
An Office of Developmental Programs (ODP): Bureau of Autism Services (BAS) and ASERT Collaborative Resource

Pennsylvania's leading source of autism-related resources and information.
877-231-4244
How to Use LANTERN
The Office of Developmental Programs (ODP): Bureau of Autism Services (BAS), Pennsylvania Department of Human Services (DHS) and the Autism Services, Education, Resources, & Training Collaborative (ASERT) compiled this guide of online trainings and resources accessible through the MyODP Training Platform (www.myodp.org) and the ASERT website (www.paautism.org). This guide houses trainings for professionals, individuals and family members. This guide is divided into sections organized by training competencies, and then further organized by tier levels in an effort to meet professional, individual and family member training needs. The next page provides more information on each competency and tier level.

Please note: the “key words” included under each training or resource indicate key aspects of the content.
## Competencies
The following training competencies have been identified by the Office of Developmental Programs (ODP): Bureau of Autism Services (BAS) as the essential core areas of knowledge needed to effectively understand and support individuals with autism and their families.

<table>
<thead>
<tr>
<th>Competency</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overview of Autism</td>
<td>Focus on information specific to individuals with autism across the lifespan, including diagnosis and treatment related to communication, social, and behavioral difficulties. <em>Varying presentation, including over time changes.</em></td>
</tr>
<tr>
<td>Communication</td>
<td>Focus on methods to differentiate between language and communication and may also include ways to assess and address communication needs for someone with autism. <em>Best ways to engage people with autism</em></td>
</tr>
<tr>
<td>Relationships/Social Skills</td>
<td>Focus on understanding, assessing, and teaching/learning social skills for someone with autism <em>as they navigate desired social environment and relationships.</em></td>
</tr>
<tr>
<td>Positive Behavior Support/Applied Behavior Analysis (ABA)</td>
<td>Focus on specific methods to assess <em>strengths and needs</em>, including the use of a Functional Behavior Assessment (FBA) and other assessment tools (e.g., MAS, FAI, standardized assessments, job assessments) to identify best methods to support individuals with autism to be successful.</td>
</tr>
<tr>
<td>Emotional/Mental Health</td>
<td>Focus on assessment of co-existing conditions (e.g., mental health, substance abuse) to identify best methods to support individuals with autism to be successful.</td>
</tr>
<tr>
<td>Familial and Environmental Considerations</td>
<td>Focus on collaborating and teaming with families and other support networks to address dynamics that may impact supports and services for individuals with autism (e.g., parental stress, siblings, resistance to service delivery) <em>with consideration for environmental conditions where the individual works, lives, and plays.</em></td>
</tr>
<tr>
<td>Sensory/Motor</td>
<td>Focus on hyper and/or hypo sensitivities and may also include trainings on fine/gross motor needs.</td>
</tr>
<tr>
<td>Person Centered Culture</td>
<td>Focus on ways to ensure the individual’s needs and desires are considered when planning and teaching skills. <em>Holistic understanding and support free of imposed values, biases, embracing the human experience of risk-taking.</em></td>
</tr>
<tr>
<td>Physical Health</td>
<td>Focus on assessment of co-occurring medical conditions (e.g. aging-related) to identify best methods to support individuals with autism to be successful. Trainings related to medication management or impact of medication for individuals with autism would also fulfill this content area requirement.</td>
</tr>
<tr>
<td>Executive Functioning and Learning</td>
<td>Highlight strategies to effectively teach skills that promote successful planning and execution of one’s life in a way that is self-determined and interdependent.</td>
</tr>
</tbody>
</table>
Tier Levels

Tier levels indicate the training needs of those who are providing support to individuals with autism and their families. The trainings and resources that are recommended for each tier level is based on the frequency of contact, the role of the supporter, and the type of support being provided. There is also a tier level for the training and resource needs for individuals with autism and their families. Descriptions of the tier levels are provided below. Please read the descriptions to determine which tier best describes your role and needs.

Tier 1: Information and training needed for those...
- Who require a general awareness of autism, a general knowledge to do no harm, are not providing individual service, and are not shaping behavior or teaching skills.

Tier 2: Information and training needed for those...
- Who have infrequent contact with individuals with autism or provide targeted direct contact, need for situational/specific knowledge, are providing goods/service with an outcome, have a need a general knowledge to do no harm, and are neither shaping behavior nor shaping skills.

Tier 3: Information and training needed for those...
- With ongoing/frequent contact with individuals with autism, provide primarily direct contact, have a need for practical knowledge, and are shaping behavior and teaching skills.

Tier 4: Information and training needed for those...
- Who have specialist frequent contact with individuals with autism, have a high impact, provide service either directly or indirectly, have a need for advanced knowledge, and are directly or indirectly shaping behavior and teaching skills.

Individual and participant: Information and training for...
- Individuals and participants with autism.

Family: Information and training for...
- Family members of individuals with autism.
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Overview/ASD 101 – Tier 1

- **Characteristics of Autism – Infographic and Prezi Link (series)**
  Provides information on the characteristics of autism.
  
  **Keywords:** characteristics, behaviors

- **Common Abbreviations in Autism Services and Special Education (standalone)**
  A listing of abbreviations commonly used for Autism Services and Special Education.
  
  **Keywords:** autism services, children, special education

- **ASD Seminar 2017 Parts 1 and 2 (series)**
  [https://www.myodp.org/course/view.php?id=545](https://www.myodp.org/course/view.php?id=545)
  Basic information about services that children and adults with autism receive including the following topics: a) core deficits of ASD, b) how to address challenging behaviors, and c) strategies based on best practices.
  
  **Keywords:** Children, Adults, Deficits, Behaviors, Strategies

- **Overview of ASERT Resources (standalone)**
  Overview of current projects with a focus on ways ASERT can help access and track resources for the Adult Autism Waiver (AAW) or Adult Community Autism Program (ACAP) participants.
  
  **Keywords:** ASERT, BAS Programs, Adult Autism Waiver, AAW, ACAP, Adults

- **Intro to Autism (standalone)**
  Overview of Autism Spectrum Disorders (ASD), including family issues.
  
  **Keywords:** Overview, Autism Spectrum Disorders, Family

- **First Look (series)**
  Overview of the complexities of Autism Spectrum Disorders (ASD) that asks viewers to be more accepting and seek understanding of persons with autism as people first.
  
  **Keywords:** Overview, Video, Introduction to Autism
• Second Look (series)  
  https://www.myodp.org/course/view.php?id=781  
  Overview of issues and needs of adults living with Autism Spectrum Disorders (ASD) in Pennsylvania.
  
  Keywords: Video, Adults, Needs

• Third Look (series)  
  https://www.myodp.org/course/view.php?id=782  
  Appropriate supports to meet the needs of adults living with Autism Spectrum Disorders (ASD) in Pennsylvania.
  
  Keywords: Video, Adults, Supports

• First Responders + Manual (standalone)  
  https://www.myodp.org/course/view.php?id=190  
  An autism training manual and, video, and quiz for first responders.
  
  Keywords: ASERT, First Responders, Video, Manual, Quiz, Emergency, Crisis

• CR301: First Responder (standalone)  
  https://www.myodp.org/course/view.php?id=760  
  Guides First Responders in helping individuals with autism in emergency and crisis situations.
  
  Keywords: First Responders, Emergency, Crisis

• Presentation in Adults and an Update on Biological Research (For Professionals - standalone)  
  http://www.paautism.org/eLearning/eLearning-Detail/itemid/18/Presentation-in-Adults-and-an-Update-on-Biological  
  Explains main symptoms of ASD, shows how disruptions in social functioning are important, considers ASD in a differential diagnosis, and explains the biologic basis of ASD.
  
  Keywords: Overview, Symptoms, Impairments, Diagnosis, Biology

• Autism Spectrum Disorder 101 (For All - standalone)  
  http://www.paautism.org/eLearning/eLearning-Details/itemid/22/Autism-Spectrum-Disorder-101-For-All-  
  Defines ASD and tells its history, symptoms and diagnosis, tools and strategies, and provides additional resources.
  
  Keywords: Overview, Introduction to Autism, History, Symptoms, Diagnosis, Tools, Strategies
Overview/ASD 101 – Tier 2

- **ASD Seminar 2017 Parts 1 and 2 (series)**
  https://www.myodp.org/course/view.php?id=545
  Basic information about services that children and adults with autism receive including the following topics: a) core deficits of ASD, b) how to address challenging behaviors, and c) strategies based on best practices.

  Keywords: Children, Adults, Deficits, Behaviors, Strategies

- **Overview of ASERT Resources (standalone)**
  https://www.myodp.org/course/view.php?id=637
  Overview of current projects with a focus on ways ASERT can help access and track resources for the Adult Autism Waiver (AAW) or Adult Community Autism Program (ACAP) participants.

  Keywords: ASERT, BAS Programs, Adult Autism Waiver, AAW, ACAP, Adults

- **Intro to Autism (standalone)**
  https://www.myodp.org/course/view.php?id=767
  Overview of Autism Spectrum Disorders (ASD), including family issues.

  Keywords: Overview, Family, Introduction to Autism

- **Theory of Mind (ASERT 1277 - standalone)**
  https://www.myodp.org/course/view.php?id=820
  Explains "Theory of Mind" and how it impacts individuals with ASD and neurotypical peers. Includes different levels of perspective taking and activities to enhance Theory of Mind skills for individuals with autism.

  Keywords: Theory of Mind, Introduction to Autism, Overview

- **First Look (series)**
  https://www.myodp.org/course/view.php?id=780
  Overview of the complexities of Autism Spectrum Disorder (ASD) that asks viewers to be more accepting and seek understanding of persons with autism as people first.

  Keywords: Overview, Video, Introduction to Autism

- **Second Look (series)**
  https://www.myodp.org/course/view.php?id=781
  Overview of issues and needs of adults living with Autism Spectrum Disorder (ASD) in Pennsylvania.

  Keywords: Video, Adults, Needs
• **Third Look (series)**
  Appropriate supports to meet the needs of adults living with Autism Spectrum Disorders (ASD) in Pennsylvania.

  Keywords: Video, Adults, Supports

• **Filling in the Gaps… Science, People, Solutions (standalone)**
  Links research with personal stories to help providers better understand connections between behavior and internal motivation addressing Theory of Mind, empathy, service animals, and social skills, and offers strategies including multimedia approaches to gain insight into life with autism.

  Keywords: Strategies, Theory of Mind, Behaviors, Social Skills, Research, Challenges

• **First Responders + Manual (standalone)**
  An autism training manual and, video, and quiz for first responders.

  Keywords: ASERT, First Responders, Video, Manual, Quiz, Emergency, Crisis

• **CR301: First Responder (standalone)**
  Guides First Responders in helping individuals with autism in emergency and crisis situations.

  Keywords: First Responders, Emergency, Crisis

• **Presentation in Adults and an Update on Biological Research (For Professionals - standalone)**
  [http://www.paautism.org/eLearning/eLearning-Detail/itemid/18/Presentation-in-Adults-and-an-Update-on-Biological](http://www.paautism.org/eLearning/eLearning-Detail/itemid/18/Presentation-in-Adults-and-an-Update-on-Biological)
  Explains main symptoms of ASD, shows how disruptions in social functioning are important, considers ASD in a differential diagnosis, and explains the biologic basis of ASD.

  Keywords: Overview, Symptoms, Impairments, Diagnosis, Biology

• **Autism Spectrum Disorder 101 (For All - standalone)**
  Defines ASD and tells its history, symptoms and diagnosis, tools and strategies, and provides additional resources.

  Keywords: Overview, Introduction to Autism, History, Symptoms, Diagnosis, Tools, Strategies
Overview/ASD 101 – Tier 3

- **ASD Seminar 2017 Parts 1 and 2 (series)**  
  [https://www.myodp.org/course/view.php?id=545](https://www.myodp.org/course/view.php?id=545)

  Basic information about services that children and adults with autism receive including the following topics: a) core deficits of ASD, b) how to address challenging behaviors, and c) strategies based on best practices.

  Keywords: Children, Adults, Deficits, Behaviors, Strategies

- **Overview of ASERT Resources (standalone)**  

  Overview of current projects with a focus on ways ASERT can help access and track resources for the Adult Autism Waiver (AAW) or Adult Community Autism Program (ACAP) participants.

  Keywords: ASERT, BAS Programs, Adult Autism Waiver, AAW, ACAP, Adults

- **Intro to Autism (standalone)**  

  Overview of Autism Spectrum Disorders (ASD), including family issues.

  Keywords: Overview, Family, Introduction to Autism

- **Theory of Mind (ASERT 1277 - standalone)**  

  Explains "Theory of Mind" and how it impacts individuals with ASD and neurotypical peers. Includes different levels of perspective taking and activities to enhance Theory of Mind skills for individuals with autism.

  Keywords: Theory of Mind, Introduction to Autism, Overview

- **Making Vocational Success Possible (ASERT 1280 - standalone)**  

  Resources for clients and employers on skills matching, self-advocacy, and communication for those seeking and currently involved with employment.

  Keywords: Employment, Jobs, Strategies, Resources, Self-Advocacy

- **Real Life Skills and Circumscribed Interests in ASD (standalone)**  

  Reviews clinical and research aspects of circumscribed interests displayed by individuals with autism, functions of these behaviors, and the potential for using these skills in educational programming. Includes key aspects of adaptive functioning in autism and common challenges and priorities for educational programming.
Keywords: Adaptive Functioning, Challenges, Behaviors, Educational Programming, Circumscribed Interests, Research

- **Autism Grown Up: Issues in Adolescence and Adulthood (standalone)**
  https://www.myodp.org/course/view.php?id=769
  Addresses the variations on typical adolescent development, potential outcomes in adulthood, and co-occurring disorders that can become manifest as the child with ASD enters adulthood.

  Keywords: Adolescents, Adults, Co-Occurring, Transition to Adulthood, Outcomes, Development

- **Genetics and Autism: Lessons and Treatment Implications (standalone)**
  https://www.myodp.org/course/view.php?id=776
  Covers changes to ASD diagnostic criteria and recent genetic findings in ASD that and potential treatment implications of these genetic findings are discussed.

  Keywords: Genetics, Diagnosis, Research, Treatment, Cause

- **First Look (series)**
  https://www.myodp.org/course/view.php?id=780
  Overview of the complexities of Autism Spectrum Disorders (ASD) that asks viewers to be more accepting and seek understanding of persons with autism as people first.

  Keywords: Overview, Video, Introduction to Autism

- **Second Look (series)**
  https://www.myodp.org/course/view.php?id=781
  Overview of issues and needs of adults living with Autism Spectrum Disorders (ASD) in Pennsylvania.

  Keywords: Video, Adults, Needs

- **Third Look (series)**
  https://www.myodp.org/course/view.php?id=782
  Appropriate supports to meet the needs of adults living with Autism Spectrum Disorders (ASD) in Pennsylvania.

  Keywords: Video, Adults, Supports

- **DSM-5- Changes Impacting ASD (standalone)**
  https://www.myodp.org/course/view.php?id=785
  Describes changes from DSM-IV to DSM-5 and with a particular focus on the impact of these changes for the ASD community.

  Keywords: DSM, Diagnosis, Symptoms, History
• **Filling in the Gaps… Science, People, Solutions (standalone)**
  https://www.myodp.org/course/view.php?id=777
  Links research with personal stories to help providers better understand connections between behavior and internal motivation addressing Theory of Mind, empathy, service animals, and social skills, and offers strategies including multimedia approaches to gain insight into life with autism.

  Keywords: Strategies, Theory of Mind, Behaviors, Social Skills, Research, Challenges

• **AU119: Autism Strengths and Deficits (standalone)**
  https://www.myodp.org/course/view.php?id=784
  Common strengths and deficits of individuals with autism are discussed as a reminder of how to best provide services and supports.

  Keywords: Strengths, Deficits, Supports, ABA

• **Presentation in Adults and an Update on Biological Research (For Professionals - standalone)**
  http://www.paautism.org/eLearning/eLearning-Details/itemid/18/Presentation-in-Adults-and-an-Update-on-Biological
  Explains main symptoms of ASD, shows how disruptions in social functioning are important, considers ASD in a differential diagnosis, and explains the biologic basis of ASD.

  Keywords: Overview, Symptoms, Impairments, Diagnosis, Biology

**Overview/ ASD 101 – Tier 4**

• **ASD Seminar 2017 Parts 1 and 2 (series)**
  https://www.myodp.org/course/view.php?id=545
  Basic information about services that children and adults with autism receive including the following topics: a) core deficits of ASD, b) how to address challenging behaviors, and c) strategies based on best practices.

  Keywords: Children, Adults, Deficits, Behaviors, Strategies

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  https://www.myodp.org/course/view.php?id=637
  Overview of current projects with a focus on ways ASERT can help access and track resources for the Adult Autism Waiver (AAW) or Adult Community Autism Program (ACAP) participants.

  Keywords: ASERT, BAS Programs, Adult Autism Waiver, AAW, ACAP, Adults

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  https://www.myodp.org/course/view.php?id=767
  Overview of Autism Spectrum Disorders (ASD), including family issues.
Keywords: Overview, Family, Introduction to Autism

- **Theory of Mind (ASERT 1277 - standalone)**
  https://www.myodp.org/course/view.php?id=820
  Explains “Theory of Mind” and how it impacts individuals with ASD and neurotypical peers. Includes different levels of perspective taking and activities to enhance Theory of Mind skills for individuals with autism.

  Keywords: Theory of Mind, Introduction to Autism, Overview

- **Making Vocational Success Possible (ASERT 1280 - standalone)**
  https://www.myodp.org/course/view.php?id=823
  Resources for clients and employers on skills matching, self-advocacy, and communication for those seeking and currently involved with employment.

  Keywords: Employment, Jobs, Strategies, Resources, Self-Advocacy

- **Real Life Skills and Circumscribed Interests in ASD (standalone)**
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  https://www.myodp.org/course/view.php?id=769
  Addresses the variations on typical adolescent development, potential outcomes in adulthood, and co-occurring disorders that can become manifest as the child with ASD enters adulthood.

  Keywords: Adolescents, Adults, Co-Occurring, Transition to Adulthood, Outcomes, Development

- **Breakthrough Research on ASD and Hope for the Future (standalone)**
  https://www.myodp.org/course/view.php?id=770
  Part 1 reviews the phenomenology of ASD. Part 2 describes recent discoveries in genetics and explains why genetics is so relevant to the development of novel treatments. Part 3 reviews the past 10 years of brain imaging research. Part 4 describes a new treatment study at CHOP.

  Keywords: etiology, diagnosis, treatment, imaging, genetics, social skills

- **Transition to Adulthood (standalone)**
Summarizes current research on outcomes for adult with ASD, including employment, post-secondary education, relationships, and independent living, and focuses in on the years surrounding high school exit.

Keywords: Genetics, Research, Treatment

- **Genetics and Autism: Lessons and Treatment Implications (standalone)**
  Covers changes to ASD diagnostic criteria and recent genetic findings in ASD that and potential treatment implications of these genetic findings are discussed.

  Keywords: Genetics, Diagnosis, Research, Treatment, Cause

- **First Look (series)**
  Overview of the complexities of Autism Spectrum Disorders (ASD) that asks viewers to be more accepting and seek understanding of persons with autism as people first.

  Keywords: Overview, Video, Introduction to Autism

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  Keywords: Video, Adults, Needs

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  Describes changes from DSM-IV to DSM-5 and with a particular focus on the impact of these changes for the ASD community.

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  Explains main symptoms of ASD, shows how disruptions in social functioning are important, considers ASD in a differential diagnosis, and explains the biologic basis of ASD.

  Keywords: Overview, Symptoms, Impairments, Diagnosis, Biology

**Overview/ASD 101 – Individual/Participant**
- None

**Overview/ASD 101 – Family**
- **Common Abbreviations in Autism Services and Special Education (standalone)**  
  [http://www.paautism.org/​desktopmodules/asert-api/api/item/ItemDetailFileDownload/5044/Abbreviations%20%281%29.pdf](http://www.paautism.org/​desktopmodules/asert-api/api/item/ItemDetailFileDownload/5044/Abbreviations%20%281%29.pdf)  
  A listing of abbreviations commonly used for Autism Services and Special Education.

  Keywords: autism services, children, special education

- **Autism Spectrum Disorder 101 (For All - standalone)**  
  [http://www.paautism.org/eLearning/eLearning-Details/itemid/22/Autism-Spectrum-Disorder-101-For-All](http://www.paautism.org/eLearning/eLearning-Details/itemid/22/Autism-Spectrum-Disorder-101-For-All)  
  Defines ASD and tells its history, symptoms and diagnosis, tools and strategies, and provides additional resources.

  Keywords: Overview, Introduction to Autism, History, Symptoms, Diagnosis, Tools, Strategies

- **Presentation in Adults and an Update on Biological Research (For All - standalone)**  
  [http://www.paautism.org/eLearning/eLearning-Details/itemid/18/Presentation-in-Adults-and-an-Update-on-Biological](http://www.paautism.org/eLearning/eLearning-Details/itemid/18/Presentation-in-Adults-and-an-Update-on-Biological)  
  Explains main symptoms of ASD, shows how disruptions in social functioning are important, considers ASD in a differential diagnosis, and explains the biologic basis of ASD.
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- First Look (series)
  https://www.myodp.org/course/view.php?id=780
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  Keywords: Video, Adults, Needs

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  https://www.myodp.org/course/view.php?id=782
  Appropriate supports to meet the needs of adults living with Autism Spectrum Disorders (ASD) in Pennsylvania.

  Keywords: Video, Adults, Supports

Section 2 - Communication
Communication – Tier 1

- Police Transport Social Story (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9077/Police-Transport-Social-Story
  This social story shows what to expect when transported in a police car.

  Keywords: Law Enforcement, Police, Justice, Social Story

- Common Presentations of ASD: How Police Officers Can Safely Respond (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9258/Common-Presentations-of-ASD-How-Police-Officers-C
  This guide provides some of the most common presentations of ASD with suggestions on how you can safely respond as a police officer.

  Keywords: Law Enforcement, Police, Justice

Communication – Tier 2

- The Spectrum of Communication (series)

  Keywords: Overview, Symptoms, Impairments, Diagnosis, Biology
Provides broad overview and strategies on various types of communication.

