

EDUCATION CATALOG

2024-2025



Events



Workshops



Classes

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Welcome to AuSM's 2024-2025 Education Catalog!
We're so happy to have you as a part of our community.
This catalog will keep you updated on AuSM's work,
events, and initiatives driven by our mission and the
tenets of neurodiversity advocacy.

Our blend of education and socialization is a powerful
combination for everyone, especially within the autism
community. Education expands worlds, and when
students share their learning journey, they connect as
friends along the way. AuSM's educational 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 the social and recreation programs presented
in this catalog, we are dedicated to helping you and your
family connect with our community. Our classes,
community events, and other opportunities facilitate
organic learning in both 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.

AuSM appreciates the support of its fall catalog advertisers. AuSM
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Registration Information

Registration opens on September 3
for all classes and workshops



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.



REGISTER ONLINE
www.ausm.org

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.

Thank You Premier Partners

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



Connect with the Minnesota Autism Community

Be a part of the AuSM community. We're thrilled to partner with businesses and organizations that support programs and services designed to enhance the lives of individuals with autism from birth through retirement.

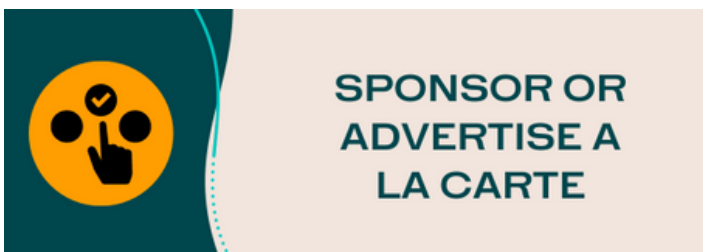


AuSM Premier Partnerships are sponsorship opportunities that are ideal for organizations interested in supporting and reaching Minnesota's autism community throughout the year in many ways.

By becoming an AuSM Premier Partner, you'll receive more recognition, more sponsorship opportunities, and more access to the Minnesota autism community at a lower cost.



Interested in targeted outreach to a subsection of the autism community? Choose one event or publication for sponsorship or advertising. Have a presence at one of our four major events throughout the year (see page 30) and show your support for the Minnesota autism community, or include your ad in one of our three printed pieces each year.



Contact Kelly Ulrick to sponsor or advertise. Email kulrick@ausm.org or call 651.647.1083 ext. 128.



bell
museum

Sensory Friendly Saturdays

This monthly series provides a welcoming and accessible environment for individuals, families, and children who have sensory sensitivities. Explore the Bell Museum with lowered lighting, quieter sounds, and fewer visitors.

Find dates, additional resources and more at:
z.umn.edu/bell-sensory



Sensory packs available for check out!

Social and Recreation Programs

AuSM's social and recreation programs are designed with a deep commitment to fostering a sense of community among autistic individuals, recognizing the essential role that connection plays in their well-being. Guided by a neurodiversity-affirming paradigm, AuSM celebrates the full spectrum of autism, ensuring that both youth and adults find spaces where they are understood and valued. With a 1:4 staff-to-participant ratio, our programs provide tailored support that respects the unique needs of each individual. For those who require additional assistance to safely engage in our activities, Direct Support Professionals (DSPs) are welcome to accompany them, offering personalized help with communication, behavior, and daily living skills. This approach reflects AuSM's dedication to creating inclusive, supportive environments where everyone can thrive. Call 651.647.1083 ext. 120 or email education@ausm.org for more information.

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



CsZ Improv Skills (ages 14-26)

Get ready to laugh, connect, and sharpen your communication skills with AuSM and CSz Twin Cities! We're thrilled to bring you improv classes where the rules of the stage are the keys to better communication and connection. Improv is all about thinking on your feet, rolling with the unexpected, and working together to keep the action going—just like in real-life conversations! Whether you're a seasoned performer or have never stepped on a stage before, you'll have a blast learning how to engage in dynamic interactions and support your fellow participants. Come join the fun—no prior improv experience needed! Experienced improv participants may register for the Advanced class with pre-approval from the instructor.

