

Education Catalog

2023-2024

**Social and
Recreation
Programs**

**AuSM
Skillshops**

Resources

**Adult
Programming**



ausm[®]
autism society of minnesota

www.ausm.org

Minnesota's First Autism Resource[®]

Home Care For All Ages

Supporting families and their caregivers since 2005.

- PCA Choice
- FMS
- 245D Basic
- Homemaker Services

651.330.2550

BEST CARE
YOUR CARE. YOUR WAY.

bestcaremn.com



Welcome to AuSM

The combination of education and socialization is a powerful blend – this is true for everyone, but it especially pertains to our autism community. Education expands people’s worlds – even more so when fellow students share their learning journey, connecting as friends along the way. AuSM’s education offerings are a vital part of our mission to create connections, empowering everyone in the autism community with the resources needed to live fully.

Through our social and recreation programs presented in this catalog, we’re dedicated to helping you and your family connect with our community through classes, community events, and other opportunities to learn organically in social and classroom settings. On the following pages, you’ll find a carefully curated lineup of educational activities designed to meet the needs of autistic and neurodiverse youth and adults.

Wherever you are on your journey into the autism community, AuSM has something for you. We celebrate autistic individuals and all who support them by providing a welcoming place to learn, access services, and develop skills for navigating emotions, information, and life. Connect with AuSM’s amazing community by joining us for an activity, event, or class!

AuSM appreciates the support of its fall catalog advertisers. AuSM cannot endorse any commercial products, processes, or services.

Table of Contents

p. 8-9: Social and Recreation Programs

p. 12-13: Classes and Training, AuSM Membership

p. 14-17: AuSM Skillshops

p. 20-21: AuSM Multicultural Initiative, AuSM Resources

p. 22-23: AuSM Advocacy, Vaccine Clinics, AuSM Camps

p. 26-27: AuSM Counseling and Consulting Services

p. 30: AuSM Events



EDUCATION REGISTRATION TIPS

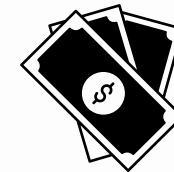
- Call 651.647.1083 or email education@ausm.org with registration questions. Classes have a maximum enrollment. Register early to ensure placement in a class.
- If a participant requires more support than the class provides, they may participate with a Direct Support Professional (DSP). The DSP will be responsible for supporting the individual with communication, behavior, and daily living skills. Contact us at education@ausm.org for more information.
- Schedules and instructors are subject to change. Visit www.ausm.org for current information.
- If a class is canceled or postponed, AuSM will notify you via phone or email and will post on www.ausm.org.
- Cancellation by registrant: Refunds less a \$25 processing fee will be assessed for cancellations received in writing to education@ausm.org seven business days prior to the start of the first class in the session. Following this date, no refunds will be given. Requests for transfer of registration to another individual or program will be considered on a case-by-case basis.
- Cancellation by program organizer: AuSM reserves the right to cancel a class due to low registration or other circumstances that make the class non-viable. If AuSM cancels a class, registrants will be offered a full refund. If the class is postponed, registrants will have the option to either receive a full refund or transfer registration to the another class.

Registration Information

Registration opens on August 28

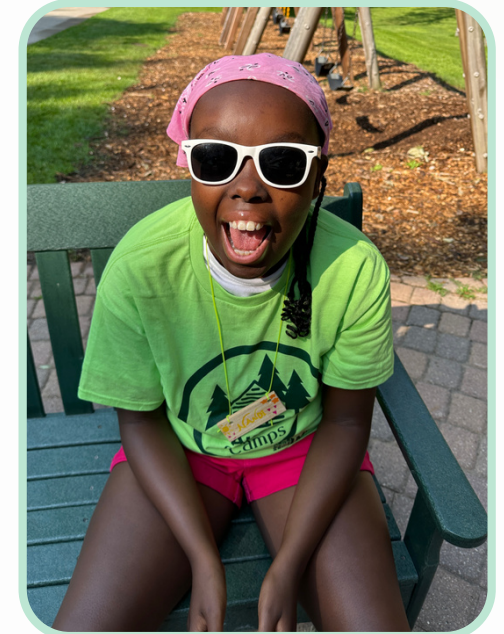


REGISTER ONLINE
www.ausm.org



PAYMENT

Check with your county case manager to see if your selected AuSM education program can be paid for under the Brain Injury (BI); Community Alternative Care (CAC); Community Access for Disability Inclusion (CADI); or Developmental Disability (DD) waiver. Scholarships are available for those who qualify. Scholarships can be requested through the registration forms.



Thank you Premier Partners

Join these companies in making a difference in the lives of individuals touched by autism in Minnesota.



If you are interested in becoming an AuSM Premier Partner, please contact Zephyr James at 651.647.1083 ext. 123 or email zjames@ausm.org.