Keywords: communication, empowerment, advocacy, language, social

- **The Impact of Words, Interactions and Relationships on Participant Success**
  Explores the impact of our words, interactions and relationships on participant behavior and success.

  Keywords: Communication, Clinical Interactions

- **Assistive Technology Session 1 (series)**
  An overview of assistive technology and Pennsylvania resources.

  Keywords: Communication, Assistive Technology, Resources

- **Assistive Technology Session 2 (series)**
  An overview of assistive technology and Pennsylvania resources.

  Keywords: Communication, Assistive Technology, Resources

**Communication – Tier 3**

- **Relating Personally and Professionally - Infographic and Prezi Link (series)**
  Information about learning how to keep boundaries between personal and professionalism while being a direct support professional.

  Keywords: children, communication, employment, relationship, social skills

- **Communication Works Both Ways - Infographic and Prezi Link (series)**
  Provides information on forms of communication, factors that affect communication, and what you can do to communicate purposefully.

  Keywords: communication, alternative communication, effective communication, communication methods

- **The Impact of Words, Interactions and Relationships on Participant Success**
  Explores the impact of our words, interactions and relationships on participant behavior and success.
Keywords: Communication, Clinical Interactions

- **Assistive Technology Session 1 (series)**  
  An overview of assistive technology and Pennsylvania resources.
  
  Keywords: Communication, Assistive Technology, Resources

- **Assistive Technology Session 2 (series)**  
  An overview of assistive technology and Pennsylvania resources.
  
  Keywords: Communication, Assistive Technology, Resources

- **Teaching Joint Attention Skills in Young Learners with ASD (ASERT 1332 – standalone)**  
  Joint attention types, the importance of joint attention, how individuals with ASD are taught joint attention, and using evidenced-based curriculums.
  
  Keywords: joint attention, social skills, social, relationships, treatment

- **Assessing and Addressing Communication Needs (standalone)**  
  How to enhance communication skills for individuals with autism to build connections to the community using best instructional practices.
  
  Keywords: Communication, Assessment, Strategies

- **Augmentative Communication: Staff and other partners needed for success (standalone)**  
  Reviews research and strategies for staff and families to support those who may not have fluent verbal conversations and who need more support to get needs and wants met.
  
  Keywords: Communication, Support, Strategies, Family, Augmentative

- **Functional Communication (standalone)**  
  Explains why people misbehave and teaching them better ways to communicate to reduce or eliminate problem behaviors. Includes suggestions for assessment and how to apply Functional Communication Training (FCT).
  
  Keywords: Communication, FCT, Problem Behavior, Assessment, Treatment, Strategies
- **Power Cards (standalone)**
  https://www.myodp.org/course/view.php?id=831
  Examines the results of a study that involved three high school students with Asperger Syndrome with a focus on the effects of Power Cards on the students’ initiation and maintenance of conversational skills.

  Keywords: Communication, Power Cards, Adolescents

- **Power Cards to Improve Conversational Skills in Adolescents with Asperger Syndrome (standalone)**
  https://www.myodp.org/course/view.php?id=863
  Examines the results of a study that involved three high school students with Asperger Syndrome with a focus on the effects of Power Cards on the students’ initiation and maintenance of conversational skills.

  Keywords: Communication, Power Cards, Adolescents

### Communication – Tier 4

- **The Impact of Words, Interactions and Relationships on Participant Success**
  https://www.myodp.org/course/view.php?id=646
  Explores the impact of our words, interactions and relationships on participant behavior and success.

  Keywords: Communication, Clinical Interactions

- **Assistive Technology Session 1 (series)**
  https://www.myodp.org/course/view.php?id=638
  An overview of assistive technology and Pennsylvania resources.

  Keywords: Communication, Assistive Technology, Resources

- **Assistive Technology Session 2 (series)**
  https://www.myodp.org/course/view.php?id=650
  An overview of assistive technology and Pennsylvania resources.

  Keywords: Communication, Assistive Technology, Resources

- **Teaching Joint Attention Skills in Young Learners with ASD (ASERT 1332 – standalone)**
  https://www.myodp.org/course/view.php?id=824
  Joint attention types, the importance of joint attention, how individuals with ASD are taught joint attention, and using evidenced-based curriculums.

  Keywords: joint attention, social skills, social, relationships, treatment

- **Assessing and Addressing Communication Needs (standalone)**
How to enhance communication skills for individuals with autism to build connections to the community using best instructional practices.

Keywords: Communication, Assessment, Strategies

- **Augmentative Communication: Staff and other partners needed for success (standalone)**
  
  Reviews research and strategies for staff and families to support those who may not have fluent verbal conversations and who need more support to get needs and wants met.

  Keywords: Communication, Support, Strategies, Family, Augmentative

- **Functional Communication (standalone)**

  Explains why people misbehave and teaching them better ways to communicate to reduce or eliminate problem behaviors. Includes suggestions for assessment and how to apply Functional Communication Training (FCT).

  Keywords: Communication, FCT, Problem Behavior, Assessment, Treatment, Strategies

- **Power Cards (standalone)**

  Examines the results of a study that involved three high school students with Asperger Syndrome with a focus on the effects of Power Cards on the students’ initiation and maintenance of conversational skills.

  Keywords: Communication, Power Cards, Adolescents

- **Power Cards to Improve Conversational Skills in Adolescents with Asperger Syndrome (standalone)**

  Examines the results of a study that involved three high school students with Asperger Syndrome with a focus on the effects of Power Cards on the students’ initiation and maintenance of conversational skills.

  Keywords: Communication, Power Cards, Adolescents

**Communication – Individual & Participant**

- **American Speech-Language-Hearing Association (standalone resource)**

  Provides information about speech-language pathology services for adults and children.

  Keywords: ASL, American Sign Language, Communication
• **Assistive Technologies: How to Pay for a Device or Service that you Need**
  (standalone resource)
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/249/Assistive-Technologies-How-to-Pay-for-a-Device-or](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/249/Assistive-Technologies-How-to-Pay-for-a-Device-or)

Explores different funding streams that may be able to help pay for assistive technology devices and services.

Keywords: Assistive Technology, Funding, Communication

• **Voting Resources (resource bundle page)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6829/Voting-Resources](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6829/Voting-Resources)

A list of resources about voting and how to prepare for Election Day.

Keywords: Voting, Civic Engagement

• **Reused and Exchanged Equipment Partnership (REEP)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5450/Reused-and-Exchanged-Equipment-Partnership-REEP](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5450/Reused-and-Exchanged-Equipment-Partnership-REEP)

Free statewide service for people with disabilities, their families, friends, service providers, and other interested individuals who want to find, buy, sell, or donate previously owned assistive technology.

Keywords: Assistive Technology, Secondhand, Communication

• **Adult Autism Waiver Participant Forms**

Current Bureau of Autism Services (BAS) forms for use by Adult Autism Waiver participants.

Keywords: Adult Autism Waiver, BAS Programs, Adults, AAW

• **Applying for the BAS Adult Autism Programs**

Basic information about applying for the Bureau of Autism Services Adult Autism Waiver (AAW) and Adult Community Autism Program (ACAP).

Keywords: BAS Programs, Adult Autism Waiver, ACAP, AAW, Adults

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### Communication – Family

• **Tech Tool Box (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6138/Tech-Tool-Box](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6138/Tech-Tool-Box)

Features nearly 500 products and applications rated and reviewed by the I/DD community and catalogued according to ability and function.
Keywords: Technology, Apps, Review

- **Assistive Technology in Transition (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1442/Assitive-Technology-in-Transition
  A guide about transition planning and assistive technology

  Keywords: Assistive Technology, Communication, Transition

- **American Speech-Language-Hearing Association (standalone resource)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/271/American-Speech-Language-Hearing-Association
  Provides information about speech-language pathology services for adults and children.

  Keywords: ASL, American Sign Language, Communication

- **PLAN - Prepare, Learn, Advise, and Notify (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6721/PLAN-Prepare-Learn-Advise-and-Notify
  Helps individuals with autism, their family and emergency responders stay safe in an emergency if they Prepare, Learn, Advise and Notify.

  Keywords: PLAN, Emergency, Crisis, First Responders, Family

- **Autism and its Co-occurring Conditions (standalone)**
  https://www.myodp.org/course/view.php?id=713
  Discusses the core features and common co-occurring disorders that are important for the identification, management and education of children with ASD.

  Keywords: Symptoms, Children, Co-Occurring, Diagnosis, Causes, Interventions, Identification, Biology

- **Pennsylvania's Initiative on Assistive Technology (PIAT - standalone)**
  http://www.paautism.org/resources/Caregivers-or-Parents/Resource-Details/itemid/252
  Pennsylvania's Initiative on Assistive Technology (PIAT) strives to enhance the lives of all Pennsylvanians with disabilities, older Pennsylvanians, and their families, through access to and acquisition of assistive technology devices and services.

  Keywords: Communication, Assistive Technology, Services

- **Everyone has Something to Say (standalone)**
  https://s3-us-west-2.amazonaws.com/palms-awss3-repository/MyODP_Content/Individuals+Families/EveryoneSomething+to+Say_20170407.pdf
  About the different ways that people may communicate.

  Keywords: Communication
Section 3 – Relationships/Social Skills

Relationships/Social Skills – Tier 1

- **Office of Developmental Programs (ODP) Guidelines Concerning Sexual Health, Personal Relationships and Sexuality (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines)

  The purpose of this bulletin is to distribute "Sexual Health, Personal Relationships, and Sexuality Guidelines" and encourage provider agencies to develop policies consistent with the Guidelines.

  Keywords: sexuality, relationships

- **Be Like Buddy (standalone)**
  
  [https://www.belikebuddy.com/](https://www.belikebuddy.com/)

  Database of sensory-friendly activities and social story videos.

  Keywords: sensory, activities, social stories

- **Autism Speaks: Social Skills & Autism (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/938/Autism-Speaks-Social-Skills-Autism](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/938/Autism-Speaks-Social-Skills-Autism)

  Information about social skills and different tools to enhance the social skills of a person with autism.

  Keywords: social skills, social, social story, relationships, technology

- **Autism: Relationships, Puberty and Sexual Health (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health)

  Clinicians at Seattle Children's Autism Center discuss ways to support youth with ASD around puberty, relationships, and sexual health.

  Keywords: relationships, puberty, sexual, sexuality

- **Social Skills: Choosing and Developing Effective Skills for Individuals with Autism (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8338/Social-Skills-Choosing-and-Developing-Effective-S](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8338/Social-Skills-Choosing-and-Developing-Effective-S)

  Information about social skills training, how to choose skills to target, and four main social communication domains to consider in social skills training.

  Keywords: social skills, social skills training, social, groups, communication

- **ASERT Social Skills Groups (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1366/ASERT-Social-Skills-Groups](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1366/ASERT-Social-Skills-Groups)
A listing of all ASERT social skills groups currently recruiting participants or in progress.

Keywords: social skills, social skills training, social, groups

- **Adult Social Group for Individuals with HFA/ASP (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7984/Adult-Social-Group-for-Individuals-with-HFAASP](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7984/Adult-Social-Group-for-Individuals-with-HFAASP)
  Discussion Group and Social Outings Group for adults eighteen and older who are on the autism spectrum and live in or near the Pittsburgh Metropolitan Area.

  Keywords: social skills, social, groups

- **Autism Relationships (video series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6193/Autism-Relationships-Video-Series-](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6193/Autism-Relationships-Video-Series-)
  Video series, including basic of self-care and relationships.

  Keywords: self-care, relationships

- **The Healthy People 2010 Companion Document for LGBT Health (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7256/The-Healthy-People-2010-Companion-Document-for-LGB](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7256/The-Healthy-People-2010-Companion-Document-for-LGB)
  Information specific to LGBT health.

  Keywords: health, physical health, mental health, nutrition, sexuality, cancer, sexual, addiction

- **Adults with Autism: Interactive Autism Network (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6566/Adults-with-Autism-Interactive-Autism-Network](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6566/Adults-with-Autism-Interactive-Autism-Network)
  The transition for someone with autism from high school to adult services, college, work, job training, or new living situations.

  Keywords: transition, high school, adult, college, work, job, housing, relationships, family

- **American Camp Association (ACA) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6181/American-Camp-Association-ACA-](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6181/American-Camp-Association-ACA-)
  Directory of available camps for children and adolescents, as well as information about camp readiness, benefits, and information for parents.

  Keywords: camp, summer, activities

- **Understanding Bullying and Cyberbullying (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6761/Understanding-Bullying-and-Cyberbullying](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6761/Understanding-Bullying-and-Cyberbullying)
The prevalence of bullying and cyberbullying, victims of bullying, effects of bullying, and tips and tools for preventing bullying.

Keywords: bullying, cyber bullying, victim

- **The Transgender Spectrum: Promoting Healthy Relationships (video presentation)**
  The transgender spectrum, includes information about language and pronouns, promoting healthy relationships amongst co-workers, peers, and employers, and factors contributing to the mental health and stability of transgender people.

  Keywords: transgender, relationships

- **AU121: Filling in the Gaps (standalone)**
  Linking research with personal experiences and stories designed to help providers gain insight into behavior and internal motivation.

  Keywords: social, relationships, anxiety, behavior, stimming, service dogs

- **Sexuality, Relationships, & Individuals with ASD – Keynote (video presentation)**
  Strategies to improve the social and sexual skills of adolescents and adults with ASD.

  Keywords: sexuality, social skills, relationships

- **Autism and Family Relationships: Ages and Stages (standalone)**
  Understanding how autism affects parents, siblings, and grandparents.

  Keywords: relationships, parents, siblings, grandparents

**Relationships/Social Skills – Tier 2**

- **Office of Developmental Programs (ODP) Guidelines Concerning Sexual Health, Personal Relationships and Sexuality (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines)
  The purpose of this bulletin is to distribute “Sexual Health, Personal Relationships, and Sexuality Guidelines” and encourage provider agencies to develop policies consistent with the Guidelines.

  Keywords: sexuality, relationships

- **Building a Relationship of Mutual Respect - Infographic and Prezi Link (series)**
Provides information on building trust and speaking to the people you support based on mutual respect.

Keywords: relationship, relationship building, mutual respect

- **The Healthy People 2010 Companion Document for LGBT Health (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7256/The-Healthy-People-2010-Companion-Document-for-LGB](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7256/The-Healthy-People-2010-Companion-Document-for-LGB)
  Information specific to LGBT health.
  Keywords: health, physical health, mental health, nutrition, sexuality, cancer, sexual, addiction

- **Social-Emotional Wellness for Transition Age Youth (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth)
  Social and emotional needs of transition age youth and young adults with ASD.
  Keywords: social, emotional, relationships, services, mental health, transition

- **Autism: Relationships, Puberty and Sexual Health (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health)
  Clinicians at Seattle Children’s Autism Center discuss ways to support youth with ASD around puberty, relationships, and sexual health.
  Keywords: relationships, puberty, sexual, sexuality

- **Social Skills: Choosing and Developing Effective Skills for Individuals with Autism (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8338/Social-Skills-Choosing-and-Developing-Effective-S](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8338/Social-Skills-Choosing-and-Developing-Effective-S)
  Information about social skills training, how to choose skills to target, and four main social communication domains to consider in social skills training.
  Keywords: social skills, social skills training, social, groups, communication

- **ASERT Social Skills Groups (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1366/ASERT-Social-Skills-Groups](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1366/ASERT-Social-Skills-Groups)
  A listing of all ASERT social skills groups currently recruiting participants or in progress.
  Keywords: social skills, social skills training, social, groups

- **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-Star-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-Star-Trainings)
Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

- **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website)
  Information on understanding autism, treating autism, and living with autism.

  Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

- **Understanding Bullying and Cyberbullying (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6761/Understanding-Bullying-and-Cyberbullying](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6761/Understanding-Bullying-and-Cyberbullying)
  The prevalence of bullying and cyberbullying, victims of bullying, effects of bullying, and tips and tools for preventing bullying.

  Keywords: bullying, cyber bullying, victim

- **StopBullying.gov (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7282/StopBullyinggov](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7282/StopBullyinggov)
  Information on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

  Keywords: bullying, cyberbullying, social, relationships

- **Bullying Prevention Toolkit (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6137/Bullying-Prevention-Toolkit](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6137/Bullying-Prevention-Toolkit)
  Guides from the Pennsylvania Department of Education are resources for parents, educators and professionals serving youth in and out of school settings on bullying prevention. Includes bullying consultation line.

  Keywords: bullying, cyberbullying, social, relationships, school

- **The Transgender Spectrum: Promoting Healthy Relationships (standalone)**
  The transgender spectrum, includes information about language and pronouns, promoting healthy relationships amongst co-workers, peers, and employers, and factors contributing to the mental health and stability of transgender people.

  Keywords: transgender, relationships
• **Addressing Social Skills Issues (standalone)**
  Identifying the specific needs of individuals with autism related to social skills and best practices in addressing those needs.
  
  Keywords: social skills, social, relationships, social skills groups

• **Increasing Social Awareness in Adults with ASD (standalone)**
  Identify social gaps among individuals with ASD, identify ways to assess and track social skills, empower adults to create their own measurable and attainable goals, and establish effective means of communicating with adult clients and providing feedback.
  
  Keywords: social skills, social, relationships, communication

• **ASERT 1332: Teaching Joint Attention Skills in Young Learners with ASD (standalone)**
  Joint attention types, the importance of joint attention, how individuals with ASD are taught joint attention, and using evidenced-based curriculums.
  
  Keywords: joint attention, social skills, social, relationships, treatment

• **AU121: Filling in the Gaps (standalone)**
  Linking research with personal experiences and stories designed to help providers gain insight into behavior and internal motivation.
  
  Keywords: social, relationships, anxiety, behavior, stimming, service dogs

• **Effective Social Skills Interventions for Adults with ASD: Critical Elements and Emerging Best Practices (standalone)**
  Social skills deficits among individuals with ASD and how they present in adult social relationships. Components of effective intervention are discussed: improving social fluency, increasing social flexibility, and generating social responsiveness.
  
  Keywords: social skills, social, relationships, treatment, communication

• **Sexuality, Relationships, & Individuals with ASD – Keynote (video presentation)**
  Strategies to improve the social and sexual skills of adolescents and adults with ASD.
  
  Keywords: social, relationships, sexuality, sexual

• **Teaching Social Skills (standalone)**
Ways of teaching social skills that have been supported by research and/or that have been tried by practitioners with positive results, includes the use of behavior modeling and strategies to help individuals learn necessary skills to increase social engagement and inclusion.

Keywords: social skills, social, relationships, treatment, behavior, ABA, community

- **The Illusion of Sexual Safety: Perceptions Vs Reality (standalone)**
  Skills for those who are struggling to navigate the social roadmap for building meaningful relationships, including how “silent assumptions” influence how social/sexual information is provided and the impact that has on individuals with autism.

  Keywords: social, relationships, sexual, sexuality, safety

- **The Social Side of Sex: An Examination of Sexuality for Individuals with ID/DD (standalone)**
  Sexuality issues for individuals with intellectual or developmental disabilities, including the link between the development of social relationships and the impact those relationships can have on sexuality.

  Keywords: social, relationships, sexual, sexuality

- **Autism and Family Relationships: Ages and Stages (standalone)**
  Understanding how autism affects parents, siblings, and grandparents.

  Keywords: relationships, parents, siblings, grandparents

**Relationships/Social Skills – Tier 3**

- **Office of Developmental Programs (ODP) Guidelines Concerning Sexual Health, Personal Relationships and Sexuality (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines)
  The purpose of this bulletin is to distribute “Sexual Health, Personal Relationships, and Sexuality Guidelines” and encourage provider agencies to develop policies consistent with the Guidelines.

  Keywords: sexuality, relationships

- **Be Safe: Teaching Self-Determination and Relationship Building Skills (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9290/Be-Safe-Teaching-Self-Determination-and-Relations](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9290/Be-Safe-Teaching-Self-Determination-and-Relations)
This ASERT resource, part of the Be Safe resource collection, provides information for professionals working with adults on how to teach self-determination and relationship building skills to help prevent sexual abuse and assault.

Keywords: Self-determination, relationships, social skills, ASERT, Be Safe

• **Fostering Interpersonal Relationships (series)**

Basic information to teach the importance of relationships and how to effectively communicate with others.

Keywords: relationships, friendships, social skills, supports, community

• **Community Involvement (series)**

Provides strategies to support community involvement and teach relationship-building skills necessary to engaging with others.

Keywords: community, community engagement, activities, leisure

• **Building a Relationship of Mutual Respect - Infographic and Prezi Link (series)**

Provides information on building trust and speaking to the people you support based on mutual respect.

Keywords: relationship, relationship building, mutual respect

• **Identity, Sexuality and Interpersonal Relationships (series)**

Information to teach an individual with Autism about gender identity and sexuality.

Keywords: sexuality, relationships, gender, LGBTQ,

• **Addressing Social Skills Issues (standalone)**

Identifying the specific needs of individuals with autism related to social skills and best practices in addressing those needs.

Keywords: social skills, social, relationships, social skills groups
• **Increasing Social Awareness in Adults with ASD (standalone)**
  Identify social gaps among individuals with ASD, identify ways to assess and track social skills, empower adults to create their own measurable and attainable goals, and establish effective means of communicating with adult clients and providing feedback.

  Keywords: social skills, social, relationships, communication

• **Sexuality (standalone)**
  Brief overview of issues associated with sexuality education and the role behavior analysis can play in this complex and important area.

  Keywords: sexuality, sex, relationships, sex education, behavior

• **The Social Side of Sex: An Examination of Sexuality for Individuals with ID/DD (standalone)**
  Sexuality issues for individuals with intellectual or developmental disabilities, including the link between the development of social relationships and the impact those relationships can have on sexuality.

  Keywords: social, relationships, sexual, sexuality

• **Supporting Sexuality (standalone)**
  Tools to address sexuality needs and issues.

  Keywords: sexuality, sex, relationships, sex education, development

• **Social-Emotional Wellness for Transition Age Youth (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth)
  Social and emotional needs of transition age youth and young adults with ASD.