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



Session	Day/Dates	Time	Price
Beginner	Saturdays, Sep. 28-Nov. 9 (no class 10/19)	1-2:30 p.m.	\$275 (M)/\$325 (NM)
Advanced	Saturdays, Sep. 28-Nov. 9 (no class 10/19)	3-4:30 p.m.	\$275 (M)/\$325 (NM)

AuSM Coffee Club (Ages 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 venue. AuSM will provide a 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.

Location: Dogwood Coffee, 2700 University Ave W, St Paul, MN 55114
Price: Free

Upcoming Dates (all sessions are held 5-7 p.m.)

- September 10
- October 8
- November 12
- December 3



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- Community connections



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- Engagement and coordination with community resources
- Positive support services



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

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- Coaching to develop and maintain key housing relationships
- Support and guidance to maintain services



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Autism Classes



ASD Direct Support Certification

Dive deep into the world of autism with AuSM’s comprehensive program that unpacks the nuances of an autism diagnosis and the diverse ways it can manifest. Whether you’re a support staff, PCA, group home worker, educational aide, or anyone who works closely with autistic individuals, this class is your go-to guide for truly understanding the autistic experience. We’ll explore how different autistic traits show up in unique ways, how autism shapes a person’s perception of the world, and offer up some of AuSM’s top-notch strategies for supporting communication and behavior. But that’s not all—this class also welcomes autistic individuals who want to gain deeper self-awareness and share their invaluable insights. Whether you’re here to better support others or to better understand yourself, this class is all about embracing the wide spectrum of autistic experiences and learning how to connect in meaningful ways. Email education@ausm.org for information about discounted group rates.

Location: Held Virtually

Session	Day/Dates	Time	Price
Fall Session	Fridays, Sep. 13-Oct. 11	9 a.m.-12 p.m.	\$300

Understanding Autism

New to the world of autism? Our Understanding Autism class is the perfect starting point! In this engaging and approachable class, you’ll get a solid grasp on the autism diagnosis, explore common traits, and discover practical, evidence-based strategies for supporting autistic individuals, especially when it comes to sensory processing sensitivities. Whether you’re a parent, grandparent, caregiver, or work in a group home, day program, or healthcare setting, this class is designed to give you the knowledge and confidence to make a positive impact. Start your journey toward better understanding and connection!

Location: Held Virtually

Day/Date	Time	Price
Monday, Sep. 9	2-3 p.m.	Free
Monday, Nov. 11	10-11 a.m.	Free
Monday, Dec. 9	6-7 p.m.	Free

2024 Understanding Autism classes are generously sponsored by AuSM Premier Partners Best Care and Minnesota Independence College & Community.



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Organizational Autism Training

A Positive Trend Throughout Minnesota's Business and Civic Community

With a statewide prevalence rate of one in 34 Minnesotans being autistic, more and more businesses and organizations have come to realize that the autism community truly is all of us. Many of these organizations are taking the proactive step to engage with AuSM on autism training for their staff. AuSM provides virtual and in-person training opportunities that are tailored to the needs and goals of each organization.

“The City of Chaska was thrilled to host a training to help our community better understand autism and its many layers of complexity. Information was easy for attendees to understand, whether they were a teacher, parent, grandparent, or friend of someone with autism,” said Erin Link, Recreation Program Manager for the City of Chaska. “The training helped us all see autism as a difference, rather than a disorder.”

As good stewards of the autism community, organizations are taking impactful steps toward acceptance and inclusion by learning more about the neurodiversity of individuals with autism.

“The AuSM training helps reinforce that all campers are unique and provides the tools and resources for our staff to help them work with the campers on an individual level,” said James Pointer, Zoo Camp Supervisor at Minnesota Zoo.

AuSM's education team provides trainees with strategies to help them understand the needs of individuals with autism, allowing them to offer a positive, supportive environment for this growing population.