...BECAUSE



everyone has the right to be empowered

Care that fits your needs, on your schedule, from your own staff



PCA Choice from MRCI-CDS

- Remain in your home and community.
- Select, hire, train, schedule and manage your own staff that you trust.
- MRCI-CDS will serve as the PCA Choice Agency to provide a high level of oversight with employment-related needs.

Ready to get started?

To learn how MRCI-CDS can help you, contact us today!

cdsmailings@mymrci.org
 800-829-7110
www.mrcicds.org

Other Services:

- Consumer Directed Community Supports (CDCS)
- Consumer Support Grant (CSG)
- Individualized Home Supports
- Homemaker
- Respite
- Night Supervision
- Host Home
- Veteran-Directed Care
- Private Pay

MRCI Client Directed Services | 1961 Premier Drive, Suite 318 | Mankato, MN 56001 | 800-829-7110



Experiences and Adventures for All Abilities

EXPERIENCE PROGRAMS



EMPLOYMENT OPPORTUNITIES



VOLUNTEER WITH US



Camp | Respite | Retreats | Team Building | Therapy and Adaptive Riding | Travel



NAVIGATING MSP AIRPORT



PRACTICE MAKES PERFECT.

Traveling with your child with special needs can seem intimidating. Navigating MSP helps ease the anxiety with practice runs through MSP Airport.

This FREE program is offered monthly and will allow you to:

- Experience TSA security
- Explore the terminal
- Board a plane and meet a pilot
- Prepare for takeoff
- Gather helpful tips, information and resources

To learn more or to register for a session, go to MSPAirport.com and search for Navigating MSP.

For more information contact:
 Shelly Lopez at 612-726-5239
 or Shelly.Lopez@mspmact.org



Social and Recreation Programs

AuSM programs are conducive to youth and adults who fall within the wide range of the autism spectrum. Social and recreation programs are staffed at a 1:4 staff-to-participant ratio. If an individual is able to participate safely in a program but requires more support than 1:4 staffing provides, the individual may bring a Direct Support Professional (DSP). The DSP will be responsible for supporting the individual with communication, behavior, and daily living skills. Call 651.647.1083 ext. 126 or email education@ausm.org for more information. AuSM is committed to making your class experience positive and rewarding.

Pricing is listed after each session. M=member. NM=non-member.

CsZ Improv Skills (ages 14-26)

AuSM is pleased to continue its partnership with CSz Twin Cities to offer classes based on the principles of improvisational theater.



Have fun while learning how to respond to the unexpected, engage in reciprocal interactions, and support fellow participants in keeping a scene moving forward. No prior improv experience is necessary. Experienced improv participants may register for the Advanced class; Advanced participants must be pre-approved by the instructor.

Location: Center for Performing Arts, 3754 Pleasant Ave. Minneapolis, MN 55409

Session	Day/Dates	Time	Price
Beginner	Saturdays, Oct. 7-Nov. 4 (no class 10/21)	1-2:30 p.m.	\$275 (M)/\$325 (NM)
Advanced	Saturdays, Oct. 7-Nov. 4 (no class 10/21)	3-4:30 p.m.	\$275 (M)/\$325 (NM)

SELF Let's Talk About Sexuality: Sex, Communication, and Boundaries (18+)

Learn about sexual development and expression and engage in conversations about safe, healthy sexuality. Topics will include: healthy relationships, safe and appropriate boundaries, consent, personal safety, private and public spaces, dating and relationships, hygiene and personal care, human reproduction, pregnancy prevention, and gender and sexual orientation. Offered in partnership with AuSM, this class will be taught by the Seeing and Exploring Life's Future (SELF) Team of Lutheran Social Service of Minnesota.



Location: Virtual

Day/Dates	Time	Price
Wednesdays, Oct. 4-Nov. 8	6:30-8 p.m.	\$150 (M)/\$195 (NM)

MEA Recreation (ages 14-24)

Silverwood Park

Join AuSM at Silverwood Park to enjoy an afternoon of hiking and fall colors as we tour the park and view the sculptures and art it contains.

Location: Silverwood Park
2500 County Rd. E.
Saint Anthony, MN 55421

Mess Hall

Get messy and creative with Mess Hall and AuSM. Mess Hall is an unconventional art experience that hosts activities for all ages. Join us for two fun-filled activities of splatter painting and messy musical chairs for MEA!

Location: Mess Hall
906 Mainstreet
Hopkins, MN 55343

Session	Day/Date	Time	Price
Silverwood Park	Thursday, Oct. 19	12:30-2:30 p.m.	\$40 (M)/\$50 (NM)
Mess Hall	Friday, Oct. 20	10:30 a.m.-12 p.m.	\$40 (M)/\$50 (NM)

AuSM Coffee Club (18+)

Coffee Club is a space where autistic and neurodiverse adults can connect with each other, foster friendships, and build community while enjoying a favorite beverage and/or snack. Adults are welcome to bring items that make them feel comfortable, stay as long as they'd like, stim, and parallel play. While it's free to participate in AuSM Coffee Club, we ask that participants purchase something from our venues.