  Keywords: social, emotional, relationships, services, mental health, transition

• **Autism: Relationships, Puberty and Sexual Health (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health)
  Clinicians at Seattle Children’s Autism Center discuss ways to support youth with ASD around puberty, relationships, and sexual health.

  Keywords: relationships, puberty, sexual, sexuality
• The Healthy People 2010 Companion Document for LGBT Health (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7256/The-Healthy-People-2010-Companion-Document-for-LGB
  Information specific to LGBT health.
  Keywords: health, physical health, mental health, nutrition, sexuality, cancer, sexual, addiction

• The Transgender Spectrum: Promoting Healthy Relationships (standalone)
  https://www.myodp.org/course/view.php?id=683
  The transgender spectrum, includes information about language and pronouns, promoting healthy relationships amongst co-workers, peers, and employers, and factors contributing to the mental health and stability of transgender people.
  Keywords: transgender, relationships

• The Illusion of Sexual Safety: Perceptions Vs Reality (standalone)
  https://www.myodp.org/course/view.php?id=787
  Skills for those who are struggling to navigate the social roadmap for building meaningful relationships, including how “silent assumptions” influence how social/sexual information is provided and the impact that has on individuals with autism.
  Keywords: social, relationships, sexual, sexuality, safety

• Teaching Social Skills (standalone)
  https://www.myodp.org/course/view.php?id=833
  Ways of teaching social skills that have been supported by research and/or that have been tried by practitioners with positive results, includes the use of behavior modeling and strategies to help individuals learn necessary skills to increase social engagement and inclusion.
  Keywords: social skills, social, relationships, treatment, behavior, ABA, community

• Effective Social Skills Interventions for Adults with ASD: Critical Elements and Emerging Best Practices (standalone)
  https://www.myodp.org/course/view.php?id=754
  Social skills deficits among individuals with ASD and how they present in adult social relationships. Components of effective intervention are discussed: improving social fluency, increasing social flexibility, and generating social responsiveness.
  Keywords: social skills, social, relationships, treatment, communication

• Self-Management (standalone)
  https://www.myodp.org/course/view.php?id=734
Self-management as an empirically supported strategy for teaching social, vocational, and communication skills.

Keywords: self-management, social, vocational, communication, behavior, relationships

- **Breakthrough Research on ASD and Hope for the Future (standalone)**
  Part 1 reviews the phenomenology of ASD. Part 2 describes recent discoveries in genetics and explains why genetics is so relevant to the development of novel treatments. Part 3 reviews the past 10 years of brain imaging research. Part 4 describes a new treatment study at CHOP.

  Keywords: etiology, diagnosis, treatment, imaging, genetics, social skills

- **ASERT1358: Social Interactions & Treatment Methods (standalone)**
  Defines social interactions and discusses what individuals with ASD need in order to develop social interaction skills.

  Keywords: social skills, social, relationships, assessment, treatment

- **ASERT 1332: Teaching Joint Attention Skills in Young Learners with ASD (standalone)**
  Joint attention types, the importance of joint attention, how individuals with ASD are taught joint attention, and using evidenced-based curriculums.

  Keywords: joint attention, social skills, social, relationships, treatment

- **Increasing Social Awareness in Adults with ASD (standalone)**
  Identify social gaps among individuals with ASD, identify ways to assess and track social skills, empower adults to create their own measurable and attainable goals, and establish effective means of communicating with adult clients and providing feedback.

  Keywords: social skills, social, relationships, communication

- **Understanding Bullying and Cyberbullying (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Detail/itemid/6761/Understanding-Bullying-and-Cyberbullying](http://www.paautism.org/resources/All-Resources/All-Resources-Detail/itemid/6761/Understanding-Bullying-and-Cyberbullying)
  The prevalence of bullying and cyberbullying, victims of bullying, effects of bullying, and tips and tools for preventing bullying.

  Keywords: bullying, cyber bullying, victim

- **Evidence-Based Practices for Children, Youth, and Young Adults with Autism Spectrum Disorder (standalone)**
Research for treatment options for children, youth, and young adults with autism and provides recommendations for evidence-based practices and treatments.

Keywords: treatment, evidence-based practice, research

- **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website)
  Information on understanding autism, treating autism, and living with autism.

  Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

- **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings)
  Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

  Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

### Relationships/Social Skills – Tier 4

- **Office of Developmental Programs (ODP) Guidelines Concerning Sexual Health, Personal Relationships and Sexuality (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines)
  The purpose of this bulletin is to distribute "Sexual Health, Personal Relationships, and Sexuality Guidelines" and encourage provider agencies to develop policies consistent with the Guidelines.

  Keywords: sexuality, relationships

- **Be Safe: Teaching Self-Determination and Relationship Building Skills (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9290/Be-Safe-Teaching-Self-Determination-and-Relations](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9290/Be-Safe-Teaching-Self-Determination-and-Relations)
  This ASERT resource, part of the Be Safe resource collection, provides information for professionals working with adults on how to teach self-determination and relationship building skills to help prevent sexual abuse and assault.

  Keywords: Self-determination, relationships, social skills, ASERT, Be Safe

- **Teaching Social Skills (standalone)**
Ways of teaching social skills that have been supported by research and/or that have been tried by practitioners with positive results, includes the use of behavior modeling and strategies to help individuals learn necessary skills to increase social engagement and inclusion.

Keywords: social skills, social, relationships, treatment, behavior, ABA, community

- **Addressing Social Skills Issues (standalone)**
  Identifying the specific needs of individuals with autism related to social skills and best practices in addressing those needs.

  Keywords: social skills, social, relationships, social skills groups

- **Community Presence (standalone)**
  Explores the concept of "community presence" and strategies for increasing "community."

  Keywords: community, relationships, social, activity

- **Increasing Social Awareness in Adults with ASD (standalone)**
  Identify social gaps among individuals with ASD, identify ways to assess and track social skills, empower adults to create their own measurable and attainable goals, and establish effective means of communicating with adult clients and providing feedback.

  Keywords: social skills, social, relationships, communication

- **ASERT1358: Social Interactions & Treatment Methods (standalone)**
  Defines social interactions and discusses what individuals with ASD need in order to develop social interaction skills.

  Keywords: social skills, social, relationships, assessment, treatment

- **Sexuality (standalone)**
  Brief overview of issues associated with sexuality education and the role behavior analysis can play in this complex and important area.

  Keywords: sexuality, sex, relationships, sex education, behavior

- **The Social Side of Sex: An Examination of Sexuality for Individuals with ID/DD (standalone)**
Sexuality issues for individuals with intellectual or developmental disabilities, including the link between the development of social relationships and the impact those relationships can have on sexuality.

Keywords: social, relationships, sexual, sexuality

- **Effective Social Skills Interventions for Adults with ASD: Critical Elements and Emerging Best Practices (standalone)**

  Social skills deficits among individuals with ASD and how they present in adult social relationships. Components of effective intervention are discussed: improving social fluency, increasing social flexibility, and generating social responsiveness.

  Keywords: social skills, social, relationships, treatment, communication

- **Supporting Sexuality (standalone)**

  Tools to address sexuality needs and issues.

  Keywords: sexuality, sex, relationships, sex education, development

- **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings)

  Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

  Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

- **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website)

  Information on understanding autism, treating autism, and living with autism.

  Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

- **StopBullying.gov (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7282/StopBullyinggov](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7282/StopBullyinggov)

  Information on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

  Keywords: bullying, cyberbullying, social, relationships

- **Breakthrough Research on ASD and Hope for the Future (standalone)**
Part 1 reviews the phenomenology of ASD. Part 2 describes recent discoveries in genetics and explains why genetics is so relevant to the development of novel treatments. Part 3 reviews the past 10 years of brain imaging research. Part 4 describes a new treatment study at CHOP.

Keywords: etiology, diagnosis, treatment, imaging, genetics, social skills

- **The Illusion of Sexual Safety: Perceptions Vs Reality (standalone)**
  [Link](https://www.myodp.org/course/view.php?id=787)
  Skills for those who are struggling to navigate the social roadmap for building meaningful relationships, including how "silent assumptions" influence how social/sexual information is provided and the impact that has on individuals with autism.

  Keywords: social, relationships, sexual, sexuality, safety

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**Relationships/Social Skills – Individual & Participant**

- **An Autie’s Guide to the Perplexed: Overcoming Obstacles and Challenges of Adulthood**
  [Link](https://www.myodp.org/course/view.php?id=1038)
  This presentation is wide ranging, examining education, finding and keeping a job, making friends, relationships and managing finances.

  Key words: Transition, relationship

- **Dating Resources for Individuals with Autism (standalone)**
  [Link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9240/Dating-Resources-for-Individuals-with-Autism)
  Information and tips for individuals with autism on topics related to dating.

  Keywords: Relationships, Social Skills, Dating, Romance

- **Cyberbullying (standalone)**
  [Link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9189/Cyberbullying)
  Information about cyberbullying as well as tips on what to do if you have experienced cyberbullying.

  Keywords: Bullying, Cyberbullying

- **Workplace Relationships (standalone)**
  [Link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9020/Workplace-Relationships)
  Information about workplace relationships and suggestions on how to develop and navigate different types of workplace relationships.
Keywords: Relationships, Employment, Social Skills

- **Sexuality Instructions for Tweens, Teens, and Young Adults (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8878/Sexuality-Instructions-for-Tweens-Teens-and-Youn](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8878/Sexuality-Instructions-for-Tweens-Teens-and-Youn)
  A resource from the CAR Autism Roadmap with instructions for parents and caregivers about teaching adolescents and young adults with autism about sex and sexuality.

  Keywords: sexuality, relationships, teens

- **Relationships & Sexuality (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8879/Relationships-Sexuality](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8879/Relationships-Sexuality)
  A resource book about relationships sexuality created by the Autistic Self Advocacy Network (ASAN) in partnership with The Arc, and the Autism NOW Center.

  Keywords: relationships, sexuality, individuals

- **Office of Developmental Programs (ODP) Guidelines Concerning Sexual Health, Personal Relationships and Sexuality (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines)
  The purpose of this bulletin is to distribute "Sexual Health, Personal Relationships, and Sexuality Guidelines” and encourage provider agencies to develop policies consistent with the Guidelines.

  Keywords: sexuality, relationships

- **Conversation How-To Guides for Individuals with Autism (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9339/Conversation-How-To-Guides-for-Individuals-with-Au](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9339/Conversation-How-To-Guides-for-Individuals-with-Au)
  These resources, developed by ASERT, provide practical tips for individuals with autism who want to know more about starting conversations with new people. Topics include "Conversation Starters" and "Tips for Interacting with New Friends".

  Keywords: Communication, Relationships, Social Skills, ASERT

- **Be Safe: Relationships Social Stories (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9334/Be-Safe-Relationships-Social-Stories](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9334/Be-Safe-Relationships-Social-Stories)
  These resources, part of the Be Safe resource collection, are a collection of social stories describing different types of relationships that people can have. Each social story talks about different types of relationships, including: Family relationships, Friendships, Romantic relationships, Acquaintances, and Strangers.

  Keywords: Relationships, Be Safe, Social Stories
• **Planning a Social Event (standalone)**
  Steps to aid individuals plan social events.

  Keywords: social, events, relationships

• **StopBullying.gov (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7282/StopBullyinggov](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7282/StopBullyinggov)
  Information on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

  Keywords: bullying, cyberbullying, social, relationships

#### Relationships/Social Skills – Family

• **Cyberbullying (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9189/Cyberbullying](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9189/Cyberbullying)
  Information about cyberbullying as well as tips on what to do if you have experienced cyberbullying.

  Keywords: Bullying, Cyberbullying

• **Sexuality Instructions for Tweens, Teens, and Young Adults (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8878/Sexuality-Instructions-for-Tweens-Teens-and-You](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8878/Sexuality-Instructions-for-Tweens-Teens-and-You)
  A resource from the CAR Autism Roadmap with instructions for parents and caregivers about teaching adolescents and young adults with autism about sex and sexuality.

  Keywords: sexuality, relationships, teens

• **Relationships & Sexuality (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8879/Relationships-Sexuality](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8879/Relationships-Sexuality)
  A resource book about relationships sexuality created by the Autistic Self Advocacy Network (ASAN) in partnership with The Arc, and the Autism NOW Center.

  Keywords: relationships, sexuality, individuals

• **Office of Developmental Programs (ODP) Guidelines Concerning Sexual Health, Personal Relationships and Sexuality (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8841/Office-of-Developmental-Programs-ODP-Guidelines)
  The purpose of this bulletin is to distribute “Sexual Health, Personal Relationships, and Sexuality Guidelines” and encourage provider agencies to develop policies consistent with the Guidelines.
Keywords: sexuality, relationships

- **Be Safe: Talking to Children about Puberty, Sex, and Sexuality (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9293/Be-Safe-Talking-to-Children-About-Puberty-Sex-an](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9293/Be-Safe-Talking-to-Children-About-Puberty-Sex-an)
  This ASERT resource, part of the Be Safe resource collection, provides information for caregivers on how to talk to children with autism about puberty, sex and sexuality as an important step in preventing sexual abuse.
  Keywords: Puberty, Sexuality, Relationships, ASERT, Be Safe

- **Sex Education and Puberty (standalone)**
  Ideas for talking to your child about puberty, sex, sexuality and relationships, as well as links to some useful resources
  Keywords: sex, relationships, puberty, sexuality, relationships

- **Autism Speaks: Social Skills & Autism (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/938/Autism-Speaks-Social-Skills-Autism](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/938/Autism-Speaks-Social-Skills-Autism)
  Information about social skills and different tools to enhance the social skills of a person with autism.
  Keywords: social skills, social, social story, relationships, technology

- **Advocates for Youth (standalone)**
  [http://www.advocatesforyouth.org/topics-and-issues](http://www.advocatesforyouth.org/topics-and-issues)
  Topics and resources applicable to teens and young adults.
  Keywords: relationships, sexuality, sexual, LGBTQI, development, STIs, religion, violence, behavior

- **Everyday Lives (standalone)**
  Information on Everyday Living principles.
  Keywords: services, values, relationships, communication, employment

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**Section 4 - Positive Behavior Support/ABA**

**Positive Behavior Support/ABA – Tier 1**

- **AS211: PBS (standalone)**
  This presentation is an overview of Positive Behavior Supports (PBS) to address the needs of individuals with challenging behavior.
Positive behavior supports (PBS) emerged from the science of behavioral technologies or applied behavior analysis (ABA) as a response to a perceived misuse of power and control. This keynote explores this past and what PBS means for the present and future within the context of ethically supporting people with ASD.

**Positive Behavior Support/ABA – Tier 2**

- **AS219 PBS & Lifestyle Changes/Interventions (standalone)**
  https://www.myodp.org/course/view.php?id=817
  Foundational components of encouraging lifestyle changes that contribute to a better quality of life are shared. Further, ways to develop comprehensive supports to enhance someone's lifestyle are explored.

- **Positive Behavior Support and Functional Behavior Assessment in Home & School (series)**
  https://www.myodp.org/course/view.php?id=800
  This two-part breakout session is an introductory look at Positive Behavior Support (PBS) and Functional Behavior Assessment (FBA) targeted for families and support persons.

**Positive Behavior Support/ABA – Tier 3**

- **S.E.A.T. Functions of Behavior Cheat Sheet (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9297/SEAT-Functions-of-Behavior-Cheat-Sheet
  S.E.A.T. is a cheat sheet that explains different functions of behavior and gives proactive strategies for handling each type: sensory, escape, attention, and tangible. S.E.A.T. is a quick and easy guide for your toolbox to help you understand why behaviors are happening and what you can do to help.

  Keywords: SEAT, Functions of Behavior, Challenging Behaviors

- **Supporting Safe Behavior (series)**
  Provides information on identifying target behavior, selecting a safe replacement behavior, redirection and reinforcement.

  Keywords: safe, safety, safe behavior, behavior, risk

- **Supporting New Habits (series)**
  Information about techniques or strategies to use to support new habits.
Keywords: support, children, behavior, employment, strategies

- **How does Applied Behavioral Analysis Relate to my Work? (standalone)**
  This training will discuss Positive Behavioral Support (PBS) and Applied Behavioral Analysis (ABA) as it relates to the services provided within the Adult Autism Waiver and the ACAP program. We will address misconceptions and provide examples to illustrate these foundational components to an effective support plan.

- **FBA & TSS (AS201) (standalone)**
  This training has been designed for Therapeutic Support Staff working with clients with Autism Spectrum Disorders (ASD). This training presents the basics of Functional Behavior Assessment (FBA).

- **FBA - Real Life Application and Lessons Learned (AS207) (standalone)**
  This presentation explores the process of Functional Behavior Assessment (FBA) and its utility in providing effective supports to a man with a history of challenging behaviors. Trials and tribulations of the team throughout the process are shared and highlighted.

- **PBS & FBA (AS208) (series)**
  This is an introductory look at Positive Behavior Support (PBS) and Functional Behavior Assessment (FBA) targeted for families and support persons.

- **PBS: New Perspectives on Problem Behavior (standalone)**
  This session will provide an overview of Positive Behavior Supports to address the needs of individuals with challenging behavior. Participants will be introduced to strategies for conducting Functional Behavior Assessment and developing Behavior Support Plans based on assessment data.

- **Collaborative Teaming in PBS: Development of and Reflections from a Training for Professionals (standalone)**
  This session will focus on the importance of collaborative teaming in the Positive Behavior Support (PBS) process. The development of a PBS team leader training series provided by the Eastern Region ASERT team at Lehigh University for professionals providing services to individuals with ASD will be discussed.

- **PBS- Lifestyle Changes/Interventions (standalone)**
  Foundational components of encouraging lifestyle changes that contribute to a better quality of life will be shared. Further, ways to develop comprehensive supports to enhance someone’s lifestyle will be explored.
• **AU114: National Standards (standalone)**
  This training reviews the results of an effort to produce a set of standards for effective, research-validated education and behavioral intervention for individuals with Autism Spectrum Disorders (ASD). These interventions are highlighted for use in supports provided to participants.

• **AU118: Supporting People with ASD (standalone)**
  This presentation explores what PBS means for the present and future within the context of ethically supporting people with ASD.

• **Teaming in PBS (standalone)**
  This session focuses on the importance of collaborative teaming in the Positive Behavior Support (PBS) process.

**Positive Behavior Support/ABA – Tier 4**

• **S.E.A.T. Functions of Behavior Cheat Sheet (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9297/SEAT-Functions-of-Behavior-Cheat-Sheet](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9297/SEAT-Functions-of-Behavior-Cheat-Sheet)
  S.E.A.T. is a cheat sheet that explains different functions of behavior and gives proactive strategies for handling each type: sensory, escape, attention, and tangible. S.E.A.T. is a quick and easy guide for your toolbox to help you understand why behaviors are happening and what you can do to help.

  Keywords: SEAT, Functions of Behavior, Challenging Behaviors

• **Analyzing Data and Making Instructional Decisions (standalone)**
  After the BSP/CIP is completed and implemented, ongoing data should be collected to make instructional decisions. This training will follow a case study to analyze data, create monthly progress notes, and update the BSP/CIP as needed.

• **Applied Behavior Analysis: Historical and Current Application (standalone)**
  Using the foundational article "Some Current Dimensions of Applied Behavior Analysis" published in the Journal of Applied Behavior Analysis (1968), this training explores how Applied Behavior Analysis translates into the work we do now.

• **Behavioral Specialist Services: Importance of Prioritizing and Collecting Data**
  This one hour training is targeted to Behavioral Specialists and will explore data collection tools and the application of these tools across multiple services/providers. This training is appropriate for ACAP Behavioral Health Specialists and Team Leaders.
• **Graphing Resources: Graphing Videos & Quick Reference Guides (series)**
  https://www.myodp.org/course/view.php?id=611
  Videos and reference guides on bar graphs and line graphs

• **Targeting Behavioral Needs (standalone)**
  https://www.myodp.org/course/view.php?id=613
  This training will provide behavior specialists with considerations and recommendations to ensure the BSP is targeting appropriate behavioral needs and not overlapping with needs other services (e.g. CI) would address.

• **How does Applied Behavioral Analysis Relate to my Work? (standalone)**
  https://www.myodp.org/course/view.php?id=635
  This training will discuss Positive Behavioral Support (PBS) and Applied Behavioral Analysis (ABA) as it relates to the services provided within the Adult Autism Waiver and the ACAP program.

• **FBA & TSS (AS201) (standalone)**
  https://www.myodp.org/course/view.php?id=804
  This training has been designed for Therapeutic Support Staff working with clients with Autism Spectrum Disorders (ASD). This training presents the basics of Functional Behavior Assessment (FBA).

• **Beyond FBA (AS206) Part 1 and Part 2 (series)**
  https://www.myodp.org/course/view.php?id=805
  This training presents data collection and analysis methods that will enhance daily use of the functional behavior assessment process in addressing challenging behavior.

• **FBA- Real Life Application and Lessons Learned (AS207) (standalone)**
  https://www.myodp.org/course/view.php?id=806
  This presentation explores the process of Functional Behavior Assessment (FBA) and its utility in providing effective supports to a man with a history of challenging behaviors. Trials and tribulations of the team throughout the process are shared and highlighted.

• **PBS & FBA (AS208) (series)**
  https://www.myodp.org/course/view.php?id=807
  This is an introductory look at Positive Behavior Support (PBS) and Functional Behavior Assessment (FBA) targeted for families and support persons.

• **PBS: New Perspectives on Problem Behavior (standalone)**
  https://www.myodp.org/course/view.php?id=868
  This session will provide an overview of Positive Behavior Supports to address the needs of individuals with challenging behavior. Participants will be introduced to strategies for conducting Functional Behavior Assessment and developing Behavior Support Plans based on assessment data.

• **Behavioral Support (3-part training) (series) (AS215):**
  https://www.myodp.org/course/view.php?id=813
This training is a three part series developed for Behavior Specialists (BS), which first reviews roles and responsibilities of BS and then presents a case study pertinent to the next two parts of the series. The FBA process and outcomes are highlighted in the case study presentation.

- **Collaborative Teaming in PBS: Development of and Reflections from a Training for Professionals (standalone)**
  This session will focus on the importance of collaborative teaming in the Positive Behavior Support (PBS) process. The development of a PBS team leader training series provided by the Eastern Region ASERT team at Lehigh University for professionals providing services to individuals with ASD will be discussed.