“AuSM did a fabulous job preparing our camp staff to engage successfully and compassionately with neurodivergent children,” said Patricia O’Leary, Youth and Family Programs Coordinator at Bell Museum. “Using relevant scenarios, the group brainstormed different situations to familiarize themselves with proactive regulation supports as well as de-escalation strategies. Camp staff used the tangible skills they learned during training to create an environment for both neurotypical and neurodivergent children to feel safety, belonging, and joy while receiving a STEM education. AuSM is an integral part of helping us achieve this.”

AuSM's customized trainings and presentations cover a wide range of services, including general consulting, sensory and accessibility inventories, customized staff trainings, visual supports, social narrative preparation, and creating sensory kits and tools.

To learn more about AuSM training and consultation services, visit ausm.org/education/training.

“Providing training sessions is one of the favorite aspects of my role at AuSM,” said Eric Ringgenberg, AuSM's Education Program Director. “The opportunity to engage directly with groups and organizations to describe and discuss important topics and issues is very meaningful, and I have enjoyed doing so in many spaces and places throughout Minnesota.”

Image: Alma Hueso



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Workshops

AuSM workshops are offered throughout the year and offer insight from experts on autism-related topics. You'll find information for family members, educators, professionals, and of course, autistic individuals. **All workshops are presented virtually.**

Please note that pricing is listed as follows:

- NM=Non-member
- M=Member
- A=Autistic individual

Featured Workshop: Working While Autistic

Date: October 9, 2024; 9 a.m.-12 p.m.

Hosted by AuSM and Minnesota Independence College and Community

Presented by: Daren Howard (he/him) and Scott Schneider (he/him)

Pricing: \$59.99 (NM), \$49.99 (M), \$39.99 (A)

Professional success is possible for every autistic adult. In this workshop, intended for autistic adults and those who support them, you will gain an understanding of key employment issues affecting the autism community and practical strategies for getting and keeping meaningful employment opportunities. We will explore topics like career advancement, job searches, resume building, interviewing, job performance, disclosure, and accommodations from a neurodivergent perspective.

Daren Howard joined the Autism Society of Minnesota as the Deputy Director in 2022. He is an autistic parent of an autistic child and a nonprofit leader with more than 20 years of relevant experience. In addition to his executive leadership at the Autism Society of Minnesota, Daren helps organizations operationalize their understanding of autism and disability justice issues. Daren earned his MBA at California State University Dominguez Hills. He lives in Apple Valley, Minnesota with his spouse, Jacks, their child, and their pets Ziggy and Ricky Bobby.

As Careers Program Manager, **Scott Schneider** oversees MICC's employment skills training curriculum, classroom instruction and individual participant employment services. He manages a staff of instructors and job developers who work with participants to develop workplace readiness skills as well as find and retain meaningful employment. Scott brings nearly a decade of experience in direct support of neurodivergent adults. He offers particular expertise in culinary instruction with years of experience working in commercial kitchens.

Your Vote Matters!

Date: Oct. 15, 2024; 7-8:30 p.m.

Presented by: Jillian Nelson (she/her)

Pricing: \$25 (NM), \$15 (M), \$10 (A)

With an upcoming election on the horizon, it's more important than ever to make sure your voice is heard—especially if you're part of the disability or autism community. This workshop will guide you through the essential steps to becoming an informed voter. You'll learn how to research candidates and issues from a bipartisan perspective, focusing on what

matters most to you. Plus, we'll cover key issues that directly impact the autism community, so you can vote with confidence. From registering to vote to preparing for election day, we've got you covered. Make your vote count!

Jillian Nelson, Community Resource and Policy Advocate at AuSM, 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 is a Humphrey Policy Fellowship alumna and Registered Lobbyist and has worked in employment services helping others with autism secure and retain appropriate, successful employment.

Guardianship: What You Need to Know

Date: Nov. 19, 2024; 7-8:30 p.m.

