, support groups or advocacy organizations in your area to learn about local events in your own community, or online by visiting [the MN Autism Resource Portal](#)—Recreation, leisure and community participation.

Day training and habilitation services provide supervision, training or assistance for you to develop and maintain life skills and participate in community life. These services are usually funded through a waiver.

Adult rehabilitative mental health services (ARMHS) is a range of services that help you build and maintain your mental wellbeing, as well as social, independent living and community skills. Services are paid for by Medical Assistance (MA) or health plans.

A [MNChoices assessment](#) can help you identify other services and supports.

**INDEPENDENT LIVING**

Centers for Independent Living (CIL) are community-based nonprofit organizations that are designed to provide peer support, information, referrals, advocacy, and independent living skills training and can help be a bridge to independent living.

Disability Benefits 101 gives you planning tools and information on health coverage, benefits, including Social Security Income (SSI), and employment.

Housing Benefits 101 helps you locate the right housing option for you and puts a plan in place for you to live in the most independent setting of your choice.

Prior to your 18th birthday, you and your IEP team should discuss if [supported decision making (SDM)], guardianship, conservatorship, or other alternatives are right for you.

Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. Call the Disability Hub MN™ at 1 866 313 2486 or visit [DisabilityHubMN.org](http://DisabilityHubMN.org) to get connected to resources and services. For more information, visit [mn.gov/autism](http://mn.gov/autism) or e-mail ASD.DHS@state.mn.us
How Do You Get Started Planning for Transition?

It's never too early to start preparing for transition. To ensure a successful transition, it is important to learn self-care and problem solving skills, make choices, gain independence and demonstrate cooperation with peers. Explore your unique interests and build on your strengths to identify potential job opportunities for the future.

INDIVIDUALIZED EDUCATION PROGRAM (IEP) TRANSITION PLANNING

You and your IEP team will prepare a transition plan during high school. The plan is part of your IEP and should include information about everything you need in order to be successful after high school. This plan is especially important because once you graduate, your IEP team will no longer be there to help. Your transition plan will make sure that you learn the skills you need to lead an independent life after high school. For additional information on education, visit Disability Benefits 101 and the MN Autism Resource Portal—Education.

EMPLOYMENT PLAN

Pre-employment services may be available to you starting at age 14. Pre-employment services may include job exploration, counseling on post-secondary options, workplace readiness and self-advocacy. Contact the VRS counselor assigned to your school to get connected to these services. If you are found eligible for services and are determined to have support needs, you and your counselor will start working together to develop an Employment Plan, which is your road map to your employment goals. Explore the Employment Resource Guide to learn more.

The Employment Plan will list supports and services that you and your counselor agree will help you toward your goal of competitive integrated employment. Your counselor will be sure you know how to look for a job, write a resume, complete a job application, and be effective during job interviews. If you have waiver services, it is always good to include your case manager and others who support you in planning meetings.

Once you're on the job, your counselor will stay in touch to make sure things are going well. If there are issues, they'll help you find solutions. If there is a need for accommodations, they can help you talk with your employer.

It is important to remember that you can also reapply for services after your file is closed. If something changes on the job, VRS can temporarily reopen your file to help you work things out with the employer.

If you have already graduated from high school, applications start with a visit to your local vocational rehabilitation office. You and the counselor will discuss your support needs and plan for the future. In most cases, you'll be able to schedule an appointment with a counselor at one of the CareerForce Centers located throughout the state. Find a Vocational Rehabilitation Services Office near you.

MnCHOICES ASSESSMENT AND SUPPORT PLAN

MnCHOICES is a person-centered assessment and planning tool used by counties, tribal nations and managed-care organizations to help people with disabilities make decisions about long-term services and support needs. Anyone can access a MnChoices assessment at any time. Call your local county, tribal nation or managed-care organization to schedule a MnChoices assessment.

For positive support and person centered planning tools, visit the MN Autism Resource Portal—Transition and employment services.

Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. Call the Disability Hub MN at 1-866-333-2466 or visit DisabilityHubMN.org to get connected to resources and services. For more information, visit mn.gov/autism or e-mail ASD.
Waiver supports - Transition

• If you think you or your child could benefit from **Home and Community Based (HCBS) waiver supports** or long term services and supports, you can request a **MnCHOICES assessment** and support plan that can help get you started.

• If you are already receiving HCBS waiver services, talk to your waiver case manager about specific services and eligibility.

• Minnesota is an **Employment First** state: Minnesota is committed to ensuring people with disabilities have opportunities and support to work in competitive, integrated employment.

• Resources on **transition to adulthood for families** and information on **work options for individuals** at **Disability Hub MN** website.
Waiver Employment Supports

- **Waiver employment services** support people at all stages.