- **PBS- Lifestyle Changes/Interventions (standalone)**
  Foundational components of encouraging lifestyle changes that contribute to a better quality of life will be shared. Further, ways to develop comprehensive supports to enhance someone’s lifestyle will be explored.

- **AU114: National Standards (standalone)**
  This training reviews the results of an effort to produce a set of standards for effective, research-validated education and behavioral intervention for individuals with Autism Spectrum Disorders (ASD). These interventions are highlighted for use in supports provided to participants.

- **AU118: Supporting People with ASD (standalone)**
  This presentation explores what PBS means for the present and future within the context of ethically supporting people with ASD.

- **Empirically Supported Best Practices (standalone)**
  There is no one-size-fits-all approach to supporting individuals with autism. How do we know what interventions and treatments are effective?

- **IS723: Empirically Supported Best Practices (might be duplicate of above)**
  There is no one-size-fits-all approach to supporting individuals with autism. How do we know what interventions and treatments are effective?

- **AS216: Teaming in PBS (standalone)**
  This session focuses on the importance of collaborative teaming in the Positive Behavior Support (PBS) process.
Positive Behavior Support/ABA – Individual & Participant

- Positive Behavior Support and Functional Behavior Assessment in Home & School (series) Part 1 and Part 2
  https://www.myodp.org/course/view.php?id=800
  This two-part breakout session is an introductory look at Positive Behavior Support (PBS) and Functional Behavior Assessment (FBA) targeted for families and support persons.

- A Science of Human Behavior: Applied Behavior Analysis (standalone)
  https://www.myodp.org/course/view.php?id=684
  Applied Behavior Analysis (ABA) offers solutions to many pressing problems of human behavior. Although the prevalence of ABA-based interventions has increased – especially in the area of autism services, there are many barriers to implementation.

Positive Behavior Support/ABA – Family

- Positive Behavior Support and Functional Behavior Assessment in Home & School (series) Part 1 and Part 2
  https://www.myodp.org/course/view.php?id=800
  This two-part breakout session is an introductory look at Positive Behavior Support (PBS) and Functional Behavior Assessment (FBA) targeted for families and support persons.

- PBS: New Perspectives on Problem Behavior (standalone)
  https://www.myodp.org/course/view.php?id=868
  This session will provide an overview of Positive Behavior Supports to address the needs of individuals with challenging behavior. Participants will be introduced to strategies for conducting Functional Behavior Assessment and developing Behavior Support Plans based on assessment data.

- A Science of Human Behavior: Applied Behavior Analysis (standalone)
  https://www.myodp.org/course/view.php?id=684
  Applied Behavior Analysis (ABA) offers solutions to many pressing problems of human behavior. Although the prevalence of ABA-based interventions has increased – especially in the area of autism services, there are many barriers to implementation.

Section 5 - Emotional/Mental Health

Emotional/Mental Health – Tier 1

- Be Safe Resource Collection (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection
  Comprised of infographics, social stories, eLearning courses and other resource materials focused on the prevention of sexual abuse as well as intervention strategies to support individuals who experience abuse.

Keywords: safe, safety, abuse, sexual abuse, trauma
- **Be Safe: Evidence Based Treatments (series)**
  
  [link](http://www.paautism.org/desktopmodules/asert-api/api/item/ItemDetailFileDownload/5322/EvidenceBasedTreatments%20(2).pdf)
  
  Information on evidence based treatments for individuals who have experienced sexual abuse or assault.

  Keywords: Sexual Abuse, Be Safe, Safety, Treatment

- **Definition of Emotional Disturbance and Other Health Impairments (standalone)**
  
  [link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6997/Definition-of-Emotional-Disturbance-and-Other-Health-Impairments)
  
  Information on emotional disturbance and other health impairments.

  Keywords: emotional, mental health, health

- **Recognizing and Managing Anxiety (standalone)**
  
  [link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8211/Recognizing-and-Managing-Anxiety)
  
  Information about recognizing signs of anxiety, as well as tips and suggestions for managing anxiety.

  Keywords: anxiety, mental health

- **How Anxiety Leads to Disruptive Behavior (standalone)**
  
  [link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5929/How-Anxiety-Leads-to-Disruptive-Behavior)
  
  Information about symptoms of anxiety and how it can appear as disruptive/oppositional behavior.

  Keywords: anxiety, mental health, behavior, opposition, disruptive

- **Managing Depression (standalone)**
  
  [link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8210/Managing-Depression)
  
  Tips and suggestions to help manage symptoms of depression.

  Keywords: depression, mental health

- **Mental Health America (standalone)**
  
  [link](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/232/Mental-Health-America)
  
  Promoting mental health awareness, prevention of mental and substance use conditions, and information about achieving victory over mental illnesses and addictions.

  Keywords: mental health, mental illness, addiction
• **American Psychiatric Association: ASD Fact Sheet (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1930/American-Psychiatric-Association-ASD-Fact-Sheet](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1930/American-Psychiatric-Association-ASD-Fact-Sheet)
  Fact sheet from the American Psychiatric Association (APA) regarding changes to Autism Spectrum Disorder diagnosis in the current version of the Diagnostic and Statistical Manual of Mental Disorders (DSM 5).

  Keywords: mental health, DSM 5

• **Learn Psychology (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6129/Learn-Psychology](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6129/Learn-Psychology)
  Information about education and career options within the field of psychology.

  Keywords: psychology, education, job, psychologist, counselor, therapist

• **Forensic Psychology (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6220/Forensic-Psychology](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6220/Forensic-Psychology)
  Information about the field of Forensic Psychology and how to locate a board-certified forensic psychologist.

  Keywords: psychology, psychologist, forensic

• **Autism Speaks Health Toolkit (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6064/Autism-Speaks-Health-Toolkit](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6064/Autism-Speaks-Health-Toolkit)
  Information for individuals and their families about physical health, mental health and sexuality needs during transition to adulthood.

  Keywords: mental health, physical health, sexuality, transition, adulthood

• **Health Care Quality Units (HCQU) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU)
  Information about Health Care Quality Units (HCQUs) and where to locate them.

  Keywords: services, programs, HCQU, physical health, mental health

• **American Academy of Child & Adolescent Psychiatry: Facts for Families: Gay, Lesbian and Bisexual Adolescents (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7275/American-Academy-of-Child-Adolescent-Psychiatry](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7275/American-Academy-of-Child-Adolescent-Psychiatry)
  Understanding gay, lesbian, and bisexual issues during adolescents.

  Keywords: gay, lesbian, bisexual, sexual, sexuality, adolescence, adolescent
- **Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 1 (series)**
  An overview of issues related to healthy aging for people with intellectual and developmental disabilities.

  Keywords: aging, health, mental health, physical health

- **Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 2 (series)**
  Information on healthy aging for people with intellectual and developmental disabilities, including wellness, medical complexities, risks, and mental health.

  Keywords: aging, health, mental health, physical health, medical, wellness

- **Mental Health First Aid (standalone)**
  Skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

  Keywords: mental health, crisis, suicide, risk, self-harm

- **Biofeedback: A Mind-Body Approach for Stress Reduction (standalone)**
  Introduction to the theory and technique of biofeedback and to the numerous modalities and devices used for stress reduction.

  Keywords: biofeedback, stress, relaxation, mental health

- **The Behavioral Health Assessment and Treatment Process (standalone)**
  Components of behavioral health and treatment, with considerations for psychiatric assessment.

  Keywords: mental health, behavior, assessment, treatment, psychiatry

- **Anxiety in Individuals with Autism Spectrum Disorder (ASD): What does it look like and how do we treat it? (standalone)**
  Strategies for assessing anxiety in individuals with ASD, as well as ways to approach the treatment of anxiety in individuals with ASD.

  Keywords: anxiety, mental health, treatment

**Emotional/Mental Health – Tier 2**
- **Be Safe: Evidence Based Treatments (series)**
Information on evidence based treatments for individuals who have experienced sexual abuse or assault.

Keywords: Sexual Abuse, Be Safe, Safety, Treatment

- **Noticing Signs of Mental Health Concerns - Infographic and Prezi Link (series)**
  
  [Link to Infographic and Prezi](http://www.paautism.org/desktopmodules/asert-api/api/item/ItemDetailFileDownload/5071/Mental%20Health%20-%20Noticing%20Signs%20of%20Mental%20Health%20Concerns.pdf)
  
  Information identifying the signs of mental health concerns.

  Keywords: mental health, intervention, adult, children, behaviors, crisis, prevention

- **Dual Diagnosis Training (series)**
  
  [Link to Dual Diagnosis Training](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9274/Dual-Diagnosis-Training)
  
  The curriculum contains 20 core training modules which provide the basic information that anyone would need to support an individual who has a dual diagnosis.

  Keywords: Dual Diagnosis, DSP

- **Mental Health First Aid Course (standalone)**
  
  [Link to Mental Health First Aid Course](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8870/Mental-Health-First-Aid-Course)
  
  Mental Health First Aid is an 8 hour educational program in use throughout the country to teach people how to identify, understand and respond to signs of mental illnesses and substance abuse disorders.

  Keywords: mental health, education, substance abuse

- **Be Safe Resource Collection (standalone)**
  
  [Link to Be Safe Resource Collection](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection)
  
  Comprised of infographics, social stories, eLearning courses and other resource materials focused on the prevention of sexual abuse as well as intervention strategies to support individuals who experience abuse.

  Keywords: safe, safety, abuse, sexual abuse, trauma

- **LGBTQI Mental Health: Recommendations for Policies and Services (standalone)**
  
  [Link to LGBTQI Mental Health](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7255/LGBTQI-Mental-Health-Recommendations-for-Policies)
  
  Considerations for service providers and policy makers, including an assessment of the barriers faced by LGBTQI individuals seeking mental health care and recommendations for practical strategies to address these barriers.
Keywords: LGBTQI, gay, lesbian, bisexual, transgender, queer, intersex, mental health

- **Transitioning Youth With Mental Health Needs to Meaningful Employment & Independent Living (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1353/Transitioning-Youth-With-Mental-Health-Needs-to-Me](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1353/Transitioning-Youth-With-Mental-Health-Needs-to-Me)
  
  A document from the National Collaborative on Workforce and Disability for Youth regarding transitioning to adulthood.

  Keywords: mental health, transition, employment, housing, services, independent living

- **How Anxiety Leads to Disruptive Behavior (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5929/How-Anxiety-Leads-to-Disruptive-Behavior](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5929/How-Anxiety-Leads-to-Disruptive-Behavior)

  Information about symptoms of anxiety and how it can appear as disruptive/oppositional behavior.

  Keywords: anxiety, mental health, behavior, opposition, disruptive

- **County Based Behavioral Health, Intellectual Disabilities, and Early Intervention Services (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/839/County-Based-Behavioral-Health-Intellectual-Disab](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/839/County-Based-Behavioral-Health-Intellectual-Disab)

  Connect with Behavioral Health, Intellectual Disabilities, and Early Intervention programs by county.

  Keywords: services, mental health, behavior, early intervention

- **PA HealthLaw Project (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8051/PA-Health-Law-Project](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8051/PA-Health-Law-Project)

  PHLP provides free legal services to lower-income consumers, seniors, and persons with disabilities who are having trouble accessing publicly funded healthcare coverage or services.

  Keywords: mental health, health insurance, health coverage, medical assistance, law, services

- **Social-Emotional Wellness for Transition Age Youth (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth)

  Social and emotional needs of transition age youth and young adults with ASD.

  Keywords: social, emotional, relationships, services, mental health, transition

- **Psychopharmacology and ASD CE/CME Training (standalone)**
Increase healthcare professional knowledge and performance in serving individuals with autism spectrum disorders through education regarding psychopharmacological interventions.

Keywords: mental health, medication, diagnosis, treatment, social anxiety

- **Health Care Quality Units (HCQU) (standalone)**
  
  Increase healthcare quality units and where to locate them.

  Keywords: services, programs, HCQU, physical health, mental health

- **Surgeon General's Report on Alcohol, Drugs and Health (standalone)**
  
  Evidence-based information on effective and sustainable strategies for addressing alcohol and drug problems.

  Keywords: health, alcohol, drugs, substance use

- **American Academy of Child & Adolescent Psychiatry: Facts for Families: Gay, Lesbian and Bisexual Adolescents (standalone)**
  
  Understanding gay, lesbian, and bisexual issues during adolescence.

  Keywords: gay, lesbian, bisexual, sexual, sexuality, adolescence, adolescent

- **Technical Assistance Center on Social Emotional Intervention (standalone)**
  
  The Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI) takes research that shows which practices improve the social-emotional outcomes for young children with, or at risk for, delays or disabilities and creates FREE products and resources.

  Keywords: mental health, social, emotional, behavior, treatment, services

- **Positive Behavioral Interventions and Supports (standalone)**
  
  The Technical Assistance Center on Positive Behavioral Interventions and Supports is established to define, develop, implement, and evaluate a multi-tiered approach to
Technical Assistance that improves the capacity of states, districts, and schools to establish, scale-up, and sustain the PBIS framework.

Keywords: mental health, social, emotional, behavior, treatment

- **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings)
  Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

  Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

- **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website)
  Information on understanding autism, treating autism, and living with autism.

  Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

- **Pennsylvania’s Dual Diagnosis Conference (standalone)**
  Conference focused on building capacity to support the complex needs of individuals in the community with dual diagnosis.

  Keywords: mental health, substance use, trauma, behavior, psychosis, research

- **AS212: Co-occurring Conditions Assessment (standalone)**
  Differentiating developmental and behavioral factors from psychiatric syndromes, and formulating Psychiatric Diagnosis in persons with Autism Spectrum Disorders (ASDs).

  Keywords: mental health, psychiatric, diagnosis, assessment, treatment

- **Dual Diagnosis in the United States: Past, Present, Future (standalone)**
  The history of intellectual disability, including an understanding of the importance of remembering the past in order to enhance the future, recognizing the history of abuse and neglect in both the mental health and intellectual disability population, and identifying ways in which the future of dual diagnosis services can benefit individuals with intellectual disability.

  Keywords: mental health, intellectual disability, diagnosis, abuse, neglect

- **Giving Medication at Home (standalone)**
Information about Medication Administration designed for lifesharers.

Keywords: mental health, physical health, medication

- Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 1 (series)
  https://www.myodp.org/course/view.php?id=371
  An overview of issues related to healthy aging for people with intellectual and developmental disabilities.

  Keywords: aging, health, mental health, physical health

- Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 2 (series)
  https://www.myodp.org/course/view.php?id=372
  Information on healthy aging for people with intellectual and developmental disabilities, including wellness, medical complexities, risks, and mental health.

  Keywords: aging, health, mental health, physical health, medical, wellness

- The Transgender Spectrum: Promoting Healthy Relationships (video presentation)
  https://www.myodp.org/course/view.php?id=683
  The transgender spectrum, includes information about language and pronouns, promoting healthy relationships amongst co-workers, peers, and employers, and factors contributing to the mental health and stability of transgender people.

  Keywords: transgender, relationships

- Biofeedback: A Mind-Body Approach for Stress Reduction (standalone)
  https://www.myodp.org/course/view.php?id=1033
  Introduction to the theory and technique of biofeedback and to the numerous modalities and devices used for stress reduction.

  Keywords: biofeedback, stress, relaxation, mental health

- Target Symptoms of Mental Illness vs Challenging Behavior (standalone)
  https://www.myodp.org/course/view.php?id=362
  Defining target symptoms of mental illness, defining challenging behaviors, and recognizing the physical and environmental factors that can be confused with target symptoms of mental illness.

  Keywords: mental health, mental illness, behavior, etiology

- The Behavioral Health Assessment and Treatment Process (standalone)
  https://www.myodp.org/course/view.php?id=1036
Components of behavioral health and treatment, with considerations for psychiatric assessment.

Keywords: mental health, behavior, assessment, treatment, psychiatry

- **Anxiety in Individuals with Autism Spectrum Disorder (ASD): What does it look like and how do we treat it? (standalone)**
  https://www.myodp.org/course/view.php?id=898
  Strategies for assessing anxiety in individuals with ASD, as well as ways to approach the treatment of anxiety in individuals with ASD.

  Keywords: anxiety, mental health, treatment

- **Anxiety and Depression in ASD (standalone)**
  https://www.myodp.org/course/view.php?id=840
  Current best practices for individuals with autism that also have a co-occurring psychiatric disorder.

  Keywords: mental health, anxiety, depression, treatment

### Emotional/Mental Health – Tier 3

- **Be Safe: Evidence Based Treatments (series)**
  http://www.paautism.org/desktopmodules/assert-api/api/item/ItemDetailFileDownload/5322/EvidenceBasedTreatments%20(2).pdf
  Information on evidence based treatments for individuals who have experienced sexual abuse or assault.

  Keywords: Sexual Abuse, Be Safe, Safety, Treatment

- **Dual Diagnosis Curriculum (series)**
  The Dual Diagnosis Curriculum is part of a joint initiative of The Commonwealth of Pennsylvania, Office of Mental Health and Substance Abuse Services (OMHSAS) and the Office of Developmental Programs (ODP) to address the needs of people who have an intellectual disability as well as mental health challenges.

  Key words: Dual diagnosis, intellectual disabilities, mental health

- **Supporting Individuals with Autism Who Have Experienced Sexual Abuse or Assault: Clinical Curriculum**
  Provides information on offenders, steps to take after disclosure, strategies to support victims, and prevention strategies

  Key words: Sexual abuse, assault, clinicians
• **Preventing Sexual Abuse and Assault in Individuals with Autism: Clinician Curriculum**
  
  
  Provides definition, signs and strategies that clinicians can use to help prevent sexual abuse/assault
  
  Key words: Sexual abuse, assault, clinicians

• **Preventing Sexual Abuse and Assault in Individuals with Autism: DSP Curriculum**
  
  
  Provides definition, signs and strategies that providers can use to help prevent sexual abuse/assault
  
  Key words: Sexual abuse, assault, DSP, support professionals

• **Supporting Individuals with Autism Who Have Experienced Sexual Abuse or Assault: Curriculum for Clinicians (series)**
  
  
  This training, part of the Be Safe collection, will help clinicians to recognize sexual abuse terminology, prevalence, risk and characteristics of offenders; identify steps to take when a child or adult discloses they have experienced sexual abuse or assault; use strategies for supporting victims of sexual abuse and assault; apply sexual abuse prevention strategies
  
  Keyword: abuse, assault, training, Be Safe, clinician

• **Jump-Starting Community Living and Participation: A Toolkit for Promoting Inclusion in Community Life (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation)
  
  This toolkit is designed to help local behavioral health programs ‘jump-start’ community living and participation.
  
  Keywords: behavioral health, community living

• **Dual Diagnosis Training (series)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9274/Dual-Diagnosis-Training](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9274/Dual-Diagnosis-Training)
  
  The curriculum contains 20 core training modules which provide the basic information that anyone would need to support an individual who has a dual diagnosis.
  
  Keywords: Dual Diagnosis, DSP

• **Be Safe: Helping to Prevent Re-Victimization (series)**
Information on how to protect individuals who have experienced abuse or assault from being victimized again.

Keywords: Sexual Abuse, Be Safe, Safety, Re-Victimization

- **Preventing Sexual Abuse and Assault in Individuals with Autism: DSP Curriculum (series)**
  Explain the definitions, prevalence and pathways to sexual abuse/assault; Describe why individuals with autism are at risk for sexual abuse/assault; Summarize the primary signs of sexual abuse/assault; Explain the importance of teaching children about sexual safety; Describe how to monitor interactions to reduce risk for sexual abuse/assault; Explain the process of reporting suspected abuse/assault.

  Keywords: Sexual Abuse, Be Safe, Safety, DSP

- **Mental Health First Aid Course (standalone)**
  - [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8870/Mental-Health-First-Aid-Course](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8870/Mental-Health-First-Aid-Course)
  Mental Health First Aid is an 8 hour educational program in use throughout the country to teach people how to identify, understand and respond to signs of mental illnesses and substance abuse disorders.

  Keywords: mental health, education, substance abuse

- **Be Safe Resource Collection (standalone)**
  - [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection)
  Comprised of infographics, social stories, eLearning courses and other resource materials focused on the prevention of sexual abuse as well as intervention strategies to support individuals who experience abuse.

  Keywords: safe, safety, abuse, sexual abuse, trauma

- **How to Ease Anxiety for Adults with Autism during a Doctor’s Visit (standalone)**
  - [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8861/How-to-Ease-Anxiety-for-Adults-with-Autism-during-](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8861/How-to-Ease-Anxiety-for-Adults-with-Autism-during-)
  This article describes what helps and hurts doctors’ experience for adults with autism, which also includes a real life story of a young adult on the spectrum.

  Keywords: doctors visit, healthcare, plan

- **Trauma and Coping (series)**

This infographic will help you understand what trauma is, identify triggers that cause trauma-related distress, and consider a variety of strategies available to you in your support of someone with Autism who is experiencing behaviors triggered by past trauma.

Keywords: trauma, mental health, behavior, coping strategies, empowerment, advocacy, emotional

- **Stress, Anxiety, and Depression - Infographic and Prezi Link (series)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8942/Stress-Anxiety-and-Depression-Infographic-and-
  Provides information and strategies for stress, anxiety and depression.

  Keywords: stress, anxiety, depression, mental health

- **Crisis Intervention and De-Escalation (series)**
  Information on navigating crisis situations, including how to self-identify and intervene.

  Keywords: crisis, crisis intervention, intervention, de-escalation

- **Assuring Health and Safety: What Does that Mean for the Direct Support Professional? (standalone)**
  https://www.myodp.org/course/view.php?id=639
  Information on health and safety, including but not limited to incident management, abuse and neglect prevention and reporting, strategies for assuring health and safety, and balancing what is important for a participant from a health and safety perspective versus what is important to the participant.

  Keywords: mental health, safety, waiver, abuse, neglect, behavior, crisis, incident management, restriction, restraint

- **Social-Emotional Wellness for Transition Age Youth (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth
  Social and emotional needs of transition age youth and young adults with ASD.