Presented by: Jason Schellack (he/him)

Pricing: \$25 (NM), \$15 (M), \$10 (A)

At 18, a young person is legally recognized as an adult, but not everyone is fully prepared for the responsibilities that come with it. For many autistic individuals, ongoing support is needed in areas like IEPs, transition services, medical decision-making, and applying for government benefits. To continue providing this crucial support, some families choose to establish legal guardianship.

In this workshop, you'll explore the guardianship legal process, learn about limited guardianship options, and discover how some families may qualify for free legal assistance. We'll also cover the powers and responsibilities of guardians under Minnesota law, as well as the process for selecting and appointing successor guardians.

Jason Schellack 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.



Featured Workshop: Executive Function Essentials – Practical Tools for Everyday Life

Date: December 5, 2024; 9 a.m.-12 p.m.
Hosted by AuSM and the Autism Society of Greater Wisconsin
Presented by: Eric Ringgenberg (he/him) and Zephyr James (all pronouns)
Pricing: \$59.99 (NM), \$49.99 (M), \$39.99 (A)

This workshop will give you foundational skills to build self-regulation that will improve your executive function. We'll delve into innovative concepts like spiral time, providing a fresh perspective on time management and organization. You will learn practical, actionable strategies to support and strengthen executive function skills, tailored specifically for autistic individuals.

This workshop is designed with neurodivergent brains in mind, offering approaches and strategies that respect and work with your natural tendencies rather than against them. Whether you're looking to boost your own executive function or support someone else, this workshop offers tools that can be implemented right away, empowering you to navigate your own life and your own needs with the approaches that work for you.

Eric Ringgenberg is the Education Program Director for the Autism Society of Minnesota. He has a Bachelor of Science in Child Psychology from the University of Minnesota- Twin Cities and a Master of Arts in Special Education – Autism Spectrum Disorders from the University of St. Thomas. Additionally, Eric has extensive experience working with individuals on the autism spectrum in multiple settings and capacities, coordinating implementation of evidence-based practices, and delivering trainings on a variety of topics.

Zephyr James is an autistic adult and the Director of Marketing and Communications at the Autism Society of Minnesota. With nearly a decade of experience in creating resources, trainings, events, and community for autistic individuals in Minnesota, they spend their time working with the autistic community to ensure AuSM is meeting the needs of the people we're here to serve. Zephyr has completed the Partners in Policymaking disability advocacy program and was a Minnesota LEND Fellow.

Minnesota Service Navigation

Date: Dec. 17, 2024; 7-8:30 p.m.
Presented by: Jillian Nelson (she/her)
Pricing: \$25 (NM), \$15 (M), \$10 (A)

Join Jillian Nelson, AuSM's Community Resource and Public Policy Advocate, for an insightful session on navigating Minnesota's service system. As an autistic adult herself, Jillian offers a unique and valuable perspective on the process. In this class, you'll learn about the range of services available and discover which ones might be the best fit for you or your loved ones. While services vary from person to person, and Jillian can't determine specific qualifications, she will guide you through the process of finding out what you're eligible for and how to access the support you need in Minnesota.

Jillian Nelson, Community Resource and Policy Advocate at AuSM, 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 is a Humphrey Policy Fellowship alumna and Registered Lobbyist and has worked in employment services helping others with autism secure and retain appropriate, successful employment.



Know Your Voting Rights

Election day is Tuesday, November 5 in 2024, with early voting beginning September 20. Here is a primer to prepare you to exercise your right to vote.

Minnesota has same-day registration, but you can also register in advance online, by mail, and in-person. Consider the issues that are important to you as you research candidates on your ballot by looking at the statements they make. Look at their endorsements – do these people and groups share your values? Reach out to candidates directly to ask clarifying questions – it's on them to earn your vote.