- **Exploration**: *Explore the work world, learn about interests, decide if you would like to pursue employment.*

- **Development**: *Plan out your path to employment, can assist with a job search in some circumstances.*

- **Support**: *Ongoing supports to maintain employment.*

- Day training and habilitation (DT&H)/**day support services**: *Day services can “wrap around” or work with employment.*
Behavioral health services for adults

- Adult Rehabilitative Mental Health Services
- Employment services
- Residential Treatment Services
- MN Autism Resource Portal—Behavioral Health
Transition and adult supports

- The person, family and Individualized Education Program (IEP) team will prepare a transition plan during high school.

- **Vocational Rehabilitation Services (VRS):** Offers **career supports** starting at age 14.

- **County/Tribe Supports:** A [MnCHOICES assessment](#) and support plan can identify needs and determine eligibility for services and supports.

- **Next Stage: Pathway to Transition and Long-Term Services and Supports for ASD** outlines additional resources available to young adults and adults as they transition into independent living and the work world.

  - Also available in [Hmong](#), [Somali](#) and [Spanish](#).
<table>
<thead>
<tr>
<th>Session Title</th>
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<tbody>
<tr>
<td><strong>First Steps:</strong> Pathway to learning, playing and growing</td>
<td>Recording</td>
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<td><strong>Next Steps:</strong> Pathway to services and supports for a child recently identified with autism spectrum disorder</td>
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<td><strong>Pathway to Autism Services and Supports:</strong> Coordination of Services</td>
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<td><strong>Next Stage:</strong> Pathway to Transition and Long-Term Services and Supports</td>
<td>How to attend: Recording</td>
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Basic Needs

- Healthcare Coverage
- Child care
- Food Nutrition
- Housing
- Transportation
- Economic Assistance
Intervention and Services

- Education
- Healthcare and wellness
- Services
- Technology and equipment
- Transition and employment
Supports

- Community and recreation
- Support groups
- Advocacy
- Legal
- Safety
Quick Links

- MNSure
- Disability Hub MN
- State agency websites
- Other resources
Purpose of EIDBI

• Teach functional communication & social interaction skills
• Decrease interfering behaviors

• Build independence with self-care and safety skills
• Increase participation in home & community life

• Person-centered
• Family Centered
Eligibility for EIDBI services

<table>
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<tr>
<th>Age</th>
<th>Diagnosis</th>
<th>Healthcare Coverage</th>
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<tbody>
<tr>
<td>• Birth to 21</td>
<td>• ASD or a related condition</td>
<td>• MinnesotaCare</td>
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<td>• MA-TEFRA</td>
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<td>• Pre-paid health plans</td>
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<td>• Private insurance</td>
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• Comprehensive evaluation may qualify as a medical diagnosis
• Services provided 1:1 or in small groups, as well as via telehealth
• Offers Family/ Caregiver training and counseling services
Make a referral to EIDBI services

Click on **online referral tool link** from the **MN Autism Resource Portal** or **Help Me Connect**

Search the directories for either a **CMDE provider** or **EIDBI agency**.

Trouble shoot common barriers

Call to schedule the evaluation. Connect to resources and advocates.

4/21/2021
Complete the **EIDBI referral form** and submit to the [ASD.DHS@State.mn.us](mailto:ASD.DHS@State.mn.us) inbox.

EIDBI team will troubleshoot barrier(s).

Connect child and family to EIDBI provider or other services and supports if no provider is available.
Who can make a referral?

Anyone can make a referral, including but not limited to:

- Parent/caregiver
- Case manager, social worker
- Primary medical doctor
- Educators
- Other professionals
EIDBI 101

• Learn more about the Early Intensive Developmental and Behavioral Intervention (EIDBI) benefit!

• For families, lead agencies, educators, providers and other interested people

• bit.ly/EIDBI-Families (will not generate certificate)

• Directions to access on Trainlink
Autism Services and Supports Online Navigation Tool

- **Online Navigation Tool**
- Help connect children to the right services at the right time

**Autism Services and Supports Navigation Tool**

- Use this tool to **help determine which service to refer to** based on the needs of the child, youth or young adult.
- It is appropriate to **refer back to this tool as the child’s needs change**.

**NOTE:** You can refer to multiple services. This was designed to help determine and prioritize the referrals you make.
- Disability HUB MN
- Recently updated
- Housing
- Employment
- Lifecourse planning tools

*Please like, follow and share the Hub's Facebook page*
OCALI

- **ASD Strategies in Action** and **Many Faces of Autism**

- Contact **ASD.DHS@state.mn.us** for a **FREE** subscription

- For **families**, **educators**, **providers** and other **professionals**.
On the Autism Spectrum: Families Find Help and Hope

- Highlighting communities in Minnesota affected by Autism to provide support, raise awareness and offer available treatment information.

- The videos feature MN Families from African American, American Indian, Hmong, Latino and Somali communities.

- Link to videos
Thank You!

E-mail us: ASD.DHS@state.mn.us (General questions)
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Visit us online: MN.Gov/Autism
Follow us on Facebook @MNAutismPortal