  Keywords: social, emotional, relationships, services, mental health, transition

- **Psychopharmacology and ASD CE/CME Training (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2927/Psychopharmacology-and-ASD-CE/CME-Training
Increase healthcare professional knowledge and performance in serving individuals with autism spectrum disorders through education regarding psychopharmacological interventions.

Keywords: mental health, medication, diagnosis, treatment, social anxiety

- **Transitioning Youth With Mental Health Needs to Meaningful Employment & Independent Living (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1353/Transitioning-Youth-With-Mental-Health-Needs-to-Me
  A document from the National Collaborative on Workforce and Disability for Youth regarding transitioning to adulthood.

  Keywords: mental health, transition, employment, housing, services, independent living

- **LGBTQI Mental Health: Recommendations for Policies and Services (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7255/LGBTQI-Mental-Health-Recommendations-for-Policies
  Considerations for service providers and policy makers, including an assessment of the barriers faced by LGBTQI individuals seeking mental health care and recommendations for practical strategies to address these barriers.

  Keywords: LGBTQI, gay, lesbian, bisexual, transgender, queer, intersex, mental health

- **County Based Behavioral Health, Intellectual Disabilities, and Early Intervention Services (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/839/County-Based-Behavioral-Health-Intellectual-Disab
  Connect with Behavioral Health, Intellectual Disabilities, and Early Intervention programs by county.

  Keywords: services, mental health, behavior, early intervention

- **Certified Employment Support Professional (CESP) (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7096/Certified-Employment-Support-Professional-CESP-
  Information on the CESP program.

  Keywords: training, certification, mental health

- **National Child Traumatic Stress Network (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5491/National-Child-Traumatic-Stress-Network
  Connects users to access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.

  Keywords: mental health, trauma, abuse, neglect, anxiety, violence, grief, treatment, training
• **Surgeon General’s Report on Alcohol, Drugs and Health (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8082/Surgeon-General%E2%80%99s-Report-on-Alcohol-Drugs-and-Health](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8082/Surgeon-General%E2%80%99s-Report-on-Alcohol-Drugs-and-Health)
  Evidence-based information on effective and sustainable strategies for addressing alcohol and drug problems.

  Keywords: health, alcohol, drugs, substance use

• **American Association on Health and Disability (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6136/American-Association-on-Health-and-Disability](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6136/American-Association-on-Health-and-Disability)
  Health promotion and wellness initiatives for children and adults with disabilities.

  Keywords: research, mental health, treatment

• **Technical Assistance Center on Social Emotional Intervention (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4953/Technical-Assistance-Center-on-Social-Emotional-Intervention](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4953/Technical-Assistance-Center-on-Social-Emotional-Intervention)
  The Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI) takes research that shows which practices improve the social-emotional outcomes for young children with, or at risk for, delays or disabilities and creates FREE products and resources.

  Keywords: mental health, social, emotional, behavior, treatment, services

• **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-Star-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-Star-Trainings)
  Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

  Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

• **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-Website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-Website)
  Information on understanding autism, treating autism, and living with autism.

  Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

• **Pennsylvania’s Dual Diagnosis Conference (standalone)**
  Conference focused on building capacity to support the complex needs of individuals in the community with dual diagnosis.
Keywords: mental health, substance use, trauma, behavior, psychosis, research

- **AS212: Co-occurring Conditions Assessment (standalone)**
  https://www.myodp.org/course/view.php?id=810
  Differentiating developmental and behavioral factors from psychiatric syndromes, and formulating Psychiatric Diagnosis in persons with Autism Spectrum Disorders (ASDs).

  Keywords: mental health, psychiatric, diagnosis, assessment, treatment

- **ASERT 1222: De-escalation Techniques in Crisis Situations for Individuals with Autism Spectrum Disorders (standalone)**
  https://www.myodp.org/course/view.php?id=756
  Definition of a mental health crisis, what forms a mental health crisis takes in individuals with an Autism Spectrum Disorder, and ways to prevent and provide emotional and behavior support using a Least Restrictive Treatment Model, including the use of PRN medications.

  Keywords: mental health, crisis, aggression, de-escalation, behavior, medication, treatment, communication, relaxation

- **ASERT 1223: Influence of Mental Health Issues in Processing Information in Crisis Situations (standalone)**
  https://www.myodp.org/course/view.php?id=757
  The influences of skill deficits and psychiatric diagnoses on learning and behavior.

  Keywords: mental health, crisis, processing, executive functions, behavior, treatment

- **Behavioral Assessment and Planning for Persons with ASD (standalone)**
  https://www.myodp.org/course/view.php?id=1031
  General strategies to address common causes of challenging behavior, and solutions to some particularly difficult cases.

  Keywords: mental health, behavior, assessment

- **Dual Diagnosis in the United States: Past, Present, Future (standalone)**
  https://www.myodp.org/course/view.php?id=358
  The history of intellectual disability, including an understanding of the importance of remembering the past in order to enhance the future, recognizing the history of abuse and neglect in both the mental health and intellectual disability population, and identifying ways in which the future of dual diagnosis services can benefit individuals with intellectual disability.

  Keywords: mental health, intellectual disability, diagnosis, abuse, neglect

- **Giving Medication at Home (standalone)**
  https://www.myodp.org/course/view.php?id=302
  Information about Medication Administration designed for lifesharers.
Keywords: mental health, physical health, medication

- **Promoting Self-Determination to Achieve More Positive Employment and Community Inclusion Outcomes (standalone)**  
  Information about methods, materials, and strategies to promote the self-determination of adults with autism and related developmental disabilities, with a focus on promoting self-determination as a gateway to more positive adult outcomes, including employment, independent living, health and wellness, and self-advocacy.

  Keywords: self-determination, employment, community, independent living, health, self-advocacy

- **Biofeedback: A Mind-Body Approach for Stress Reduction (standalone)**  
  Introduction to the theory and technique of biofeedback and to the numerous modalities and devices used for stress reduction.

  Keywords: biofeedback, stress, relaxation, mental health

- **Target Symptoms of Mental Illness vs Challenging Behavior (standalone)**  
  Defining target symptoms of mental illness, defining challenging behaviors, and recognizing the physical and environmental factors that can be confused with target symptoms of mental illness.

  Keywords: mental health, mental illness, behavior, etiology

- **Anxiety in Individuals with Autism Spectrum Disorder (ASD): What does it look like and how do we treat it? (standalone)**  
  Strategies for assessing anxiety in individuals with ASD, as well as ways to approach the treatment of anxiety in individuals with ASD.

  Keywords: anxiety, mental health, treatment

- **Anxiety and Depression in ASD (standalone)**  
  Current best practices for individuals with autism that also have a co-occurring psychiatric disorder.

  Keywords: mental health, anxiety, depression, treatment

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**Emotional/Mental Health – Tier 4**

- **Be Safe: Evidence Based Treatments (series)**  
Information on evidence based treatments for individuals who have experienced sexual abuse or assault.

Keywords: Sexual Abuse, Be Safe, Safety, Treatment

- **Dual Diagnosis Curriculum (series)**
  The Dual Diagnosis Curriculum is part of a joint initiative of The Commonwealth of Pennsylvania, Office of Mental Health and Substance Abuse Services (OMHSAS) and the Office of Developmental Programs (ODP) to address the needs of people who have an intellectual disability as well as mental health challenges.

  Key words: Dual diagnosis, intellectual disabilities, mental health

- **Supporting Individuals with Autism Who Have Experienced Sexual Abuse or Assault: Clinical Curriculum**
  Provides information on offenders, steps to take after disclosure, strategies to support victims, and prevention strategies

  Key words: Sexual abuse, assault, clinicians

- **Preventing Sexual Abuse and Assault in Individuals with Autism: Clinician Curriculum**
  Provides definition, signs and strategies that clinicians can use to help prevent sexual abuse/assault

  Key words: Sexual abuse, assault, clinicians

- **Preventing Sexual Abuse and Assault in Individuals with Autism: DSP Curriculum**
  Provides definition, signs and strategies that providers can use to help prevent sexual abuse/assault

  Key words: Sexual abuse, assault, DSP, support professionals

- **Supporting Individuals with Autism Who Have Experienced Sexual Abuse or Assault: Curriculum for Clinicians (series)**
  This training, part of the Be Safe collection, will help clinicians to recognize sexual abuse terminology, prevalence, risk and characteristics of offenders; identify steps to take when a child or adult discloses they have experienced sexual abuse or assault; use strategies
for supporting victims of sexual abuse and assault; apply sexual abuse prevention strategies

Keyword: abuse, assault, training, Be Safe, clinician

- **Jump-Starting Community Living and Participation: A Toolkit for Promoting Inclusion in Community Life (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation)
  This toolkit is designed to help local behavioral health programs ‘jump-start’ community living and participation.

  Keywords: behavioral health, community living

- **Be Safe: Helping to Prevent Re-Victimization (series)**
  [https://www.paaautism.org/LinkClick.aspx?link=http%3a%2f%2fwww.paaautism.org%2fresources%2fAll-Resources%2fAll-Resources-Details%2fitemid%2f9242%2fBe-Safe-Helping-to-Prevent-Re-Victimization&tabid=160&portalid=0&mid=670&language=en-US](https://www.paaautism.org/LinkClick.aspx?link=http%3a%2f%2fwww.paaautism.org%2fresources%2fAll-Resources%2fAll-Resources-Details%2fitemid%2f9242%2fBe-Safe-Helping-to-Prevent-Re-Victimization&tabid=160&portalid=0&mid=670&language=en-US)
  Information on how to protect individuals who have experienced abuse or assault from being victimized again.

  Keywords: Sexual Abuse, Be Safe, Safety, Re-Victimization

- **Be Safe: Tailoring Evidence-Based Treatment for Individuals with Autism (series)**
  [https://www.paaautism.org/LinkClick.aspx?link=http%3a%2f%2fwww.paaautism.org%2fresources%2fAll-Resources%2fAll-Resources-Details%2fitemid%2f9245%2fBe-Safe-Tailoring-Evidence-Based-Treatment-for-In&tabid=160&portalid=0&mid=670&language=en-US](https://www.paaautism.org/LinkClick.aspx?link=http%3a%2f%2fwww.paaautism.org%2fresources%2fAll-Resources%2fAll-Resources-Details%2fitemid%2f9245%2fBe-Safe-Tailoring-Evidence-Based-Treatment-for-In&tabid=160&portalid=0&mid=670&language=en-US)
  Information to professionals on how to tailor evidence-based treatments for sexual abuse and assault to individuals with autism.

  Keywords: Sexual Abuse, Be Safe, Safety, Treatment

- **Mental Health First Aid Course (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8870/Mental-Health-First-Aid-Course](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8870/Mental-Health-First-Aid-Course)
  Mental Health First Aid is an 8 hour educational program in use throughout the country to teach people how to identify, understand and respond to signs of mental illnesses and substance abuse disorders.

  Keywords: mental health, education, substance abuse

- **Be Safe Resource Collection (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection)
Comprised of infographics, social stories, eLearning courses and other resource materials focused on the prevention of sexual abuse as well as intervention strategies to support individuals who experience abuse.

Keywords: safe, safety, abuse, sexual abuse, trauma

- **How to Ease Anxiety for Adults with Autism during a Doctor’s Visit (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8861/How-to-Ease-Anxiety-for-Adults-with-Autism-during-
  This article describes what helps and hurts doctors’ experience for adults with autism, which also includes a real life story of a young adult on the spectrum.
  
  Keywords: doctors visit, healthcare, plan

- **Developmental Disabilities/Mental Illness as Applicable to ASD (standalone)**
  https://www.myodp.org/course/view.php?id=648
  Dual diagnoses (Developmental Disabilities/Mental Illness) as applicable to ASD and tools to address issues prevalent in this population.

  Keywords: mental health, assessment, treatment

- **Assuring Health and Safety: What Does that Mean for the Direct Support Professional? (standalone)**
  https://www.myodp.org/course/view.php?id=639
  Information on health and safety, including but not limited to incident management, abuse and neglect prevention and reporting, strategies for assuring health and safety, and balancing what is important for a participant from a health and safety perspective versus what is important to the participant.

  Keywords: mental health, safety, waiver, abuse, neglect, behavior, crisis, incident management, restriction, restraint

- **AS212: Co-occurring Conditions Assessment (standalone)**
  https://www.myodp.org/course/view.php?id=810
  Differentiating developmental and behavioral factors from psychiatric syndromes, and formulating Psychiatric Diagnosis in persons with Autism Spectrum Disorders (ASDs).

  Keywords: mental health, psychiatric, diagnosis, assessment, treatment

- **ASERT 1222: De-escalation Techniques in Crisis Situations for Individuals with Autism Spectrum Disorders (standalone)**
  https://www.myodp.org/course/view.php?id=756
  Definition of a mental health crisis, what forms a mental health crisis takes in individuals with an Autism Spectrum Disorders, and ways to prevent and provide emotional and behavior support using a Least Restrictive Treatment Model, including the use of PRN medications.

  Keywords: mental health, crisis, aggression, de-escalation, behavior, medication, treatment, communication, relaxation
• **ASERT 1223: Influence of Mental Health Issues in Processing Information in Crisis Situations (standalone)**
  
  https://www.myodp.org/course/view.php?id=757
  
  The influences of skill deficits and psychiatric diagnoses on learning and behavior.
  
  Keywords: mental health, crisis, processing, executive functions, behavior, treatment

• **Positive Approaches in Crisis Situations (ASERT 1224) (standalone)**
  
  https://www.myodp.org/course/view.php?id=758
  
  Incorporation of positive approaches into crisis situations.
  
  Keywords: mental health, crisis, treatment, behavior, restraint, support

• **Anxiety and Depression in ASD (standalone)**
  
  https://www.myodp.org/course/view.php?id=840
  
  Current best practices for individuals with autism that also have a co-occurring psychiatric disorder.
  
  Keywords: mental health, anxiety, depression, treatment

• **Dual Diagnoses: ASD and Mental Health Issues (standalone)**
  
  https://www.myodp.org/course/view.php?id=621
  
  Mental health issues in individuals with ASD and treatments to address these issues.
  
  Keywords: mental health, treatment

• **Anxiety in Individuals with Autism Spectrum Disorder (ASD): What does it look like and how do we treat it? (standalone)**
  
  https://www.myodp.org/course/view.php?id=898
  
  Strategies for assessing anxiety in individuals with ASD, as well as ways to approach the treatment of anxiety in individuals with ASD.
  
  Keywords: anxiety, mental health, treatment

• **Planning for Crisis (standalone)**
  
  https://www.myodp.org/course/view.php?id=764
  
  A relationship-based approach to crisis intervention.
  
  Keywords: crisis, mental health, coping, hospitalization, relationships, treatment

• **Discharge Planning (standalone)**
  
  https://www.myodp.org/course/view.php?id=765
  
  A framework for successful discharge planning and myths associated with supporting individuals during and after the transition.
  
  Keywords: mental health, discharge, hospitalization
• **Autism: Relationships, Puberty and Sexual Health (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6078/Autism-Relationships-Puberty-and-Sexual-Health)
  Clinicians at Seattle Children's Autism Center discuss ways to support youth with ASD around puberty, relationships, and sexual health.

Keywords: relationships, puberty, sexual, sexuality

• **LGBTQI Mental Health: Recommendations for Policies and Services (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7255/LGBTQI-Mental-Health-Recommendations-for-Policies](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7255/LGBTQI-Mental-Health-Recommendations-for-Policies)
  Considerations for service providers and policy makers, including an assessment of the barriers faced by LGBTQI individuals seeking mental health care and recommendations for practical strategies to address these barriers.

Keywords: LGBTQI, gay, lesbian, bisexual, transgender, queer, intersex, mental health

• **Transitioning Youth With Mental Health Needs to Meaningful Employment & Independent Living (standalone)**
  A document from the National Collaborative on Workforce and Disability for Youth regarding transitioning to adulthood.

Keywords: mental health, transition, employment, housing, services, independent living

• **Promoting Self-Determination to Achieve More Positive Employment and Community Inclusion Outcomes (standalone)**
  Information about methods, materials, and strategies to promote the self-determination of adults with autism and related developmental disabilities, with a focus on promoting self-determination as a gateway to more positive adult outcomes, including employment, independent living, health and wellness, and self-advocacy.

Keywords: self-determination, employment, community, independent living, health, self-advocacy

• **National Child Traumatic Stress Network (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5491/National-Child-Traumatic-Stress-Network](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5491/National-Child-Traumatic-Stress-Network)
  Connects users to access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.

Keywords: mental health, trauma, abuse, neglect, anxiety, violence, grief, treatment, training

• **Surgeon General’s Report on Alcohol, Drugs and Health (standalone)**
Evidence-based information on effective and sustainable strategies for addressing alcohol and drug problems.

Keywords: health, alcohol, drugs, substance use

- **American Association on Health and Disability (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6136/American-Association-on-Health-and-Disability](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6136/American-Association-on-Health-and-Disability)

Health promotion and wellness initiatives for children and adults with disabilities.

Keywords: research, mental health, treatment

- **Technical Assistance Center on Social Emotional Intervention (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4953/Technical-Assistance-Center-on-Social-Emotional-Intervention](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4953/Technical-Assistance-Center-on-Social-Emotional-Intervention)

The Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI) takes research that shows which practices improve the social-emotional outcomes for young children with, or at risk for, delays or disabilities and creates FREE products and resources.

Keywords: mental health, social, emotional, behavior, treatment, services

- **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings)

Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

- **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website)

Information on understanding autism, treating autism, and living with autism.

Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

- **Pennsylvania’s Dual Diagnosis Conference (standalone)**

Conference focused on building capacity to support the complex needs of individuals in the community with dual diagnosis.

Keywords: mental health, substance use, trauma, behavior, psychosis, research
- **AS212: Co-occurring Conditions Assessment (standalone)**
  https://www.myodp.org/course/view.php?id=810
  Differentiating developmental and behavioral factors from psychiatric syndromes, and formulating Psychiatric Diagnosis in persons with Autism Spectrum Disorders (ASDs).

  Keywords: mental health, psychiatric, diagnosis, assessment, treatment

- **Behavioral Assessment and Planning for Persons with ASD (standalone)**
  https://www.myodp.org/course/view.php?id=1031
  General strategies to address common causes of challenging behavior, and solutions to some particularly difficult cases.

  Keywords: mental health, behavior, assessment

- **Biofeedback: A Mind-Body Approach for Stress Reduction (standalone)**
  https://www.myodp.org/course/view.php?id=1033
  Introduction to the theory and technique of biofeedback and to the numerous modalities and devices used for stress reduction.

  Keywords: biofeedback, stress, relaxation, mental health

### Emotional/Mental Health – Individual & Participant

- **Be Safe: Evidence Based Treatments (series)**
  http://www.paautism.org/desktopmodules/assert-api/api/item/ItemDetailFileDownload/5322/EvidenceBasedTreatments%20(2).pdf
  Information on evidence based treatments for individuals who have experienced sexual abuse or assault.

  Keywords: Sexual Abuse, Be Safe, Safety, Treatment

- **Be Safe: Helping to Prevent Re-Victimization (series)**
  https://www.paautism.org/LinkClick.aspx?link=http%3a%2f%2fwww.paautism.org%2fresources%2fAll-Resources%2fAll-Resources-Details%2ftitemid%2f9242%2fBe-Safe-Helping-to-Prevent-Re-Victimization&tabid=160&portalid=0&mid=670&language=en-US
  Information on how to protect individuals who have experienced abuse or assault from being victimized again.

  Keywords: Sexual Abuse, Be Safe, Safety, Re-Victimization

- **Recognizing and Managing Anger (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9019/Recognizing-and-Managing-Anger
  Information about recognizing signs of anger, as well as tips and suggestions for managing anger.

  Keywords: Emotional Regulation, Anger
• **Relaxation Techniques (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9188/Relaxation-Techniques](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9188/Relaxation-Techniques)
  Information on different relaxation techniques and tips on how to use them. Techniques include deep breathing, progressive muscle relaxation, and imagery.

  Keywords: Emotional Regulation, Relaxation

• **Be Safe: What is Sexual Abuse and How Do I Stay Safe? (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9234/Be-Safe-What-is-Sexual-Abuse-and-How-Do-I-Stay-Sa](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9234/Be-Safe-What-is-Sexual-Abuse-and-How-Do-I-Stay-Sa)
  Information for school-age children with autism about basic information regarding sexual abuse such as what it is, who abuses children, how often it occurs and why people sexually abuse children.

  Keywords: Sexual Abuse, Be Safe, Safety, Children

• **Be Safe: Tips for Telling About Abuse/Assault (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9233/Be-Safe-Tips-for-Telling-About-AbuseAssault](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9233/Be-Safe-Tips-for-Telling-About-AbuseAssault)
  Information for adult individuals with autism who may have experienced sexual abuse or assault to help them talk about and tell trusted adults about the abuse or assault.

  Keywords: Sexual Abuse, Be Safe, Safety, Adult

• **Be Safe Resource Collection (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection)
  Comprised of infographics, social stories, eLearning courses and other resource materials focused on the prevention of sexual abuse as well as intervention strategies to support individuals who experience abuse.

  Keywords: safe, safety, abuse, sexual abuse, trauma

• **Giving Medication at Home (standalone)**
  Information about Medication Administration designed for life sharers.

  Keywords: mental health, physical health, medication

• **Behavioral Health Treatment Services Locator (standalone)**
  [https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/)
  A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.
Keywords: mental health, services, treatment, substance abuse, addiction

- **You Are Not Alone (standalone)**
  Information about how to find mental health treatment and services that promote recovery.
  
  Keywords: mental health, treatment, community, housing, financial, crisis, employment, social, money, education

- **NIMH: Men and Depression (standalone)**
  Information about depression in men, the signs and symptoms, treatment, and causes.
  
  Keywords: mental health, depression, men, etiology, treatment

- **Mental Illness: An Illness Like Any Other (standalone)**
  What you need to know about mental illnesses, including symptoms, causes, treatment, and recovery.
  
  Keywords: mental health, treatment, etiology, schizophrenia, bipolar, depression, obsessive-compulsive, panic, PTSD, borderline personality,

- **Mental Health America (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/232/Mental-Health-America](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/232/Mental-Health-America)
  Promoting mental health awareness, prevention of mental and substance use conditions, and information about achieving victory over mental illnesses and addictions.
  