As you research legislative and political issues impacting Minnesota's autism community, consider where you stand on issues like eliminating subminimum wages for people with disabilities. If accessibility is important to you as a voter, research candidate's views on inclusion. Also, look at what the candidates on your ballot have to say about protecting and extending your rights through the Americans with Disabilities Act (ADA), which guarantees equal opportunity for individuals with autism in public accommodations, employment, transportation, and state and local government services. See pages 24-25 of this catalog for info on AuSM's legislative advocacy.

Disability and Voting Rights

- If you are under a guardianship, you have the right to vote unless a judge has specifically revoked it.
- If you make a mistake on your ballot, you have the right to ask for a new one.
- It's your right to do a sample ballot at home, and bring it with you when you vote.
- You can ask anyone for help in voting. For example, you can bring a friend, family member, neighbor, or anyone else – except for an agent of your employer or union.
- You have the right to vote without anyone at your polling place trying to influence your choices.
- It's your right to vote privately and independently.
- You have a right to an accessible polling place.

Helpful Links

The Office of the Secretary of State in Minnesota has a website with all the resources and information you'll need: www.sos.state.mn.us/elections-voting/
Learn about candidates that will be on your ballot here by entering your home address: www.sos.state.mn.us/elections-voting/whats-on-my-ballot
More detailed info is also available here on AuSM's website, including strategies for choosing candidates and researching issues affecting our community: ausm.org/wp-content/uploads/2022/11/Voting-Overview.pdf



Legislative wins backed by AuSM policy advocates in 2024 include a bill introducing educators to ableism training, legislation establishing a journey-mapping study on the accessibility of obtaining disability services, and further reform to medical assistance for employed people with disabilities. Here is a summary of legislative progress for Minnesota’s autism community – as well as additional bills AuSM was not actively involved with that will benefit all Minnesotans with disabilities.

Continuous Improvement Project

Representative Kim Hicks and Senator Liz Boldon were instrumental in passing a bill establishing a study into journey-mapping how Minnesotans with disabilities access state and county services. Self-advocates have lobbied for more streamlined and intuitive processes for accessing disability services from start to finish. After conducting the journey-mapping study of one of the least accessible systems in the state, legislators in future sessions can make data-driven improvements to the accessibility of disability services.

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

Previous to this legislative session, people on MA-EPD had to provide documentation every six months – a new bill will extend that requirement to yearly, considerably lessening the burden of proof for accessing services. The asset limit of \$20,000 was eliminated in 2023, and advocates hope to eliminate premiums in 2025.

Ableism and Disability Justice

As part of legislation on ableism and disability justice, Minnesota teachers will be encouraged to opt-in for anti-ableism training. AuSM’s frequent community partner Multicultural Autism Action Network (MAAN) led this legislative effort and provided key testimony. Testimony was also given by special education students, representatives from the Disability Law Center, and a former teacher who became disabled later in life, which caused her to leave the profession sooner than intended. Instrumental self-advocates and other backers of the bill believe that after trainings are in place for a school year there will be ample data to assess feasibility and further application, such as moving from opt-in training to a more formal mandate. This bill also marks the first time the term “ableism” has appeared in statute.

This initial legislative move plants seeds for further progress by educating educators about what ableism is. It’s important to acknowledge that not all ableism is intentional, and that well-meaning people can unwittingly model ableist behavior. Jillian Nelson, AuSM’s Policy Advocate, spoke with The 74 Million on the subject of ableism, including how it affected her own educational experiences – here is excerpt from that interview:

“The disability culture is the only group where we currently allow teachers to teach in a classroom that is filled entirely with children from this culture and have absolutely no cultural competency training or requirements. That’s what the ableism and disability justice bill is really about. It’s about creating cultural competency among teachers who are working with children from this really unique and beautiful culture ... One of the biggest things that I hope teachers take away from training about ableism is that we’re okay just the way we are. Feeling shame about disabilities? That’s not ingrained in us from birth. That’s something that we learn from the interactions we have with the world around us. I hope that as teachers embrace anti-ableism, instead of seeing us as a collection of deficits that need to be measured and tracked, they see the beautiful parts of our existence.”
– AuSM’s Jillian Nelson