AuSM will provide a concierge staff person to assist with questions, check-in, ordering, or to manage any issues that may arise during the club. AuSM will provide a number of resources, including a social narrative providing club details, parking info, menus, and more.

Dogwood Coffee

Tuesday nights, 5-7 p.m.
825 Carleton Street,
St. Paul, MN 55114

Milkweed Cafe

Monday nights, 5-7 p.m.
3822 E Lake St,
Minneapolis, MN 55406

Upcoming Dates: Sep. 12, Sep. 26, Oct. 10, Oct. 24, Nov. 21, Dec. 5, Dec. 19

Upcoming Dates: Sep. 18, Oct. 16, Nov. 13





Sensory Friendly PERFORMANCES

Empowering individuals with sensory sensitivities to experience engaging theatre at CTC!

2023-2024 Season
Sensory Friendly Performances

Cookin'

Friday, October 13 at 7pm

*Morris Micklewhite
and the Tangerine Dress*

Friday, November 17 at 7pm

*Dr. Seuss's How the
Grinch Stole Christmas!*

Friday, January 5 at 7pm

*The Carp that Would Not Quit
and Other Animal Stories*

Friday, February 16 at 7pm

Alice in Wonderland

Friday, March 29 at 7pm

A Year With Frog and Toad

Friday, June 14 at 7pm

Overall sound reduction | Audience lights are left on
Take-a-break spaces | Fidgets | Ear plugs | Weighted blankets
Noise-canceling headphones | Trained staff from FRASER on site

Learn more and get tickets at childrenstheatre.org/sensory



**Franklin
CAPSTONE**

Preparing young adults to live independently with confidence

Post-secondary education that meets your needs and fits your schedule for 18-28 year-olds. Choose full-time, part-time, or our new College Flex enrollment option.

- Research-based assessments
- Vocational skills and work readiness
- Low student-to-teacher ratio
- Year-round curriculum
- Classroom and community social, emotional, and life skills

(Please note, waivers are accepted)

Questions or interested in applying?
Contact capstone@franklinmn.org



I like that the program is based around practical things that prepare you for life."

Aris, student



<https://franklinmn.org/capstone/>

Training and Classes

ASD Direct Support Certification

This program is an in-depth dive into understanding the autism diagnosis, common traits in autism, and some of AuSM's favorite support strategies. It's ideal for support staff, PCAs, group home staff, educational aides, and anyone who works directly with autistic individuals. Individuals on the spectrum also are welcome and encouraged to attend for increased self-understanding and to share their unique perspectives. Email education@ausm.org for information about discounted group rates.

Training Objectives

- Identify how people with autism think
- Understand how differences in thinking lead to differences in behavior.
- Understand how different tools/interventions address the strengths and challenges of ASD
- Identify tools to support clients and loved ones in different situations



Location: Held Virtually

Session	Day/Dates	Time	Price
Fall Session (FULL)	Fridays, Sept. 15-Oct. 13	9 a.m.-12 p.m.	\$300
Winter Session	Saturdays, Jan. 13-27	9 a.m.-12 p.m.; 1-4 p.m.	\$300

Understanding Autism

Understanding Autism is AuSM's introductory class. You'll learn all about the diagnosis, common characteristics, and some basic evidenced-based best practices to support autistic individuals and sensory processing sensitivities. This class is ideal for caregivers, parents, grandparents, group home and day program staff, Personal Care Attendants, and health care staff.

*Note, this is a single-session class. Content is the same for all sessions. AuSM offers these sessions at different times to accommodate as many schedules as possible. When registering, select the session that works best for you.

Location: Held Virtually

Day/Date	Time	Price
Monday, Oct. 23	6-8 p.m.	Free
Monday, Dec. 18	10 a.m.-12 p.m.	Free

2023 Understanding Autism classes are generously sponsored by Accra, an AuSM Premier Partner.



AuSM Membership

Whether you are a family with a child who is newly diagnosed, an adult on the spectrum, an educator who serves individuals with autism, or a business that wants to learn how to better serve customers with autism, AuSM provides you with resources and services you need to help you accomplish your goals. Your AuSM membership helps you find the most comfortable way to participate and grow.

- Member-only rates on classes and annual Minnesota autism conference
- AuSM Summer Camp eligibility
- One complimentary AuSM Skillshop per year
- AuSM Connections, twice per month e-mail newsletter
- Advocacy updates and alerts

Visit www.ausm.org or call 651.647.1083 to become an AuSM Member today!