  Keywords: mental health, mental illness, addiction

**Emotional/Mental Health – Family**

- **Be Safe: Evidence Based Treatments (series)**
  Information on evidence based treatments for individuals who have experienced sexual abuse or assault.
  
  Keywords: Sexual Abuse, Be Safe, Safety, Treatment

- **Preventing Sexual Abuse and Assault in Individuals with Autism: Caregiver Curriculum**
Provides definition, signs and strategies that caregivers can use to help prevent sexual abuse/assault

Key words: Sexual abuse, assault, caregivers, family

- **Be Safe: Warning Signs of Grooming (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9350/Be-Safe-Warning-Signs-of-Grooming](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9350/Be-Safe-Warning-Signs-of-Grooming)
  This ASERT resource, part of the Be Safe resource collection, provides information for caregivers on the warning signs of grooming behaviors in sexual offenders.

  Keywords: grooming, be safe, abuse

- **Be Safe: What is Grooming? (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9351/Be-Safe-What-is-Grooming](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9351/Be-Safe-What-is-Grooming)
  This resource, part of the Be Safe resource collection, provides information for caregivers on what is grooming behavior in relation to sexual abuse.

- **Supporting Individuals with Autism Who Have Experienced Sexual Abuse or Assault: Curriculum for Caregivers (series)**
  This training, part of the Be Safe collection, describes sexual abuse and assault terminology and prevalence, explains factors that put individuals with autism at risk for sexual abuse and assault, demonstrate ways to support your child if they have experienced sexual abuse or assault, and identifies self-care strategies for caregivers.

  Keyword: abuse, assault, training, Be Safe, caregiver

- **Be Safe: Helping to Prevent Re-Victimization (series)**
  [https://www.paautism.org/LinkClick.aspx?link=http%3a%2f%2fwww.paautism.org%2fresources%2fAll-Resources%2fAll-Resources-Details%2fitemid%2f9242%2fBe-Safe-Helping-to-Prevent-Re-Victimization&tabid=160&portalid=0&mid=670&language=en-US](https://www.paautism.org/LinkClick.aspx?link=http%3a%2f%2fwww.paautism.org%2fresources%2fAll-Resources%2fAll-Resources-Details%2fitemid%2f9242%2fBe-Safe-Helping-to-Prevent-Re-Victimization&tabid=160&portalid=0&mid=670&language=en-US)
  Information on how to protect individuals who have experienced abuse or assault from being victimized again.

  Keywords: Sexual Abuse, Be Safe, Safety, Re-Victimization

- **Preventing Sexual Abuse and Assault in Individuals with Autism: Caregiver Curriculum (series)**
  Explain the definitions, prevalence and pathways to sexual abuse/assault; Describe why individuals with autism are at risk for sexual abuse/assault; Summarize the primary signs
of sexual abuse/assault; Explain the importance of teaching children about sexual safety; Describe how to monitor interactions to reduce risk for sexual abuse/assault; Explain the process of reporting suspected abuse/assault

Keywords: Sexual Abuse, Be Safe, Safety, Caregiver

- **Mental Health First Aid Course (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8870/Mental-Health-First-Aid-Course](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8870/Mental-Health-First-Aid-Course)
  Mental Health First Aid is an 8 hour educational program in use throughout the country to teach people how to identify, understand and respond to signs of mental illnesses and substance abuse disorders.
  
  Keywords: mental health, education, substance abuse

- **Be Safe Resource Collection (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8988/Be-Safe-Resource-Collection)
  Comprised of infographics, social stories, eLearning courses and other resource materials focused on the prevention of sexual abuse as well as intervention strategies to support individuals who experience abuse.
  
  Keywords: safe, safety, abuse, sexual abuse, trauma

- **How to Ease Anxiety for Adults with Autism during a Doctor’s Visit (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8861/How-to-Ease-Anxiety-for-Adults-with-Autism-during](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8861/How-to-Ease-Anxiety-for-Adults-with-Autism-during)
  This article describes what helps and hurts doctors’ experience for adults with autism, which also includes a real life story of a young adult on the spectrum.
  
  Keywords: doctors visit, healthcare, plan

- **Responding to Suicidal Statements (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9338/Responding-to-Suicidal-Statements](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9338/Responding-to-Suicidal-Statements)
  This resource, developed by ASERT, provides information on suicide, including warning signs and what to do if someone makes suicidal statements or engages in dangerous behavior.
  
  Keywords: Suicide, Depression, Mental Health, ASERT

- **Mental Health America (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/232/Mental-Health-America](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/232/Mental-Health-America)
  Promoting mental health awareness, prevention of mental and substance use conditions, and information about achieving victory over mental illnesses and addictions.
Keywords: mental health, mental illness, addiction

- **How Anxiety Leads to Disruptive Behavior (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/Itemid/5929/How-Anxiety-Leads-to-Disruptive-Behavior](http://www.paautism.org/resources/All-Resources/All-Resources-Details/Itemid/5929/How-Anxiety-Leads-to-Disruptive-Behavior)
  Information about symptoms of anxiety and how it can appear as disruptive/oppositional behavior.
  Keywords: anxiety, mental health, behavior, opposition, disruptive

- **Behavioral Health Rehabilitation Services (standalone)**
  Information on BHRS, including what it is used for, who implements it, and how to attain it.
  Keywords: BHRS, mental health, services, treatment

- **Assessment and Treatment of Individuals with ASD and Co-occurring Mental Health Diagnoses (For All) (standalone)**
  Co-occurring psychiatric diagnoses from the DSM-5 identified in persons with Autism Spectrum Disorder (ASD), ways to gather information related to psychiatric symptoms and challenging behaviors, the influence of mental health conditions on processing information, and using observation and data collection to assess response to treatments/interventions.
  Keywords: mental health, assessment, treatment, behavior

- **Social-Emotional Wellness for Transition Age Youth (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/Itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth](http://www.paautism.org/resources/All-Resources/All-Resources-Details/Itemid/6570/Social-Emotional-Wellness-for-Transition-Age-Youth)
  Social and emotional needs of transition age youth and young adults with ASD.
  Keywords: social, emotional, relationships, services, mental health, transition

- **Behavioral Health Treatment Services Locator (standalone)**
  [https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/)
  A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.
  Keywords: mental health, services, treatment, substance abuse, addiction

- **What Might I Need to Know About Managing a Crisis Situation (standalone)**
  [https://www.autismspeaks.org/sites/default/files/section_6.pdf](https://www.autismspeaks.org/sites/default/files/section_6.pdf)
Information about how to create a safety plan, how to manage a crisis at home school, and in the community, and when hospitalization is the next step.

Keywords: mental health, crisis, safety, behavior hospitalization

Section 6 - Familial & Environmental Considerations

Familial & Environmental Considerations – Tier 1

- Guide to Emergency Information Collection in PA (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9259/Guide-to-Emergency-Information-Collection-in-PA
  It can help first responders to know about a person with autism when they are responding to an emergency in the home so that they may help them. Some counties in PA collect information about which households have people with special health needs.

Keywords: Emergency, First-Responder, Law Enforcement

Familial & Environmental Considerations – Tier 2

- Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assisti
  This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.

Keywords: advocacy, community supports

Familial & Environmental Considerations – Tier 3

- Appropriate and Creative Supports/Services
  https://www.myodp.org/course/view.php?id=636
  This targeted training will review AAW's values of supporting participants to become more independent and live, work and play in least restrictive environments.

Keywords: creative, independent, environment

- Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assisti
  This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.

Keywords: advocacy, community supports

- Adjusting to New Situations (series)
Information about learning the skills for an individual with Autism to cope with new situations.

Keywords: children, communication, employment, relationship, social skills, coping, strategies, community skills, support services

- **Future Planning (series)**
  Provides categories and time frames for developing vision board to plan for the future.

  Keywords: vision board, planning, future, transition

- **Social Story: Rules of Juvenile Probation (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8837/Social-Story-Rules-of-Juvenile-Probation](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8837/Social-Story-Rules-of-Juvenile-Probation)
  These social stories describe the various aspects and rules of juvenile probation.

  Keywords: juvenile probation, social story, children

- **Rules of Probation - A Resource for Adults (standalone)**
  This resource help explains the rules of probation, the role of the probation officer, and what may happen if a rule is broken.

  Keywords: probation, rules, adult

- **Jump-Starting Community Living and Participation: A Toolkit for Promoting Inclusion in Community Life (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation)
  This toolkit is designed to help local behavioral health programs ‘jump-start’ community living and participation.

  Keywords: behavioral health, community living

- **Engaging Families to be productive members of the team (standalone)**
  The basics of family systems and ways to engage a participant’s family to become productive members of his/her team.

  Keywords: family, teamwork, systems, team
• **Parental Stress (standalone)**  
  Addressing stress experienced by families rearing a child with disabilities.  
  Keywords: stress, parenting, family  

• **Supporting Siblings (standalone)**  
  Research-based strategies to support siblings of individuals with ASD.  
  Keywords: siblings, stress, strategies, support  

• **Family Teaching Model (standalone)**  
  A community-based residential model for adults with intellectual developmental disabilities.  
  Keywords: residential, housing, community, treatment, adults  

• **Resistant Participants and Families (standalone)**  
  Strategies and tips to getting needed services and supports to participants and families.  
  Keywords: family, services, support  

• **Identifying Necessary Resources when supporting a family member with ASD (standalone)**  
  How to identify necessary resources for families and their loved ones with ASD.  
  Keywords: family, resources, support  

• **Supporting participants in their own home (standalone)**  
  Housing options and ways to use AAW supports and services for participants who desire to live on their own.  
  Keywords: residential, housing, waiver, adults, independence  

• **The Impact of Autism on Sibling (standalone)**  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/811/The-Impact-of-Autism-on-Siblings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/811/The-Impact-of-Autism-on-Siblings)  
  Ways having a brother or sister with autism can impact siblings.  
  Keywords: siblings, stress, impact, family
Familial & Environmental Considerations – Tier 4

- **Appropriate and Creative Supports/Services**
  This targeted training will review AAW’s values of supporting participants to become more independent and live, work and play in least restrictive environments.

  Key words: creative, independent, environment

- **Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist)
  This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.

  Keywords: advocacy, community supports

- **From Entitlement to Eligibility: Differences Between Public Education and Post-Secondary Education for Individuals With Disabilities (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8887/From-Entitlement-to-Eligibility-Differences-Betwe](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8887/From-Entitlement-to-Eligibility-Differences-Betwe)
  This document from the PA Department of Education provides a detailed explanation of the differences between public education and post-secondary education for individuals with disabilities.

  Keywords: education, advocacy, college, public education

- **Social Story: Rules of Juvenile Probation (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8837/Social-Story-Rules-of-Juvenile-Probation](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8837/Social-Story-Rules-of-Juvenile-Probation)
  These social stories describe the various aspects and rules of juvenile probation.

  Keywords: juvenile probation, social story, children

- **Rules of Probation - A Resource for Adults (standalone)**
  This resource help explains the rules of probation, the role of the probation officer, and what may happen if a rule is broken.

  Keywords: probation, rules, adult

- **Jump-Starting Community Living and Participation: A Toolkit for Promoting Inclusion in Community Life (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8843/Jump-Starting-Community-Living-and-Participation)
This toolkit is designed to help local behavioral health programs ‘jump-start’ community living and participation.

Keywords: behavioral health, community living

- **Engaging Families to be productive members of the team (standalone)**
  https://www.myodp.org/course/view.php?id=985
  The basics of family systems and ways to engage a participant’s family to become productive members of his/her team.

  Keywords: family, teamwork, systems, team

- **Parental Stress (standalone)**
  https://www.myodp.org/course/view.php?id=855
  Addressing stress experienced by families rearing a child with disabilities.

  Keywords: stress, parenting, family

- **Supporting Siblings (standalone)**
  https://www.myodp.org/course/view.php?id=856
  Research-based strategies to support siblings of individuals with ASD.

  Keywords: siblings, stress, strategies, support

- **Family Teaching Model (standalone)**
  https://www.myodp.org/course/view.php?id=877
  A community-based residential model for adults with intellectual developmental disabilities.

  Keywords: residential, housing, community, treatment, adults

- **Resistant Participants and Families (standalone)**
  https://www.myodp.org/course/view.php?id=858
  Strategies and tips to getting needed services and supports to participants and families.

  Keywords: family, services, support

- **Identifying Necessary Resources when supporting a family member with ASD (standalone)**
  https://www.myodp.org/course/view.php?id=1022
  How to identify necessary resources for families and their loved ones with ASD.

  Keywords: family, resources, support

- **Supporting participants in their own home (standalone)**
  https://www.myodp.org/course/view.php?id=577
Housing options and ways to use AAW supports and services for participants who desire to live on their own.

Keywords: residential, housing, waiver, adults, independence

- **The Impact of Autism on Sibling (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/811/The-Impact-of-Autism-on-Siblings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/811/The-Impact-of-Autism-on-Siblings)
  Ways having a brother or sister with autism can impact siblings.

  Keywords: siblings, stress, impact, family

### Familial & Environmental Considerations – Individual & Participant

- **Be Safe: Community Safety Social Story (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9369/Be-Safe-Community-Safety-Social-Story](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9369/Be-Safe-Community-Safety-Social-Story)
  This ASERT resource, part of the Be Safe collection, is a social story for individuals with autism to help explain and teach ways for them to stay safe when they are out in the community.

  Keywords: Be Safe, community, safety, social story

- **Be Safe: Home Safety Social Story (series)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9361/Be-Safe-Home-Safety-Social-Story](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/9361/Be-Safe-Home-Safety-Social-Story)
  This ASERT resource, part of the Be Safe collection, is a social story for individuals with autism to help explain and teach ways for them to stay safe when they are out in the community.

  Keywords: Be Safe, home, safety, social story

- **Social Story: Rules of Juvenile Probation (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8837/Social-Story-Rules-of-Juvenile-Probation](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8837/Social-Story-Rules-of-Juvenile-Probation)
  These social stories describe the various aspects and rules of juvenile probation.

  Keywords: juvenile probation, social story, children

- **Rules of Probation - A Resource for Adults (standalone)**
  This resource help explains the rules of probation, the role of the probation officer, and what may happen if a rule is broken.

  Keywords: probation, rules, adult
Familial & Environmental Considerations – Family

- **Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate** (standalone)
  
  [Link](http://www.paautism.org/resources/All-Resources/All-Resources-Detail/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist)

  This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.

  Keywords: advocacy, community supports

- **PA Families, Inc (standalone)**
  
  [Link](http://pafamiliesinc.org/)

  Statewide family network that convenes families of children in child-serving systems, connects them to information and resources to maximize their quality of life, and collaborates to improve community supports, services, and family outcomes.

  Keywords: family support, family, family network

- **Be Safe: Coping Strategies for Caregivers** (series)
  
  [Link](http://www.paautism.org/resources/All-Resources/All-Resources-Detail/itemid/9244/Be-Safe-Coping-Strategies-for-Caregivers)

  Tips and suggestions for helping caregivers to cope after a child or family member has experienced sexual abuse or assault.

  Keywords: Sexual Abuse, Be Safe, Safety, Caregiver, Coping

- **Technology Assisted Children’s Home Program** (standalone)
  
  [Link](http://www.paautism.org/resources/All-Resources/All-Resources-Detail/itemid/8888/Technology-Assisted-Childrens-Home-Program)

  The Technology Assisted Children's Home Program (TACHP) provides non-medical support to families with technology-assisted children through advocacy, education, coaching and referrals, enabling them to provide in-home care for their child.

  Keywords: advocacy, technology, home care

- **Pennsylvania Family Support Alliance (PFSA)** (standalone)
  
  [Link](http://www.paautism.org/resources/All-Resources/All-Resources-Detail/itemid/8837/Social-Story-Rules-of-Juvenile-Probation)

  Pennsylvania Family Support Alliance provides education, support, and training programs to make Pennsylvania safe for children so they are free from abuse and neglect.

  Keywords: advocacy, abuse, neglect, children

- **Social Story: Rules of Juvenile Probation** (standalone)
These social stories describe the various aspects and rules of juvenile probation.

Keywords: juvenile probation, social story, children

- **Rules of Probation - A Resource for Adults (standalone)**
  

  This resource helps explain the rules of probation, the role of the probation officer, and what may happen if a rule is broken.

  Keywords: probation, rules, adult

- **Home Modification Guide for Families with ASD (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/785/Home-Modification-Guide-for-Families-with-ASD](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/785/Home-Modification-Guide-for-Families-with-ASD)

  Suggestions for using traditional supports and appropriate environmental modifications.

  Keywords: home modification, housing, residential

- **Charting the Life Course (series of tools)**
  

  Know the questions to ask and things to think about throughout the life course, in order to have experiences that help lead to the life envisioned.

  Keywords: quality of life, life course

- **Lifespan Perspectives on Parental Stress, Coping and Resilience (standalone)**
  

  “Scholarship with a heart” addresses stress experienced by families rearing a child with disabilities.

  Keywords: family, parent, stress, caregiver

- **Promoting Independent Living While Still in School (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7109/Promoting-Independent-Living-While-Still-in-School](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7109/Promoting-Independent-Living-While-Still-in-School)

  A guide from the PA Department of Education, Bureau of Special Education, addressing examples of activities in the school, home, and community that parents and family members can discuss with their youth.

  Keywords: independent living, school, skills, adaptive behavior
Section 7 - Sensory/Motor

Sensory/Motor – Tier 1

- **Hosting a Sensory Friendly Event (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event)
  Tips, suggestions and resources for businesses interested in hosting sensory friendly events.

  Keywords: sensory friendly, events, tips

- **Social Story: Sensory Story Time at the Library (series of social stories)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library)
  A social story on participating in sensory story time at the library for individuals with autism.

  Keywords: sensory, library, story time, social story

Sensory/Motor – Tier 2

- **Hosting a Sensory Friendly Event (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event)
  Tips, suggestions and resources for businesses interested in hosting sensory friendly events.

  Keywords: sensory friendly, events, tips

- **Social Story: Sensory Story Time at the Library (series of social stories)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library)
  A social story on participating in sensory story time at the library for individuals with autism.

  Keywords: sensory, library, story time, social story

Sensory/Motor – Tier 3

- **Strategies and Tools to Foster Advocacy Skills in Adults with ASD**
  This presentation offers an introduction to supporting individuals with autism in learning self-advocacy skills.

  Key words: self-advocacy, sensory, strategy, tools

- **Hosting a Sensory Friendly Event (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event)
Tips, suggestions and resources for businesses interested in hosting sensory friendly events.

Keywords: sensory friendly, events, tips

- **Social Story: Sensory Story Time at the Library (series of social stories)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library)
  A social story on participating in sensory story time at the library for individuals with autism.

  Keywords: sensory, library, story time, social story

- **PHYSICAL THERAPY Frequently Asked Questions (standalone)**
  Information about physical therapy for individuals with autism.

  Keywords: physical therapy, treatment, therapists

**Sensory/Motor – Tier 4**

- **Strategies and Tools to Foster Advocacy Skills in Adults with ASD**
  This presentation offers an introduction to supporting individuals with autism in learning self-advocacy skills.

  Key words: self-advocacy, sensory, strategy, tools

- **Hosting a Sensory Friendly Event (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event-](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6031/Hosting-a-Sensory-Friendly-Event-)
  Tips, suggestions and resources for businesses interested in hosting sensory friendly events.

  Keywords: sensory friendly, events, tips

- **Social Story: Sensory Story Time at the Library (series of social stories)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8117/Social-Story-Sensory-Story-Time-at-the-Library)
  A social story on participating in sensory story time at the library for individuals with autism.

  Keywords: sensory, library, story time, social story

- **PHYSICAL THERAPY Frequently Asked Questions (standalone)**
Information about physical therapy for individuals with autism.

Keywords: physical therapy, treatment, therapists

**Sensory/Motor – Individual & Participant**
- **Welcome to the Autistic Community (standalone)**
  A crash course on what it means to be autistic, and an introduction to the community you now find yourself in.

  Keywords: new diagnosis, support, community

**Sensory/Motor – Family**
- **What Do We Know About Noise Sensitivity in Autism? (standalone)**
  A brief overview of what current research says about noise sensitivity for people with autism including treatment and processing of sensory information.

  Keywords: sensory, hearing, auditory, sensitivity, processing

- **Sensory Issues: Seeking and Avoiding (standalone)**
  [https://iancommunity.org/cs/challenging_behavior/sensory_issues](https://iancommunity.org/cs/challenging_behavior/sensory_issues)
  Basic information on the sensory issues that individuals with autism often experience.

  Keywords: sensory, issues, seeking, avoiding

**Section 8 – Person Centered Culture**

**Person Centered Culture – Tier 1**
- None found

**Person Centered Culture – Tier 2**
- **Building a Relationship of Mutual Respect - Infographic and Prezi Link (series)**
  Provides information on building trust and speaking to the people you support based on mutual respect.

  Keywords: relationship, building, mutual respect

- **Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist)
  This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.
Keywords: advocacy, community supports

Person Centered Culture – Tier 3

- **Addressing Day to Day Risks with the Team**
  https://www.myodp.org/course/view.php?id=404
  This is the ODP Required Training, consisting of six (6) webcasts, originally offered to Supports Coordinators and SC Supervisors in October and November of 2015.

  Key words: risks, day to day, supports coordinator

- **Supporting New Habits (series)**
  Information about techniques or strategies to use to support new habits.

  Keywords: support, children, behavior, employment, strategies

- **Building a Relationship of Mutual Respect - Infographic and Prezi Link (series)**
  Provides information on building trust and speaking to the people you support based on mutual respect.

  Keywords: relationship, relationship building, mutual respect

- **Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist
  This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.

  Keywords: advocacy, community supports

- **Tools for Meeting Life's Challenges (standalone)**
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8899/Tools-for-Meeting-Lifes-Challenges
  The mission of Meeting Life’s Challenges is to be the preeminent educational non-profit organization that provides resources, support and advocacy, in-person and online, to empower people with disabilities, their families and allies to lead self-determined lives.