Subminimum Wages

It’s worth noting the extensive progress and groundwork made in 2023 toward eliminating subminimum wage for Minnesotans with disabilities – yet an exact sunset date continues to elude advocates after the 2024 session. Still, it’s noteworthy that the coalition of supporting organizations grew from less than a dozen to 36 organizations, including powerful labor unions AFSCME and the AFL-CIO. Consequently, the actual number of sub-min employers – as well as people working for sub-min wages – are steadily dropping with the inertia of progress made in the 2023 session. Establishing an exact sunset date for the elimination of this inequitable labor practice will remain the priority in 2025.

In part for the advocacy initiatives noted throughout the above portion in this article, the Minnesota Council of Nonprofits selected AuSM as one of three finalists in the Advocacy category for its 2024 Minnesota Nonprofit Mission Award: <https://minnesotanonprofits.org/about/awards-programs/mission-awards/mission-awards-voting>

General Progress for the Disability Community

The 2024 session brought additional legislation that AuSM was not directly involved in shaping, but nevertheless count as wins for the entire disability community. The most obvious example is labor agreements preserving access to Uber and Lyft – with both rideshare services widely used by people with disabilities.

Legislation also passed to create transparency in CDCS budgets, stating that if waiver language increases or decreases, an explanation has to be provided in an accessible format. This bill also says that lead agencies (ie counties) must not create or implement any policies that are different or inconsistent with policies created by the commissioner, federal or state law – nor can agencies create unnecessary hoops to prevent people with disabilities from accessing assistive tech.

Additional legislation affecting people with disabilities establishes a task force on creating more effective guardianship laws. Another bill now allows spouses of people with disabilities to earn income by working as PCAs for up to 40 hours weekly while serving their partner.

Lastly, the RISE Act will be a gamechanger for people with disabilities seeking accommodations in higher education. Students in postsecondary studies will experience far fewer barriers in terms of needing an IEP to obtain accommodations. Going forward, if teachers don’t provide requested accommodations, they must explain how providing accommodations to a postsecondary student would fundamentally alter the nature of the course – and any disagreement must go through a grievance process. In both private and public postsecondary schools statewide, students with permanent disabilities will have easier access and more equitable support in pursuing higher education.

To learn more about AuSM’s advocacy work – and to get involved – visit our website at <https://ausm.org/get-involved/policy-advocacy/>.





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About Our Study

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

Who Is Eligible?

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- Complete remote visits with questionnaires and phone interviews at 9-, 18-, (\$50 compensation) and 36-months (\$100 compensation)

Contact Us

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



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 APPROVAL DATE: 12/28/23
 RELEASED DATE: 12/28/23
 EXPIRATION DATE: 12/26/24

AuSM is Improving Resources and Services for Multicultural Communities



With support from the State of Minnesota Department of Human Services Disability Services Division, AuSM is working with a group of partners offering an expanded set of culturally relevant opportunities to our community members. AuSM began supporting Somali Parent Autism Network (SPAN) and Multicultural Autism Action Network MAAN in 2022. This year, AuSM added three new partners, with work focused on providing support groups and resources directly to families of autistic individuals.

Our Partners

Centro Tyrone Guzman <https://www.centromn.org/>

Centro Tyrone Guzman, the oldest and largest Minneapolis-based multi-service Latine organization, provides services and programming for early childhood, adults, mothers, grandmothers/elders in the community, and youth. In partnership with AuSM, Centro is building resources and groups related to autism and developmental disability diagnosis and services for Spanish-speaking parents. For more information, contact: infocenter@centromn.org.

Maangaar Global <https://maangaarglobal.org/>

Maangaar Global is an organization that serves the Somali community by providing consultations, support groups, and training to equip parents with the tools needed to support their children. Maangaar is a newer organization and is particularly unique because of their name. The word “maangaar” is the new and progressive Somali word for autism. The direct translation of the word is “unique mind.” Part of Maangaar’s mission is to dismantle the stigma of autism in the Somali community. Making this word part of their everyday vocabulary is a part of making maangaar mainstream and dismantling the existing ableism. For more information, contact a.musa@maangaarglobal.org.