Member Rates

Household: \$60 (everyone living at a single address)
Individual: \$40 (membership for a single adult)
Autistic Individual: \$20 (membership for a single autistic adult)
Non-Profit: \$150 (includes memberships for employees)
Corporation: \$350 (includes memberships for employees)



Saturday, Nov. 4, 2023
Virtual and in-person at the Mall of America

**2 PERSON
500-PIECE
DIVISION**
 8:30-10:30 a.m.

**500-PIECE
DIVISION**
 11 a.m.-1 p.m.

**1000-PIECE
DIVISION**
 1:30-4:30 p.m.

Register at www.ausm.org

AuSM Skillshops

Based on topics suggested by the Minnesota autism community, AuSM Skillshops are mini-workshops designed for individuals with autism, parents, caregivers, family members, support staff, educators, therapists, and other professionals.

AuSM Skillshops are held virtually through the Zoom platform. Sessions will be available in real-time only and will not be accessible after the AuSM Skillshop has taken place. Upon request, AuSM Skillshop participants may receive a certificate of attendance to submit to licensing boards for Continuing Education Unit (CEU) consideration.

AuSM Members receive a certificate for a free AuSM Skillshop and save \$10 on each AuSM Skillshop registration.

Cost Per AuSM Skillshop/Per Individual Registration

AuSM Member: \$15; Non-Member: \$25

AuSM Member with ASD or Current Student: \$10

Register online at www.ausm.org.



2023-2024 AuSM Skillshops are generously sponsored by Best Care, an AuSM Premier Partner.

A Developmental Perspective on Sexuality

Presenter: Logan Sand

Date: Oct. 17, 2023; 7-8:30 p.m.

The goal of this presentation is to provide information on healthy sexual development by discussing typical developmental milestones and what this means for parents, caregivers, and other caring adults. Participants also have the opportunity to practice responding to "teachable moments" to have discussions about healthy sexuality with the young people in their lives. This presentation will focus on healthy development for youth ages 0-18, but these teachable moment conversation skills can also be applied with adults that you care for or help support.



Logan Sand (they/them) has been the Program Manager for the Seeing and Exploring Life's Future (SELF) Program with Lutheran Social Service of MN since 2017. Their teaching philosophy is to provide anti-oppression and social justice-focused education with a particular focus on consent, decision making, and gender inclusion. Both Sand and the SELF Program are committed to comprehensive, medically accurate, and culturally appropriate sexuality education with a particular focus on individuals who face public health disparities. Sand has been a sexuality educator since 2014, and provides education to youth, parents/caregivers, and professionals in a variety of settings. Sand has presented at the National Sex Ed Conference, is published in the American Journal of Sexuality Education, and has sat on the Equity and Diversity Impact Assessment Committee for Minneapolis Public Schools and MDH's Suicide Prevention Taskforce.

Speed Friending with MNeurodivergent



Date: Nov. 14, 2023; 7-9 p.m.

Presented by: MNeurodivergent

Held in person at the AuSM office

2380 Wycliff St. #102, St. Paul, MN 55114



MNeurodivergent

AuSM is partnering with MNeurodivergent to host a speed friending event. Based on the concept of speed dating, you'll get the chance to meet tons of new people in a quick and structured way. We'll break up into groups: each group will sit on one side of a table and be paired with another group to talk to each other for 3-5 minutes. Once the time is up, the people on one side of the table then get up, move one seat down, and then start talking to the next person on the other side of the table. You'll be able to tell event organizers who you felt connected with and they'll put you in touch with any mutual matches!

MNeurodivergent is a social club rooted in a vision of bringing neurodivergent Minnesotans together to build meaningful connections. Its core principle is to foster an environment where all are treated with dignity and respect regardless of ability or preference.

Guardianship: What You Need to Know

Presenter: Jason Schellack

Date: Nov. 28, 2023; 7-8:30 p.m.

At age 18, a child is legally considered an adult. Some youth, however, aren't yet ready for all of the responsibilities of adulthood. Many children with ASD will continue to need assistance with their IEPs, transition services, making medical decisions, and applying for government benefits. To legally assist their adult children in these important areas, many parents and caregivers choose to establish legal guardianship.

Learn about the guardianship legal process, limited guardianship, and how some families can qualify for free legal assistance. Understand the powers and responsibilities guardians have under Minnesota law, and how successor guardians are chosen and appointed.

Jason Schellack (he/him) is the Managing Attorney at the Autism Advocacy & Law Center, LLC, a law firm dedicated to serving individuals with disabilities and their families. Schellack has worked with individuals with autism as a camp counselor, personal care attendant, public defender, and legal advocate. He practices primarily in the areas of guardianship, estate planning, family law, and special education law. Schellack is licensed to practice law in the State of Minnesota, as well as federal district court.



AuSM Skillshops

Minnesota Service Navigation

Presenter: Jillian Nelson

Date: Dec. 12, 2023; 7-8:30 p.m.

Join Jillian Nelson, AuSM's Community Resource and Public Policy Advocate, as she discusses the nuances of Minnesota service navigation. Jillian will also provide her own perspective of service navigation as an autistic adult. Learn what services are available and which ones may work best for you and your loved ones.

Services vary on an individual and family basis; Jillian is not able to provide what an individual will qualify for in services. However, she can walk you through what the process is like and how to find out what someone qualifies for in the state of Minnesota.