  Keywords: self-determination, person centered, advocacy
• Using Vision Boards to Find Community Supports (series)
  Provides information on using a vision board, questions to consider and strategies for community involvement.

  Keywords: children, adult, communication, empowerment, employment, life skills, social skills, community supports

• Removing Personal Judgement (series)
  Provides information on strategies to remove personal judgement and things to consider when using person-first or identity-first language.

  Keywords: person first, talking about autism, judgement

• Risk Identification and Reporting (series)
  Provides information and categories of risky behavior.

  Keywords: risk, risky behavior, reporting

• Identifying Strengths and Supporting Needs - Infographic and Prezi Link (series)
  Provides methods of identifying and supporting strengths in others.

  Keywords: strengths, support needs, supports

• Individualizing Support (series)
  Provides information on individualizing supports, using interests to drive skill development, identifying opportunities and addressing needs.

  Keywords: supports, natural supports, interests, individualizing, ISP

• Finding Resources (series)
Provides information on finding resources, making an action plan and trying out the resource.

Keywords: resources, community, action plan, navigating resources

- **Navigating Health Services (series)**
  Provides prompting questions to foster self-awareness of medical needs, skills to manage health care, and promote advocacy.

  Keywords: health, health services, medical, medical care, health insurance

- **Identity, Sexuality and Interpersonal Relationships (series)**
  Information to teach an individual with Autism about gender identity and sexuality.

  Keywords: sexuality, relationships, gender, LGBTQ,

- **Person-centered Planning Approach - A Great Idea But How Do I Apply It? (standalone)**
  Person-centered planning approach and what it looks like.

  Keywords: person-centered planning, PCP

- **Introduction to Counteracting Devaluation (standalone)**
  Reviews the philosophy that BAS program participants should be contributing members of their community.

  Keywords: person-centered, community

- **Acknowledging Self-Determination in Supporting Participants (standalone)**
  Discusses empowering participants to be self-determined in their service planning and daily life.

  Keywords: self-determination, service plan

- **Self-Determination (AS217) (standalone)**
Examines advantages and disadvantages of allowing personal liberties. Provide examples of how to support individuals in exercising a variety of freedoms.

Keywords: self-determination, freedom, support

- **Case Study: Crafting Supports and Services (standalone)**  
  Thoughtful and creative means of supporting and addressing needs through an assessment based, person centered approach will be discussed and explored using a case study.

  Keywords: assessment, person centered, support

- **Community Presence (standalone)**  
  Quality of life is greatly enhanced through our presence in our communities. For individuals with disabilities, is just being “seen” in the community enough?

  Keywords: community, person centered

- **IS728: Participating in a way that matters (series)**  
  Focused on supporting individuals to participate in their homes and communities in ways that matter by assisting them to explore interests, develop competencies, establish community presence, etc.

  Keywords: support, community, home, participate, competencies, interests

- **Building a Foundation - Pennsylvania’s Outcomes Training (standalone)**  
  Reviews person-centered tools that can be used in outcome development. The skills developed in this webcast build a foundation that will be useful as you begin to learn more about outcomes.

  Keywords: person centered, tools, outcome

**Person Centered Culture – Tier 4**

- **Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate (standalone)**  
  [http://www.paa autism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assist)  
  This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.

  Keywords: advocacy, community supports
• **Tools for Meeting Life’s Challenges (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8899/Tools-for-Meeting-Lifes-Challenges](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8899/Tools-for-Meeting-Lifes-Challenges)

  The mission of Meeting Life’s Challenges is to be the preeminent educational non-profit organization that provides resources, support and advocacy, in-person and online, to empower people with disabilities, their families and allies to lead self-determined lives.

  Keywords: self-determination, person centered, advocacy


  Training on person-centered planning approach and what it looks like.

• **Introduction to Counteracting Devaluation (standalone)**

  Reviews the philosophy that BAS program participants should be contributing members of their community.

  Keywords: person-centered, community

• **Acknowledging Self-Determination in Supporting Participants (standalone)**

  Discusses empowering participants to be self-determined in their service planning and daily life.

  Keywords: self-determination, service plan

• **Self-Determination (AS217) (standalone)**

  Examines advantages and disadvantages of allowing personal liberties. Provide examples of how to support individuals in exercising a variety of freedoms.

  Keywords: self-determination, freedom, support

• **Case Study: Crafting Supports and Services (standalone)**

  Thoughtful and creative means of supporting and addressing needs through an assessment based, person centered approach will be discussed and explored using a case study.

  Keywords: assessment, person centered, support

• **IS728: Participating in a way that matters (series)**
  [https://www.myodp.org/course/search.php?search=Participating+in+a+way+that+matte](https://www.myodp.org/course/search.php?search=Participating+in+a+way+that+matte)

  s
Focused on supporting individuals to participate in their homes and communities in ways that matter by assisting them to explore interests, develop competencies, establish community presence, etc.

Keywords: support, community, home, participate, competencies, interests

- **Implementing Person-centered planning and positive behavior supports: Building a meaningful life (standalone)**
  

  Focuses on using person-centered planning as the lens with which to apply Positive Behavior Supports.

  Keywords: person centered, positive behavior supports, BSP

- **Foundations of Person Centered Thinking (series)**
  

  Provides Person Centered Thinking concepts, skills, and resources based on The Learning Community for Person Centered Practices.

  Keywords: Person centered

### Person Centered Culture – Individual & Participant

- **Tools for Meeting Life’s Challenges (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8899/Tools-for-Meeting-Lifes-Challenges](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8899/Tools-for-Meeting-Lifes-Challenges)

  The mission of Meeting Life’s Challenges is to be the preeminent educational non-profit organization that provides resources, support and advocacy, in-person and online, to empower people with disabilities, their families and allies to lead self-determined lives.

  Keywords: self-determination, person centered, advocacy

- **Your Right to a Community Life: A Guide to Home and Community Based Services Advocacy (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8839/Your-Right-to-a-Community-Life-A-Guide-to-Home-a](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8839/Your-Right-to-a-Community-Life-A-Guide-to-Home-a)

  This guide was developed to prepare people with developmental disabilities to advocate for the Home and Community Based supports they want and need to live in the community. It contains information about the Final Rule and tools to help advocates share about their experience receiving services.

  Keywords: advocacy, community supports

### Person Centered Culture – Family

- **Supporting the Right to a Community Life: Assisting People with Developmental Disabilities to Advocate (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assisti](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8844/Supporting-the-Right-to-a-Community-Life-Assisti)
This guide was developed to prepare supporters to assist people with developmental disabilities to advocate for the community lives they want and share their experiences receiving Home and Community Based Services.

Keywords: advocacy, community supports

• **Tools for Meeting Life’s Challenges (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8899/Tools-for-Meeting-Lifes-Challenges](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8899/Tools-for-Meeting-Lifes-Challenges)
  The mission of Meeting Life’s Challenges is to be the preeminent educational non-profit organization that provides resources, support and advocacy, in-person and online, to empower people with disabilities, their families and allies to lead self-determined lives.

Keywords: self-determination, person centered, advocacy

• **Your Right to a Community Life: A Guide to Home and Community Based Services Advocacy (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8839/Your-Right-to-a-Community-Life-A-Guide-to-Home-a](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8839/Your-Right-to-a-Community-Life-A-Guide-to-Home-a)
  This guide was developed to prepare people with developmental disabilities to advocate for the Home and Community Based supports they want and need to live in the community. It contains information about the Final Rule and tools to help advocates share about their experience receiving services.

Keywords: advocacy, community supports

### Section 9 – Physical Health

**Physical Health – Tier 1**

• **Physical Health Resource Bundle (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8488/Physical-Health-Resource-Bundle](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8488/Physical-Health-Resource-Bundle)
  Resources by condition, as well as general physical health resources for individuals with autism, their families, and providers.

Keywords: physical health, health, medical

• **Community HealthChoices (CHC) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8502/Community-HealthChoices-CHC](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8502/Community-HealthChoices-CHC)
  Information on Community HealthChoices which works to coordinate health care coverage to improve the quality of the health care experience.

Keywords: physical health, health, medical, insurance

• **National Center on Physical Activity and Disability (standalone)**
NCHPAD actively provides individualized information, referral and consultation services to people with disability, families, caregivers, policymakers, community members, health care practitioners and public health professionals through an expansive array of web-based materials and health communication endeavors.

Keywords: physical health, health, medical, disability

- **Health Insurance Marketplace (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5060/National-Center-on-Physical-Activity-and-Disability](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5060/National-Center-on-Physical-Activity-and-Disability)
  Individuals, families, and small businesses can learn about health coverage options, compare health insurance plans based on costs, benefits, and other important features, choose a plan, and enroll in coverage.

  Keywords: physical health, health, medical, insurance

- **Practical Oral Care for People with Autism (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6001/Practical-Oral-Care-for-People-With-Autism](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6001/Practical-Oral-Care-for-People-With-Autism)
  Information on practicing oral care for individuals with autism.

  Keywords: health, medical, oral, dental

- **CDC Disability and Health Resource: Disability and Obesity (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8378/CDC-Disability-and-Health-Resource-Disability-and](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8378/CDC-Disability-and-Health-Resource-Disability-and)
  Information about what weight ranges constitute overweight and obese for children and adults, and the challenges that people with disabilities face when it comes to eating healthy, controlling the weight, and being physically active.

  Keywords: physical health, health, medical, weight, obesity, overweight, nutrition, exercise

- **Surgeon General’s Report on Alcohol, Drugs and Health (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8082/Surgeon-General%E2%80%99s-Report-on-Alcohol-Drugs-and-He](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8082/Surgeon-General%E2%80%99s-Report-on-Alcohol-Drugs-and-He)
  Evidence-based information on effective and sustainable strategies for addressing alcohol and drug problems.

  Keywords: health, alcohol, drugs, substance use

- **Autism Speaks Health Toolkit (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6064/Autism-Speaks-Health-Toolkit](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6064/Autism-Speaks-Health-Toolkit)
Information about physical health, mental health, and sexuality needs during the transition to adulthood.

Keywords: mental health, physical health, sexuality, transition, adulthood

- **Health Care Quality Units (HCQU) (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU)
  
  Information about Health Care Quality Units (HCQUs) and where to locate them.

  Keywords: services, programs, HCQU, physical health, mental health

- **Adults with Autism: Interactive Autism Network (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6566/Adults-with-Autism-Interactive-Autism-Network](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6566/Adults-with-Autism-Interactive-Autism-Network)
  
  The transition for someone with autism from high school to adult services, college, work, job training, or new living situations.

  Keywords: transition, high school, adult, college, work, job, housing, relationships, family

- **The Role of Occupational Therapy (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/798/The-Role-of-Occupational-Therapy](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/798/The-Role-of-Occupational-Therapy)
  
  Occupational therapy services are focused on helping with performance of activities of daily living (e.g., feeding, dressing), instrumental activities of daily living (e.g., community mobility, safety procedures), education, work, leisure, play, and social participation.

  Keywords: occupational therapy, physical health, mobility, activity, feeding, dressing

- **Occupational Therapy for Individuals with Autism (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8278/Occupational-Therapy-for-Individuals-with-Autism](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8278/Occupational-Therapy-for-Individuals-with-Autism)
  
  Information about Occupational Therapy, such as what it is, what it does, how it can help individuals with autism, and how to find one.

  Keywords: occupational therapy, physical health, mobility, activity, feeding, dressing

- **Tuck Foundation Autism and Sleep Guide (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8344/Tuck-Foundation-Autism-and-Sleep-Guide](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8344/Tuck-Foundation-Autism-and-Sleep-Guide)
  
  How autism can affect sleep, treatment options for autism-related sleep problems, sleep management tips for individuals with autism, and listings of additional resources.

  Keywords: physical health, health, sleep

- **Special Olympics (standalone)**
Information about the Special Olympics.

Keywords: Special Olympics, physical health, health, activity, exercise, social

- **Seizure Chart (standalone)**
  - [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/756/Seizure-Chart](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/756/Seizure-Chart)
  - Chart explains the symptoms of different types of seizures, as well as how to respond to each type.

  Keywords: physical health, health, medical, seizures, epilepsy

- **Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 1 (series)**
  - An overview of issues related to healthy aging for people with intellectual and developmental disabilities.

  Keywords: aging, health, mental health, physical health

- **Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 2 (series)**
  - Information on healthy aging for people with intellectual and developmental disabilities, including wellness, medical complexities, risks, and mental health.

  Keywords: aging, health, mental health, physical health, medical, wellness

- **Dental Health for Individuals with Disabilities (standalone)**
  - The importance of dental care, how to prepare for a dental visit, and other important topics related to dental adaptations.

  Keywords: health, physical health, dental, dentist

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**Physical Health – Tier 2**

- **Physical Health Resource Bundle (standalone)**
  - [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/848/Physical-Health-Resource-Bundle](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/848/Physical-Health-Resource-Bundle)
  - Resources by condition, as well as general physical health resources for individuals with autism, their families, and providers.

  Keywords: physical health, health, medical

- **Eating Disorders (standalone)**
Fact sheet describes different types of eating disorders, as well as treatment strategies.

Keywords: physical health, eating disorder, eating, treatment, nutrition

- **PCHC Health Promotion Activities Plan: Diabetes (standalone)**
  "http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8381/PCHC-Health-Promotion-Activities-Plan-Diabetes"
  Activity plan for individuals with diabetes.

  Keywords: physical health, health, diabetes

- **PCHC Health Promotion Activities Plan: Hypertension (standalone)**
  "http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8380/PCHC-Health-Promotion-Activities-Plan-Hypertension"
  Activity plan for individuals with hypertension (high blood pressure).

  Keywords: physical health, health, blood pressure

- **PCHC Health Promotion Activities Plan: Seizure Disorders (standalone)**
  "http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8378/PCHC-Health-Promotion-Activities-Plan-Seizure-Dis"
  This resource is to assist in developing a health promotion activity plan for individuals with seizures.

  Keywords: physical health, health, seizures

- **PA Health Law Project (standalone)**
  "http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8051/PA-Health-Law-Project"
  PHLP provides free legal services to lower-income consumers, seniors, and persons with disabilities who are having trouble accessing publicly funded healthcare coverage or services.

  Keywords: mental health, health insurance, health coverage, medical assistance, law, services

- **CDC Disability and Health Resource: Disability and Obesity (standalone)**
  "http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8378/CDC-Disability-and-Health-Resource-Disability-and"
  Information about what weight ranges constitute overweight and obese for children and adults, and the challenges that people with disabilities face when it comes to eating healthy, controlling the weight, and being physically active.

  Keywords: physical health, health, medical, weight, obesity, overweight, nutrition, exercise
• **Plan4Health Toolkits (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6994/Plan4Health-Toolkits](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6994/Plan4Health-Toolkits)
  Reports, webinars, toolkits, community examples, videos, podcasts, and more about active living, nutrition, and health.

  Keywords: physical health, health, nutrition, activity, exercise

• **National Center on Physical Activity and Disability (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5060/National-Center-on-Physical-Activity-and-Disabilit](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5060/National-Center-on-Physical-Activity-and-Disabilit)
  NCHPAD actively provides individualized information, referral and consultation services to people with disability, families, caregivers, policymakers, community members, health care practitioners and public health professionals through an expansive array of web-based materials and health communication endeavors.

  Keywords: physical health, health, medical, disability

• **Health Care Quality Units (HCQU) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU)
  Information about Health Care Quality Units (HCQUs) and where to locate them.

  Keywords: services, programs, HCQU, physical health, mental health

• **Health Literacy Basics (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2969/Health-Literacy-Basics](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2969/Health-Literacy-Basics)
  Fact sheet explains health literacy and gives tips for improving it.

  Keywords: physical health, health

• **Advice to Healthcare Providers (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7265/Advice-to-Healthcare-Providers](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7265/Advice-to-Healthcare-Providers)
  Network for Lesbian, Gay, Bisexual, & Transgender concerns in Occupational Therapy.

  Keywords: occupational therapy, lesbian, gay, bisexual, transgender

• **Tuck Foundation Autism and Sleep Guide (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8344/Tuck-Foundation-Autism-and-Sleep-Guide](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8344/Tuck-Foundation-Autism-and-Sleep-Guide)
  How autism can affect sleep, treatment options for autism-related sleep problems, sleep management tips for individuals with autism, and listings of additional resources.

  Keywords: physical health, health, sleep
- **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings)

  Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

  Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

- **Special Olympics (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/837/Special-Olympics](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/837/Special-Olympics)

  Information about the Special Olympics.

  Keywords: Special Olympics, physical health, health, activity, exercise, social

- **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website)

  Information on understanding autism, treating autism, and living with autism.

  Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

- **Seizure Chart (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/756/Seizure-Chart](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/756/Seizure-Chart)

  Chart explains the symptoms of different types of seizures, as well as how to respond to each type.

  Keywords: physical health, health, medical, seizures, epilepsy

- **Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 1 (series)**

  An overview of issues related to healthy aging for people with intellectual and developmental disabilities.

  Keywords: aging, health, mental health, physical health

- **Healthy Aging for People with Intellectual and Developmental Disabilities: Lesson 2 (series)**

  Information on healthy aging for people with intellectual and developmental disabilities, including wellness, medical complexities, risks, and mental health.
Keywords: aging, health, mental health, physical health, medical, wellness

- Dental Health for Individuals with Disabilities (standalone)
  https://www.myodp.org/course/view.php?id=364
  The importance of dental care, how to prepare for a dental visit, and other important topics related to dental adaptations.

  Keywords: health, physical health, dental, dentist

Physical Health – Tier 3

- Health Care for Adults with Disabilities – Tips for Primary Care Physicians & Nurses (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8449/Health-Care-for-Adults-with-Disabilities
  These tip sheets from Vanderbilt Kennedy Center helps individuals with disabilities, Direct Support Professional, caregivers and others prepare for health care visits.

  Keywords: doctors, healthcare, plan

- Accompanying an Individual to the Doctor – Tips for Direct Support Professionals & Other Caregivers (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8848/Accompanying-an-Individual-to-the-Doctor-%E2%80%93-Tips-for-Direct-Support-Professionals-and-Other-Caregivers
  This toolkit, prepared by the Vanderbilt Kennedy Center, will help direct support professionals & other caregivers in working with their clients when going to the doctor.

  Keywords: doctor visit, plan

- PCHC Health Promotion Activities Plan: Diabetes (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8381/PCHC-Health-Promotion-Activities-Plan-Diabetes
  Activity plan for individuals with diabetes.

  Keywords: physical health, health, diabetes

- PCHC Health Promotion Activities Plan: Hypertension (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8380/PCHC-Health-Promotion-Activities-Plan-Hypertension
  Activity plan for individuals with hypertension (high blood pressure).

  Keywords: physical health, health, blood pressure

- PCHC Health Promotion Activities Plan: Seizure Disorders (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8387/PCHC-Health-Promotion-Activities-Plan-Seizure-Disorders
  This resource is to assist in developing a health promotion activity plan for individuals with seizures.
Keywords: physical health, health, seizures

- **Eating Disorders (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/744/Eating-Disorders](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/744/Eating-Disorders)
  Fact sheet describes different types of eating disorders, as well as treatment strategies.

  Keywords: physical health, eating disorder, eating, treatment, nutrition

- **AASPIRE Healthcare Toolkit (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4587/AASPIRE-Healthcare-Toolkit](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4587/AASPIRE-Healthcare-Toolkit)
  Information and worksheets for adults on the autism spectrum, supporters, and healthcare providers about primary healthcare.

  Keywords: physical health, healthcare, health insurance

- **Community HealthChoices (CHC) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8502/Community-HealthChoices-CHC](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8502/Community-HealthChoices-CHC)
  Information on Community HealthChoices which works to coordinate health care coverage to improve the quality of the health care experience.

  Keywords: physical health, health, medical, insurance

- **PA HealthLaw Project (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8051/PA-Health-Law-Project](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8051/PA-Health-Law-Project)
  PHLP provides free legal services to lower-income consumers, seniors, and persons with disabilities who are having trouble accessing publicly funded healthcare coverage or services.

  Keywords: mental health, health insurance, health coverage, medical assistance, law, services

- **Plan4Health Toolkits (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6994/Plan4Health-Toolkits](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6994/Plan4Health-Toolkits)
  Reports, webinars, toolkits, community examples, videos, podcasts, and more about active living, nutrition, and health.

  Keywords: physical health, health, nutrition, activity, exercise

- **Health Care Quality Units (HCQU) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/2137/Health-Care-Quality-Units-HCQU)
Information about Health Care Quality Units (HCQUs) and where to locate them.

Keywords: services, programs, HCQU, physical health, mental health

**Health Literacy Basics (standalone)**
http://www.paautism.org/resources/All-Resources/All-Resources-
Details/itemid/2969/Health-Literacy-Basics
Fact sheet explains health literacy and gives tips for improving it.

Keywords: physical health, health

**Advice to Healthcare Providers (standalone)**
http://www.paautism.org/resources/All-Resources/All-Resources-
Details/itemid/7265/Advice-to-Healthcare-Providers
Network for Lesbian, Gay, Bisexual, & Transgender concerns in Occupational Therapy.

Keywords: occupational therapy, lesbian, gay, bisexual, transgender

**Tuck Foundation Autism and Sleep Guide (standalone)**
http://www.paautism.org/resources/All-Resources/All-Resources-
Details/itemid/8344/Tuck-Foundation-Autism-and-Sleep-Guide
How autism can affect sleep, treatment options for autism-related sleep problems, sleep management tips for individuals with autism, and listings of additional resources.

Keywords: physical health, health, sleep

**Kennedy Krieger STAR Trainings (standalone)**
http://www.paautism.org/resources/All-Resources/All-Resources-
Details/itemid/7075/Kennedy-Krieger-STAR-Trainings
Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.

Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

**Interacting with Autism Website (standalone)**
http://www.paautism.org/resources/All-Resources/All-Resources-
Details/itemid/1926/Interacting-with-Autism-website
Information on understanding autism, treating autism, and living with autism.

Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

**Seizure Chart (standalone)**
http://www.paautism.org/resources/All-Resources/All-Resources-
Details/itemid/756/Seizure-Chart
Chart explains the symptoms of different types of seizures, as well as how to respond to each type.