Multicultural Autism Action Network (MAAN) <https://www.maanmn.org/>

Providing one-to-one family consultations to multicultural communities, MAAN has mostly worked with the Somali and Oromo communities but also works with the Native community, Latine community, and the African American community. MAAN is a resource for individuals in need of hands-on support with system navigation and individuals seeking parent or professional training. MAAN also co-hosts an annual family-camp with AuSM and are leaders in immigrant community advocacy. For more information, contact info@maanmn.org.

SEWA-AIFW <https://www.sewa-aifw.org/>

SEWA-AIFW is a non-profit organization created to bring total family wellness to the South Asian community. SEWA started as an organization that spread awareness on domestic violence and senior health, with a crisis hotline supporting community members. In partnership with AuSM, SEWA is advancing a program called SAPNA, which is centered around neurodiversity and provides peer-to-peer support, resources, and community connection for families. A SAPNA support group is offered to parents of children with disabilities to connect and build community with one another. SEWA also has various inclusive programs for women, men, elders, and children from South Asian communities. For more information, contact info@sewa-aifw.org.

Somali Parent Autism Network (SPAN) www.somaliautism.org

Focused on one-to-one family consultation and Somali community building, SPAN is a resource for those who need support with system navigation, especially for those who require dialogue support in the Somali language. In addition to direct consultation, SPAN launched their Sensory Friendly Sunday program in Summer 2024. SPAN has joined up with experienced local advocates to provide inclusive children’s programming, giving parents a chance to connect with other parents, and to engage with SPAN staff while their children are supervised. For more information, contact info@somaliautism.org.

In addition to the programs listed above, AuSM is working with these culturally steeped partners to develop helpful multi-lingual resources, including videos and other informational guides, for families who may be new to the autism diagnosis and community, or who are managing persistent barriers to service.