Jillian Nelson (she/her), Community Resource and Policy Advocate for the Autism Society of Minnesota, was diagnosed with autism as a young adult. With a degree in human services and a background in self-advocacy, she has dedicated her career to helping others with autism achieve their goals, advocating for system change, and spreading a message of education and autism acceptance. Nelson currently sits on The Governor's Council for Developmental Disabilities. She also has worked in employment services, helping others with autism secure and retain appropriate, successful employment.



Online Dating: From Profile to Potential Relationship

Presenter: Alyssa Perau

Date: Jan. 9, 2024; 7-8:30 p.m.

Many unspoken rules come with dating and even more with online dating. Learn about some of those social rules as well as how to set up an online dating profile, discuss some of the popular dating apps, how to prepare for a date, and how to clarify and communicate what you want from online dating.

Alyssa Perau (she/they) is a sex education teacher for Lutheran Social Service's SELF program. She has been teaching the Sexuality for All Abilities curriculum for the last four years with AuSM, as well as teaching workshops about consent, boundaries, and online dating. Alyssa also loves teaching on topics like healthy relationships, privacy, and sexual orientation and gender identity. When she is not working, she is in graduate school to become an Expressive Arts Therapist and hanging out with her chihuahua Coconut.

Examining Our Roots: History of the Neurodiversity Movement

Presenter: Ira Eidle

Date: Jan. 23, 2024; 7-8:30 p.m.

The neurodiversity movement has existed for roughly thirty years. Much of that history is not well known by many people. There is a lot to discuss when it comes to the movement's history, and how it compares to other disability sub-movements as well as the greater disability rights movement. It is still a young movement, although lots of progress has been made since it started. This panel will go over the different eras thus far of the movement, highlight key moments, and discuss the strengths as well as the shortcomings of the neurodiversity movement.

Ira Eidle (he/him) is autistic and lives in Decatur, GA. He is the curator and webmaster of Autistic Archive, a website that aims to preserve and document the neurodiversity movement's history. Ira has participated in Autistic Self-Advocacy Network's Autism Campus Inclusion Leadership Academy and moderated a panel on Neurodiversity and Fandoms at DragonCon. He also works part-time at Georgia Aquarium as an exhibit interpreter. Ira holds a Bachelor's of the Arts Degree in Theatre and Performance Studies from Kennesaw State University.

Adaptive 1:1 Swim Lessons



feel what you can do

At Swimpossible, we value authenticity and inclusivity. We believe that everyone deserves to be seen and heard and we create a safe and welcoming space for all. We celebrate diversity and encourage swimmers of all backgrounds and abilities to join us in the water

Contact us @ swiminfo@swimpossible.org to schedule lessons



Brightmont ACADEMY®

THE ONE-TO-ONE SCHOOL

STUDENTS WITH AUTISM BELONG AT BRIGHTMONT



- One-to-One Learning
- Full or Part-time classes
- Flexible Scheduling
- Skill Building Programs
- 1st through 12th grade



TWO LOCATIONS IN MINNESOTA

2855 Glacier Lane No., Ste. 200
Plymouth, MN 55447

720 Main Street, Ste. 101
Mendota Heights, MN 55118

Contact us today to sign up and start classes!

BRIGHTMONTACADEMY.COM

1-888-521-0887



LAURA BAKER
FAMILY NAVIGATION

*We help you in navigating
life with or caring for
someone with special needs.*

- Regional and state developmental disability programs and services options
- Peer support and family connections
- Community connections



LAURA BAKER
BEHAVIORAL SUPPORT

Starting in
Early 2024

*Providing behavioral
consultation for people
with IDD and the people
who support them.*

- Person-centered behavioral assessments
- Support plan consultation
- Engagement and coordination with community resources
- Positive support services



LAURA BAKER
HOUSING SUPPORT

*Providing housing
support to individuals
with disabilities so they
can live on their own.*

- Long-term affordable housing stability
- Coaching to develop and maintain key housing relationships
- Support and guidance to maintain services



To learn more visit
laurabaker.org

Multicultural Grant Projects

Backed by two Innovations Grants from the Minnesota Department of Human Services (DHS), the Autism Society of Minnesota (AuSM) is supporting two nonprofit partners – the Somali Parents Autism Network (SPAN) and the Multicultural Autism Action Network (MAAN) – in helping families and individuals affected by autism overcome societal stigma and get culturally responsive services.

"Having seen the power of collaboration for more than 50 years in serving Minnesota's autism community, AuSM believes our partnerships with SPAN and MAAN are win-win opportunities for all of us – especially for the previously-underserved people in communities that we can now better support with our partners," said Ellie Wilson, AuSM's Executive Director.