Keywords: physical health, health, medical, seizures, epilepsy

- **Dental Health for Individuals with Disabilities (standalone)**
  The importance of dental care, how to prepare for a dental visit, and other important topics related to dental adaptations.

  Keywords: health, physical health, dental, dentist

**Physical Health – Tier 4**

- **The Role of a Biobehavioral Inpatient Program for Meeting the Needs of People with ASD**
  Provides information on the Biobehavioral inpatient program for Autism Spectrum Disorders at Western Psychiatric Institute, which is based on best practice, focused on outcomes, and centered on family and **consumer needs**.

  Key words: Biobehavior, inpatient, behavior

- **5 Ways to Make the Most of Your Health Coverage (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8880/5-Ways-to-Make-the-Most-of-Your-Health-Coverage](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8880/5-Ways-to-Make-the-Most-of-Your-Health-Coverage)
  This checklist, created by the Centers for Medicare & Medicaid Services (CMS), is a quick reference on how to make the most of your health coverage. This resource is available in multiple languages.

  Keywords: healthcare, insurance

- **A Roadmap to Better Care and a Healthier You (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8881/A-Roadmap-to-Better-Care-and-a-Healthier-You](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8881/A-Roadmap-to-Better-Care-and-a-Healthier-You)
  This roadmap, created by the Centers for Medicare & Medicaid Services (CMS), explains what health coverage is and how to use it to get primary care and preventive services. This resource is available in multiple languages.

  Keywords: healthcare, insurance

- **Health Care for Adults with Disabilities – Tips for Primary Care Physicians & Nurses (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8449/Health-Care-for-Adults-with-Disabilities](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8449/Health-Care-for-Adults-with-Disabilities)
  These tip sheets from Vanderbilt Kennedy Center helps individuals with disabilities, Direct Support Professional, caregivers and others prepare for health care visits.
Keywords: doctors, healthcare, plan

- **Accompanying an Individual to the Doctor – Tips for Direct Support Professionals & Other Caregivers (standalone)**
  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8848/Accompanying-an-Individual-to-the-Doctor-%E2%80%93-Tips-for-Direct-Support-Professionals-and-Other-Caregivers](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8848/Accompanying-an-Individual-to-the-Doctor-%E2%80%93-Tips-for-Direct-Support-Professionals-and-Other-Caregivers)

  This toolkit, prepared by the Vanderbilt Kennedy Center, will help direct support professionals & other caregivers in working with their clients when going to the doctor.

  Keywords: doctor visit, plan

- **Physician Education in Developmental Disabilities (PEDD) Webinar Series (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8850/Physician-Education-in-Developmental-Disabilities](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8850/Physician-Education-in-Developmental-Disabilities)

  The American Academy of Developmental Medicine and Dentistry (AADMD) offers a free, 12 credit-hour webinar series. This series is designed to enhance the practice skill of primary care physicians and residents who would like to provide better care to their adult patients with developmental disabilities.

  Keywords: doctors, education, supporting individuals

- **Making Doctor’s Office Visits More Successful for Patients with Autism (video lecture) (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8849/Making-Doctors-Office-Visits-More-Successful-for-Patients-with-Autism](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8849/Making-Doctors-Office-Visits-More-Successful-for-Patients-with-Autism)

  The goal of this video lecture is to bring together the worlds of doctors and parents in order to promote better quality healthcare for individuals on the spectrum.

  Keywords: doctors, education, supporting individuals

- **PCHC Health Promotion Activities Plan: Diabetes (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8381/PCHC-Health-Promotion-Activities-Plan-Diabetes](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8381/PCHC-Health-Promotion-Activities-Plan-Diabetes)

  Activity plan for individuals with diabetes.

  Keywords: physical health, health, diabetes

- **PCHC Health Promotion Activities Plan: Hypertension (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8380/PCHC-Health-Promotion-Activities-Plan-Hypertension](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8380/PCHC-Health-Promotion-Activities-Plan-Hypertension)

  Activity plan for individuals with hypertension (high blood pressure).

  Keywords: physical health, health, blood pressure

- **PCHC Health Promotion Activities Plan: Seizure Disorders (standalone)**

  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8387/PCHC-Health-Promotion-Activities-Plan-Seizure-Dis](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8387/PCHC-Health-Promotion-Activities-Plan-Seizure-Dis)
This resource is to assist in developing a health promotion activity plan for individuals with seizures.

Keywords: physical health, health, seizures

- **AASPIRE Healthcare Toolkit (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4587/AASPIRE-Healthcare-Toolkit](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/4587/AASPIRE-Healthcare-Toolkit)
  Information and worksheets for adults on the autism spectrum, supporters, and healthcare providers about primary healthcare.

  Keywords: physical health, healthcare, health insurance

- **Community HealthChoices (CHC) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8502/Community-HealthChoices-CHC](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8502/Community-HealthChoices-CHC)
  Information on Community HealthChoices which works to coordinate health care coverage to improve the quality of the health care experience.

  Keywords: physical health, health, medical, insurance

- **PA HealthLaw Project (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8051/PA-Health-Law-Project](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8051/PA-Health-Law-Project)
  PHLP provides free legal services to lower-income consumers, seniors, and persons with disabilities who are having trouble accessing publicly funded healthcare coverage or services.

  Keywords: mental health, health insurance, health coverage, medical assistance, law, services

- **Plan4Health Toolkits (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6994/Plan4Health-Toolkits](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6994/Plan4Health-Toolkits)
  Reports, webinars, toolkits, community examples, videos, podcasts, and more about active living, nutrition, and health.

  Keywords: physical health, health, nutrition, activity, exercise

- **Kennedy Krieger STAR Trainings (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/7075/Kennedy-Krieger-STAR-Trainings)
  Trainings on social skills, special education, play therapy, getting an ASD diagnosis, transition for adolescents, sensory processing, self-care for caregivers, nutrition, gastrointestinal issues, and sleep issues.
Keywords: social skills, special education, play therapy, diagnosis, transition, sensory, self-care, nutrition, gastrointestinal, sleep, health.

- **Interacting with Autism Website (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/1926/Interacting-with-Autism-website)
  Information on understanding autism, treating autism, and living with autism.
  Keywords: diagnosis, causes, sensory, treatment, social skills, medication, education

- **Seizure Chart (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/756/Seizure-Chart](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/756/Seizure-Chart)
  Chart explains the symptoms of different types of seizures, as well as how to respond to each type.
  Keywords: physical health, health, medical, seizures, epilepsy

### Physical Health – Individual & Participant

- **5 Ways to Make the Most of Your Health Coverage (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8880/5-Ways-to-Make-the-Most-of-Your-Health-Coverage](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8880/5-Ways-to-Make-the-Most-of-Your-Health-Coverage)
  This checklist, created by the Centers for Medicare & Medicaid Services (CMS), is a quick reference on how to make the most of your health coverage. This resource is available in multiple languages.
  Keywords: healthcare, insurance

- **A Roadmap to Better Care and a Healthier You (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8881/A-Roadmap-to-Better-Care-and-a-Healthier-You](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8881/A-Roadmap-to-Better-Care-and-a-Healthier-You)
  This roadmap, created by the Centers for Medicare & Medicaid Services (CMS), explains what health coverage is and how to use it to get primary care and preventive services. This resource is available in multiple languages.
  Keywords: healthcare, insurance

- **Making Doctor’s Office Visits More Successful for Patients with Autism (video lecture) (standalone)**
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8849/Making-Doctors-Office-Visits-More-Successful-for](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8849/Making-Doctors-Office-Visits-More-Successful-for).
  The goal of this video lecture is to bring together the worlds of doctors and parents in order to promote better quality healthcare for individuals on the spectrum.
  Keywords: doctors, education, supporting individuals

- **AASPIRE Healthcare Toolkit for Patients and Supporters (standalone)**
Information and worksheets for patients and families about primary healthcare.

Keywords: physical health, healthcare, health insurance, nutrition, exercise, prevention

- **Take Charge Reproductive Health Guide (standalone)**
  Reproductive rights as a woman and civil rights as a person living with a disability, suggestions on how to self-advocate for these rights and overcome barriers, how to access local healthcare providers, and help understanding rights to become a mother with resources for raising children.

  Keywords: women, reproduction, rights, self-advocate, healthcare, STIs, abuse, violence, mental health, mothering

- **Health Insurance Marketplaces and Autism (standalone)**
  [https://www.autismspeaks.org/advocacy/insurance/affordable-care-act](https://www.autismspeaks.org/advocacy/insurance/affordable-care-act)
  Individuals and families can learn about health coverage options, compare health insurance plans based on costs, benefits, and other important features, choose a plan, and enroll in coverage.

  Keywords: physical health, health, medical, insurance

- **Dental Health for Individuals with Disabilities (standalone)**
  The importance of dental care, how to prepare for a dental visit, and other important topics related to dental adaptations.

  Keywords: health, physical health, dental, dentist

**Physical Health – Family**

- **5 Ways to Make the Most of Your Health Coverage (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8880/5-Ways-to-Make-the-Most-of-Your-Health-Coverage](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8880/5-Ways-to-Make-the-Most-of-Your-Health-Coverage)
  This checklist, created by the Centers for Medicare & Medicaid Services (CMS), is a quick reference on how to make the most of your health coverage. This resource is available in multiple languages.

  Keywords: healthcare, insurance

- **A Roadmap to Better Care and a Healthier You (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8881/A-Roadmap-to-Better-Care-and-a-Healthier-You](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8881/A-Roadmap-to-Better-Care-and-a-Healthier-You)
This roadmap, created by the Centers for Medicare & Medicaid Services (CMS), explains what health coverage is and how to use it to get primary care and preventive services. This resource is available in multiple languages.

Keywords: healthcare, insurance

- **Health Care for Adults with Disabilities – Tips for Primary Care Physicians & Nurses (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8449/Health-Care-for-Adults-with-Disabilities](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8449/Health-Care-for-Adults-with-Disabilities)
  These tip sheets from Vanderbilt Kennedy Center helps individuals with disabilities, Direct Support Professional, caregivers and others prepare for health care visits.

  Keywords: doctors, healthcare, plan

- **Accompanying an Individual to the Doctor – Tips for Direct Support Professionals & Other Caregivers (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8848/Accompanying-an-Individual-to-the-Doctor-%E2%80%93-Tips-for](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8848/Accompanying-an-Individual-to-the-Doctor-%E2%80%93-Tips-for)
  This toolkit, prepared by the Vanderbilt Kennedy Center, will help direct support professionals & other caregivers in working with their clients when going to the doctor.

  Keywords: doctor visit, plan

- **Making Doctor’s Office Visits More Successful for Patients with Autism (video lecture) (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8849/Making-Doctors-Office-Visits-More-Successful-for](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8849/Making-Doctors-Office-Visits-More-Successful-for)
  The goal of this video lecture is to bring together the worlds of doctors and parents in order to promote better quality healthcare for individuals on the spectrum.

  Keywords: doctors, education, supporting individuals

- **Tips & Tools: For Preparing Your Child For a Visit to The Doctor (standalone)**
  [http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8838/Tips-Tools-For-Preparing-Your-Child-For-a-Visit](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8838/Tips-Tools-For-Preparing-Your-Child-For-a-Visit)
  This resource outlines some tips and tools that might be helpful for families and caregivers in preparing to see a doctor.

  Keywords: doctor visit, plan, children

- **Transition to Adulthood: A Health Care Guide for Youth and Families (standalone)**
  How parents can prepare for their child’s transition to adulthood regarding health care and health insurance.

  Keywords: physical health, healthcare, insurance, transition
• Autism Speaks: Health (standalone)
  Health and sexuality resource for parents.
  Keywords: physical health, health, sexuality, hygiene, mental health

• Sex Education and Puberty (standalone)
  http://www.autism.org.uk/sexeducation
  Ideas for talking to your child about puberty, sex, sexuality and relationships, as well as links to some useful resources
  Keywords: sex, relationships, puberty, sexuality, relationships

• Giving Medication at Home (standalone)
  https://www.myodp.org/course/view.php?id=302
  Information about Medication Administration designed for lifesharers.
  Keywords: mental health, physical health, medication

• Advocates for Youth (standalone)
  http://www.advocatesforyouth.org/topics-and-issues
  Topics and resources applicable to teens and young adults.
  Keywords: relationships, sexuality, sexual, LGBTQI, development, STIs, religion, violence, behavior

• AASPIRE Healthcare Toolkit: Primary Care Resources for Adults on the Autism Spectrum and their Primary Care Providers (standalone)
  https://www.autismandhealth.org/
  Information and worksheets for adults on the autism spectrum, supporters, and healthcare providers about primary healthcare.
  Keywords: physical health, healthcare, health insurance

Section 10 – Executive Functioning & Learning

Executive Functioning & Learning – Tier 1
  • None found

Executive Functioning & Learning – Tier 2
  • None found

Executive Functioning & Learning – Tier 3
  • Autism Interaction and Communication Guide for Professionals (standalone)
    http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/9108/Autism-Interaction-and-Communication-Guide-for-Pro
Resources on Executive Functioning, Emotional Regulation, Theory of Mind, Sensory Differences, and general communication with individuals on the autism spectrum.

Keywords: Executive Functioning, Emotional Regulation, Theory of Mind, Sensory Differences

- **Visual Schedule Resources (standalone)**  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8864/Visual-Schedule-Resources](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8864/Visual-Schedule-Resources)
  This collection of resources includes information about visual schedules and using visual schedules for individuals with autism. These resources have information for individuals with autism, their families, providers, and the community.
  
  Keywords: visual schedules, teaching, instruction

- **Social Stories: How to Create a Social Story (standalone)**  
  [http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8851/Social-Stories-How-to-Create-a-Social-Story](http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8851/Social-Stories-How-to-Create-a-Social-Story)
  This resource is designed to help you create a personalized social story. Social stories can be used to support individuals with autism in both new and familiar situations. The resource has helpful tips for creating and using social stories.
  
  Keywords: instruction, social story

- **Encouraging Independence - Infographic and Prezi Link (series)**  
  Information teaching the importance of independence.
  
  Keywords: supports, employment, strategies, independence, social skills, life skills, empowerment, advocacy

- **Activity Schedules (standalone)**  
  Activity schedules to promote independent performance.
  
  Keywords: activity, schedule, independence

- **Increasing Independence (ASERT 1278) (standalone)**  
  Training for clinicians to increase specific adaptive skills in young children with ASD.
  
  Keywords: adaptive skills, children, self-help, chores

- **Developing Self-Care Skills (ASERT1225) (standalone)**  
An overview of self-care, what it is, when to teach, and appropriate parent/caregiver involvement.

Keywords: self-care, adaptive, behavior, skills, teaching, parent

- **Evidence-based practices (standalone)**
  An overview of the parameters most closely associated with Quality of Life and how best to demonstrate progress and evaluate outcomes.

  Keywords: Quality of Life, progress, outcomes, evidence based practice

- **Natural Routines (standalone)**
  The importance of self-determination in the lives of individuals with severe disabilities.

  Keywords: self-determination, daily routines, independence

- **Systematic Instruction (standalone)**
  Systematic Instruction - the best practice for teaching skills using a carefully planned sequence for instruction.

  Keywords: skills, Systematic Instruction, skills, adaptive, behavior

- **Teaching Secondary Skills (standalone)**
  The importance of teaching secondary skills, such as social and communication skills.

  Keywords: secondary skills, social skills, communication skills

- **Visual Strategies (standalone)**
  Visual strategies for children with difficulty understanding verbal messages.

  Keywords: verbal difficulty, visual communication, strategies

- **Providing Job Coaching Supports**
  Supporting individuals with autism to be successful in the workplace by providing effective and appropriate job coaching services.

  Keywords: employment, work, job, employer
• Teaching Students with Autism - A Guide for Educators (standalone)
  How educators can think differently about students with autism, capitalize on their strengths, provide supports to address their challenges, and facilitate positive social relationships among students with and without autism.

  Keywords: teachers, educators, social, relationships, strengths

• Job Skills: Getting Ready for Work (standalone)
  A guide from the PA Department of Education, Bureau of Special Education, describing skills for youth that lead to success in the workplace.

  Keywords: employment, work, job, employer

• Skills to Pay the Bills: Mastering Soft Skills for Workplace Success (standalone)
  http://www.paautism.org/resources/Most-Popular/Most-Popular-Details/itemid/2214/Skills-to-Pay-the-Bills-Mastering-Soft-Skills-for
  An introduction to the “basics” of soft skills designed with youth service professionals in mind on career and workforce readiness skills.

  Keywords: soft skills, youth service, employment, work, job, employer

Executive Functioning & Learning – Tier 4

• Visual Schedule Resources (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8864/Visual-Schedule-Resources
  This collection of resources includes information about visual schedules and using visual schedules for individuals with autism. These resources have information for individuals with autism, their families, providers, and the community.

  Keywords: visual schedules, teaching, instruction

• Social Stories: How to Create a Social Story (standalone)
  http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8851/Social-Stories-How-to-Create-a-Social-Story
  This resource is designed to help you create a personalized social story. Social stories can be used to support individuals with autism in both new and familiar situations. The resource has helpful tips for creating and using social stories.

  Keywords: instruction, social story

• Activity Schedules (standalone)
  https://www.myodp.org/course/view.php?id=631
Activity schedules to promote independent performance.

Keywords: activity, schedule, independence

- **Increasing Independence (ASERT 1278) (standalone)**
  
  https://www.myodp.org/course/search.php?search=increasing+Independence

  Training for clinicians to increase specific adaptive skills in young children with ASD.

  Keywords: adaptive skills, children, self-help, chores

- **Developing Self-Care Skills (ASERT1225) (standalone)**
  
  https://www.myodp.org/course/view.php?id=819

  An overview of self-care, what it is, when to teach, and appropriate parent/caregiver involvement.

  Keywords: self-care, adaptive, behavior, skills, teaching, parent

- **Evidence-based practices (standalone)**
  
  https://www.myodp.org/course/search.php?search=Evidence-based+practices

  An overview of the parameters most closely associated with Quality of Life and how best to demonstrate progress and evaluate outcomes.

  Keywords: Quality of Life, progress, outcomes, evidence based practice

- **Natural Routines (standalone)**
  
  https://www.myodp.org/course/search.php?search=Natural+Routines

  The importance of self-determination in the lives of individuals with severe disabilities.

  Keywords: self-determination, daily routines, independence

- **Systematic Instruction (standalone)**
  
  https://www.myodp.org/course/view.php?id=752

  Systematic Instruction - the best practice for teaching skills using a carefully planned sequence for instruction.

  Keywords: skills, Systematic Instruction, skills, adaptive, behavior

- **Teaching Secondary Skills (standalone)**
  
  https://www.myodp.org/course/view.php?id=836

  The importance of teaching secondary skills, such as social and communication skills.

  Keywords: secondary skills, social skills, communication skills

- **Visual Strategies (standalone)**
  
Visual strategies for children with difficulty understanding verbal messages.

Keywords: verbal difficulty, visual communication, strategies

- **Providing Job Coaching Supports**
  Supporting individuals with autism to be successful in the workplace by providing effective and appropriate job coaching services.

  Keywords: employment, work, job, employer

- **Teaching Students with Autism - A Guide for Educators (standalone)**
  How educators can think differently about students with autism, capitalize on their strengths, provide supports to address their challenges, and facilitate positive social relationships among students with and without autism.

  Keywords: teachers, educators, social, relationships, strengths

- **Job Skills: Getting Ready for Work (standalone)**
  A guide from the PA Department of Education, Bureau of Special Education, describing skills for youth that lead to success in the workplace.

  Keywords: employment, work, job, employer

- **Skills to Pay the Bills: Mastering Soft Skills for Workplace Success (standalone)**
  An introduction to the “basics” of soft skills designed with youth service professionals in mind on career and workforce readiness skills.

  Keywords: soft skills, youth service, employment, work, job, employer

**Executive Functioning & Learning – Individual & Participant**

- **Getting Feedback at Work (standalone)**
  Infographic providing tips to help you deal with feedback at work.

  Keywords: feedback, work, employment, transition
• **Procrastination in College (standalone)**
  
  [Link](http://www.paaautism.org/desktopmodules/asert-api/api/item/ItemDetailFileDownload/5110/ProcrastinationInCollege.pdf)

  Infographic providing strategies to address procrastination in college.

  Keywords: transition, college, action plan, students

• **Time Management and Other Executive Functioning Issues in the Workplace (standalone)**
  

  Accommodations and issues related to time management for individuals with autism spectrum disorder.

  Keywords: time management, executive function, skills, adaptive behavior

• **Welcome to the Autistic Community (standalone)**
  

  A crash course on what it means to be autistic, and an introduction to the community you now find yourself in.

  Keywords: new diagnosis, support, community

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### Executive Functioning & Learning – Family

• **Visual Schedule Resources (standalone)**
  
  [Link](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8864/Visual-Schedule-Resources)

  This collection of resources includes information about visual schedules and using visual schedules for individuals with autism. These resources have information for individuals with autism, their families, providers, and the community.

  Keywords: visual schedules, teaching, instruction

• **Social Stories: How to Create a Social Story (standalone)**
  
  [Link](http://www.paaautism.org/resources/All-Resources/All-Resources-Details/itemid/8851/Social-Stories-How-to-Create-a-Social-Story)

  This resource is designed to help you create a personalized social story. Social stories can be used to support individuals with autism in both new and familiar situations. The resource has helpful tips for creating and using social stories.

  Keywords: instruction, social story

• **Transitioning Your Teen to Adulthood (standalone)**
  
  [Link](http://www.paaautism.org/desktopmodules/asert-api/api/item/ItemDetailFileDownload/5109/TransitionTeenToAdult.pdf)

  Infographic providing families with five keys to successful transitions.
Keywords: teen, adulthood, transition, students, college

- **Executive Functioning and Theory of Mind (standalone)**
  A review of the challenges that Theory of Mind present individuals with autism spectrum disorder.

  Keywords: Theory of Mind, challenges

- **Executive Function Issues (standalone)**
  [https://iancommunity.org/cs/challenging_behavior/executive_function](https://iancommunity.org/cs/challenging_behavior/executive_function)
  A description of executive functioning issues that a person with autism may encounter.

  Keywords: Executive Functioning, learning, challenges