SERVICE, CONNECTION, AND CHANGE IN THE COMMUNITY

November 9, 10 a.m.
Woodlake Church

BY AUTISTICS, FOR AUTISTICS



WWW.AUSM.ORG

Summer Camps

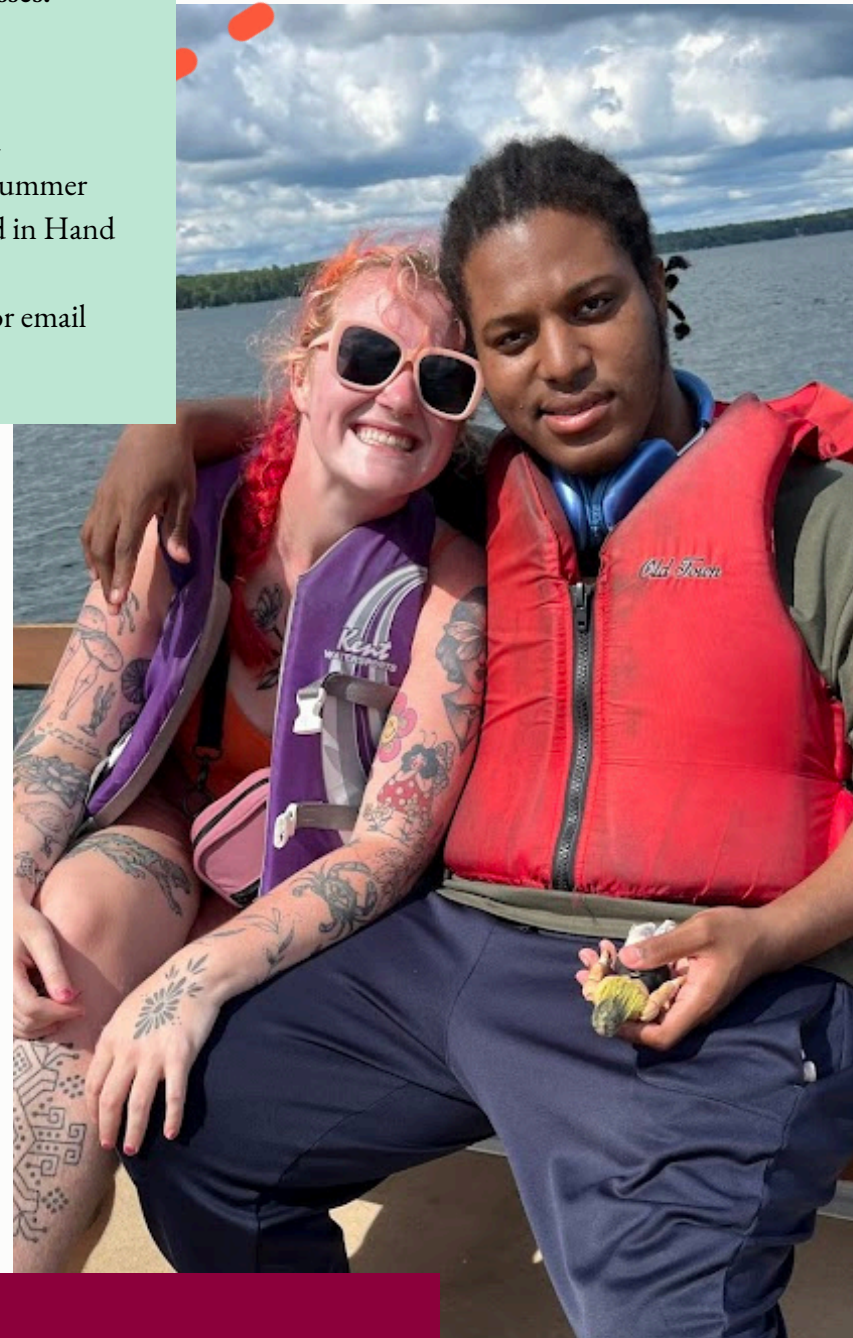
Get Ready for Camp 2025!

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, 2025!

Check www.ausm.org for updates as the year progresses.

AuSM Is Seeking Staff for 2025 Camps

AuSM invites you to learn about the magic of camp and community by becoming a camp counselor during the summer 2025 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.



Improving lives through personalized homecare



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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 12,000 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)
- 245D Waivered Services
- Mental Health Services

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Looking for New Adventures?



Experience Camp

- Ages 5 - 95+
- Individuals with disabilities
- 5, 6, and 10-day sessions





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.

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.



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. All support groups are held virtually. Check the website for details.



Image by Alma Hueso



AuSM Events



JIGSAW PUZZLE COMPETITION

September 28, 2024

Mall of America or virtual on Zoom



AUTISTIC COMMUNITY SUMMIT

November 9, 2024

Woodlake Church



MINNESOTA AUTISM CONFERENCE

April 16-18, 2025

Doubletree Hilton Minneapolis Airport Hotel



STEPS FOR AUTISM

May 18, 2025

ROC at the St. Louis Park Rec Center

WWW.AUSM.ORG



www.MICC.org
(612) 869-4008

SEE YOURSELF AT MICC!

Live independently, work purposefully and thrive in community with MICC's transformative hands-on education and training for autistic and neurodivergent adults.



COLLEGE PROGRAM

Begin a 3-year journey toward independence by living on-campus, earning career certificates and growing in community.



WORKPLACE READINESS PROGRAM

For those who are motivated to build a new career through skill development, on-the-job training and mentorship.



SUMMER PROGRAM

Explore independence and the joy of neurodivergent community with a week-long program for teens and young adults.



ausm

autism society of minnesota

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www.ausm.org

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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
- \$20 off any AuSM workshop or class
- AuSM Connections, twice per month e-mail newsletter
- Advocacy updates and alerts

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)

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