SPAN and AuSM will collaborate to improve service delivery for Somali immigrant families in Minnesota with children, teens, and adults diagnosed with autism by connecting them to resources and services that are cognizant of their culture. "The Somali American Community Autism Partnership, aka Somali Autism Project, has the potential to transform the Somali community in Minnesota's perception about autism as a result of this project's public awareness campaign," said Mahdi Warsama, SPAN's Programs Director and Somali Autism Project Director.

Core initiatives for this DHS grant:

- Culturally competent consultation to Somali families regarding diagnosis, special education, and social services
- Education for service providers to increase understanding of Somali culture – and how best to support autistic people in the Somali community – while building caregiver capacity for broader inclusion and support
- Reducing autism-related stigma in the Somali community through a public awareness campaign by educating the public about developmental disabilities and neurodiversity

In the scope of this grant, MAAN and AuSM will focus on working with autistic adults to influence multicultural community perceptions around disability. This grant also seeks to improve access to service providers through outreach and education that bridges cultural barriers. "One of the greatest obstacles faced by families of children with disabilities is the stigma around disability which manifests differently in different cultural communities," said Maren Christenson, Executive Director of MAAN.

Project elements of this DHS grant include:

- Providing culturally appropriate support, empowerment, and training to families of children with disabilities through peer-to-peer networks
- Outreach to service providers on the unique challenges of providing services to individuals with disabilities and their families in multicultural communities
- Addressing societal views toward autism in multicultural communities

AuSM Resources Update

AuSM is proud to share that we have completely reorganized the Resources section of our website, meaning that you have easier access to even more free resources. Our new resources section is broken down by both topic and resource type. No matter where you are in the resource section, there is always an easy to access toolbar that allows you to navigate to another topic or type of resource.

To create this updated resource section, we've been hard at work building and publishing new resources. Some of the highlights include:

Creating Accessible Events Toolkit

A guide with tons of resources and suggestions for creating events and spaces that are accessible to everyone, including attendees, speakers, volunteers, and organizers.

Splinter Skills Resource

An explanation of what splinter skills are, what we know about where they come from, how they can affect a person, and ways to support someone with an uneven developmental profile.

Find resources at www.ausm.org/ausm-resources

AUSM RESOURCES	
—	About Autism
	Advocacy Resources
	Social and Communication Supports
	Rituals, Routines, and Managing Change
	Sensory Regulation Resources
	Executive Function Resources
	Emotion Regulation Resources
	Navigating the Community Resources
	Services, Supports, and Accommodations Resources
	Living Skills Resources
	Informational Articles
	Videos
	Worksheets and Interactive Tools
	Technology, Apps, and Databases
	Infographics
	Toolkits

AUTISTIC COMMUNITY SUMMIT
-Autism Society of Minnesota-

SATURDAY OCT. 14
LIONSGATE ACADEMY SHOREVIEW

Created and curated by autistic community members, the purpose of the Autistic Community Summit is to provide a space for community building and sharing the knowledge and perspectives of Minnesota's autistic community.

By autistics, for autistics.

REGISTER AT WWW.AUSM.ORG



AuSM Advocacy



The 2023 legislative session was one of big wins for the AuSM Advocacy Committee. Here is a summary on disability rights wins:

TEFRA Parental Fee Elimination

The Tax Equity and Fiscal Responsibility Act (TEFRA) option for medical assistance allowed children with disabilities to qualify for medical assistance without considering the income and assets of parents. With this bill, parental fees no longer apply to those families.

Improving Medical Assistance for Employed Persons with Disabilities (MA-EPD)

The asset limit for MA-EPD has been removed, and there's a new requirement to notify people accessing MA of the existence of the MA-EPD program.

Phasing Out Subminimum Wage for People with Disabilities

The Task Force on Subminimum Wages – co-chaired by Jillian Nelson, AuSM's Community Resource and Policy Advocate – made several funding recommendations for the Governor's bill. Nearly all the Task Force's recommendations passed – except for establishing an exact sunset date for subminimum wage in Minnesota.

PCA/CFSS (Community First Services and Supports) Rate Framework

This bill brings monumental wage and benefits increases for PCAs, as well an increase in provider reimbursement rates.

PCAs Allowed to Drive Clients

Before this bill, PCAs literally would have to go off the clock to drive their client anywhere. Now, PCAs can drive clients as a billable service.

40-hour Cap Lifted to 60-80

Parents of minors and spouses who are federally approved for the CDCS and CFSS programs can now get paid to work additional hours as caregivers. Previously, there was a 40-hour limit split between two parents – now it's a combined 80 hours for two parents, or 60 hours for a single parent.



"This legislative session has brought hard-earned gains – it's both encouraging and heartwarming to see legislative consensus in favor of our community," said AuSM's Jillian Nelson. "But as policy advocates, we still have so much work to do at the Capitol for our diverse community."

Vaccine Clinics

The Kid Experts® at Children's Minnesota, in partnership with AuSM and the Multicultural Autism Action Network (MAAN), are providing childhood and COVID-19 vaccines to children with autism or sensory issues. Specialists from AuSM and MAAN will provide support and sensory-friendly tools to ensure children have a comfortable vaccination experience.

Appointments are strongly encouraged. Call the number listed after each date to make an appointment.

Upcoming Dates

Wednesday, Aug. 30

9 a.m. – 4 p.m.
St. Louis Park primary care clinic
3910 Excelsior Blvd.
St. Louis Park, MN 55416
952.930.8400

Monday, Sept. 18

9 a.m. – 4 p.m.
Hugo primary care clinic
14701 Victor Hugo Blvd. N.
Hugo, MN 55038
651.426.1141

Thursday, Oct. 19

9 a.m. – 4 p.m.
Maple Grove primary care clinic
12720 Bass Lake Rd.
Maple Grove, MN 55369
763.559.2861

AuSM Camps



Get Ready for Camp 2024!

AuSM camps are tailored for autistic youth and adults. Parents and caregivers can rest assured knowing that their campers are being cared for by highly-trained, experienced staff, while campers make memories that last a lifetime. AuSM will be running sessions of Camp Hand in Hand and Camp Discovery. The Camp Lottery starts Jan. 1, 2024! Check www.ausm.org for updates as the year progresses.



AuSM Is Seeking Staff for 2024 Camps

AuSM invites you to learn about the magic of camp and community by becoming a camp counselor during the summer 2024 season. AuSM's Camp Discovery and Camp Hand in Hand are seeking camp counselors. Visit ausm.org/about/job-opportunities to learn about the best summer job ever, or email camp@ausm.org for even more details.

Helping You Meet Their Needs



612.200.9920
Serving Minnesota since 2009

AUTISM ADVOCACY & LAW CENTER LLC.
901 North 3rd Street, Suite 120
Minneapolis, MN 55401



EVERYONE DESERVES A VOICE

What Your Consultant Can Do for You:

Helping you find the most appropriate Augmentative and Alternative Communication (AAC) solution is of the utmost importance to us at PRC-Salttillo.

Here are some of the many ways we can assist you:

- + On-site communication device consultations
- + Assistance with the funding process
- + Support in obtaining a device to try
- + Device setup and training
- + Implementation support for parents and professionals
- + Professional development opportunities
- + 5-year warranty
- + Lifetime device support

Did you know?

Your favorite AAC iOS apps were developed by your friends at PRC-Salttillo:



AuSMAdlbw072723





The Autism Society of Minnesota’s highly trained therapists have committed their careers to helping individuals with Autism Spectrum Disorder understand their diagnosis. They provide strategies to support each person’s unique autism experience, addressing both the challenges and gifts it can bring. AuSM therapists help individuals with autism from youth through adulthood as they grow at their own pace in a safe, compassionate, and respectful environment. AuSM’s clinic is LGBTQIA-friendly and takes a neurodiversity-friendly approach to therapy, with many neurodivergent therapists on staff. We are a leader in adult and gender-affirming mental health services for autistics. Our therapists practice a variety of types of therapy, including EMDR, ACT, CBT, and hold licensures including LMFT, PhD, MA, MS, MSW, and more. You can learn more about our therapists at www.ausm.org.

Counseling Services:

- Individual therapy
- Marriage, couples, and family therapy
- Psychoeducation
- Second opinions on autism evaluations
- Trauma therapy
- Evaluations for autism for ages 16+ (limited availability)
- Onsite consultations for high-intensity challenges when staff or family need additional support

AuSM’s services are outpatient only. If you require a higher level of support, we may refer you to another provider.

Support Groups

AuSM provides a variety of support groups to meet the needs of our community. Support groups offer those affected by autism the opportunity to share problems, solutions, joy, and sorrows with one another.

- Women’s Support Group: first Thursday of each month
- LGBTQIA+ Support Group: second Thursday of each month
- Independent Adults with ASD Support Group: fourth Thursday of each month
- Family Members of Adults on the Spectrum Support Group: third Thursday of each month



RSVP at www.ausm.org. Some groups are hybrid, others are held virtually. Check the website for details.

AuSM is a Neurodiversity-Affirming Clinic

Neurodiversity refers to the fact that human beings have a wide variety of minds, sensory systems, and ways of processing the world. AuSM embraces this diversity: we won’t try to change your mind to fit a particular mold. We’ll work with your needs and your unique mind to create personalized goals and supports that are right for you. **You are not broken.**

We acknowledge that there are challenges and difficulties created both by the world we live in and by lack of accessibility. Autism is a disability, and we know that it isn’t easy to be autistic. Our goal is to support the navigation of the world with these differences in mind and to acknowledge that everyone is worthy and brings value to the world.



Contact us at autismcounseling@ausm.org to set up an appointment.



SEPTEMBER **27** 7:00 PM

WWW.AUSM.ORG

Join AuSM for an evening of cocktails (and mocktails) all to make our mission possible. We’re holding a party that doesn’t take itself too seriously and does tremendous good. We’ll have silent and live auctions, games, entertainment, and a chance for you to see our work with stories of impact. **It’s the party you don’t want to miss.**

UNLOCK YOUR FULL POTENTIAL AT MICC



Life skills, career certificate training, and social development for neurodiverse adults.

Minnesota Independence College & Community offers comprehensive programs to help autistic and neurodivergent young adults develop independent living skills, vocational skills, and personal relationships.

The **College Program** offers a three-year immersive experience building independent living skills, experiential learning, and fostering personal relationships.

From college to careers, community to social engagement, and summer programs, MICC empowers individuals to achieve their highest level of long-term independence in the community.

Along with careers services, participants engage in vocational training and support to help gain employment in their chosen field.

Through social engagement activities and events, discover and embrace passions, form friendships, and lead an active lifestyle.

To learn more about programs, admissions, and to schedule a campus tour, visit miccommunity.org

Contact MICC's Office of Admissions

612.876.9408 or admissions@miccommunity.org



IBIS



Visit Our Website



Infant Brain Imaging Study

About Our Study

The goal of this NIH-funded brain imaging study is to identify autism symptoms earlier in life.

Who Is Eligible?

Families with an infant 6 months old or younger with an older full sibling diagnosed with autism. Expectant parents are encouraged to contact us.

About Your Visit

Your infant and a parent will:

- Travel to Minneapolis when infant is 6-, 12-, and 24-months old for developmental testing and MRI scan during natural sleep
- Receive up to \$475 compensation and reimbursement for travel expenses at each in-person visit
- Complete remote visits with questionnaires and phone interview at 9- and 18-months old with \$50 in compensation
- Complete LENA language recordings at 6-, 12-, and 18-months old

Contact Us

For additional information or to enroll, call Camile Borja at 612-624-4533 or email ibis@umn.edu. Visit the IBIS website for more information at ibis-network.org



FOR IRB USE ONLY
 IRB ID #: 201901013
 APPROVAL DATE: 03/15/21
 RELEASED DATE: 03/15/21
 EXPIRATION DATE: 01/24/22

AuSM Events

Brother Justus Whiskey Distillery

27
SEP

COCKTAILS FOR A CAUSE

Join AuSM for an evening of cocktails (and mocktails) to support Minnesota's autism community! This will be an engaging party that doesn't take itself too seriously and does tremendous good. We'll have silent and live auctions, games, and entertainment. We'll also showcase our work, and share stories of impact.



Lionsgate Academy Shoreview/Virtual

14
OCT

AUTISTIC COMMUNITY SUMMIT

Created and curated by autistics and for autistics, the purpose of the Autistic Community Summit is to provide a space for community building and sharing the knowledge and perspectives of Minnesota's autistic community. Join us for a keynote, breakouts, social opportunities and more!



Mall of America/Virtual

4
NOV

AUSM PUZZLE COMPETITION

The 6th Annual AuSM Jigsaw Puzzle Competition gives teams of up to four, located anywhere in the U.S., the opportunity to put their jigsaw puzzling passion to the test by competing for the fastest puzzle completion time. Join us in one of three divisions!



Virtual

7
DEC

WORKSHOP: GESTALT LANGUAGE

Many autistic individuals are gestalt language learners: they learn in larger chunks instead of individual sounds or words. Learn how gestalt language development differs from analytic language development, how it naturally progresses through six stages, and how to support its development in your clients and students. Presented by Marge Blanc.

Improving lives through personalized homecare

© 2022 Accra Care, Inc.

Accra helps families affected by Autism Spectrum Disorder that need support in their homes. We are one of the largest providers of homecare services in Minnesota, proudly serving more than 9,000 clients across the state. Our mission is to improve lives by providing individualized homecare services and support to people living at home. Our person-centered philosophy focuses on treating each person as a unique individual.

Our services include:

- Personal Care Assistant (PCA) Choice
- Financial Management Services (FMS)
- 24/5 Waivered Services
- Home Health Care
- Mental Health Services
- Senior Assisted Living

To learn more, call 866-935-3515 or visit accrahomecare.org



Accra • 12600 Whitewater Drive • Suite 100 • Minnetonka, MN 55343

SENSORY FRIENDLY SUNDAY

SECOND SUNDAY OF EVERY MONTH
8-11 AM FREE

Learn more at walkerart.org/sfs



WALKER



Stay in Touch with AuSM

Want to be the first to know about new classes, programs, workshops, and services? There are plenty of ways to stay connected with AuSM. Sign up for our newsletter at www.ausm.org or follow us on social media!



facebook.com/AuSM.org



[@AutismMN](https://twitter.com/AutismMN)



[AuSMMN](https://www.instagram.com/AuSMMN)



ausm
autism society of minnesota

Autism Society of Minnesota
2380 Wycliff St. #102
St. Paul, MN 55114
651.647.1083 • events@ausm.org

NON-PROFIT ORG.
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 1062