



CENTER FOR AUTISM RESEARCH

Autism Resource Guide for Southwest Virginia and the Greater Roanoke Valley

Improving the quality of life for individuals with autism/autistic individuals and those supporting them through intervention, education, and research directed towards effective treatments and supports.

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I. Autism Spectrum Disorder (ASD) Diagnostic Criteria

ASD is a neurodevelopmental disorder characterized by the presence of social communication difficulties and restricted or repetitive behaviors and interests. The manifestation of the diagnosis varies greatly from person to person. In the past, ASD has also been referred to as “early infantile autism,” “childhood autism,” “Kanner’s autism,” “Asperger’s Syndrome,” and “Pervasive Developmental Disorder.” However, now all individuals on the autism spectrum receive the diagnosis of ASD.

A note about language: some people on the autism spectrum and their family members have reported a preference for using identity-first language, such as describing themselves as an “autistic person.” However, others prefer person-first language such as saying, “person with autism.” Throughout this resource guide, both styles are used to reflect the range of language preferences; in general, we recommend asking about individual preferences if you are unsure whether to use person-first or identity-first language.

Early Signs of Autism¹

Below are early indicators of autism that may be useful for parents to identify early signs.

- Not responding to his/her name by 12 months of age
- Avoiding eye contact and/or preferring to be alone
- Decreased use of gestures (e.g., pointing and waving) to communicate
- Engaging in certain repetitive body movements (e.g., spinning or flapping hands)
- Not engaging in pretend play (e.g., feeding a doll or petting a stuffed animal) by 18 months of age
- Decreased babbling or use of language

Diagnostic Criteria²

Below is a brief list of the diagnostic criteria used by psychologists and other healthcare professionals to diagnose autism.

A. Persistent deficits in social communication and social interaction across multiple contexts, as manifested by all of the following, currently or by history (examples are illustrative, not exhaustive):

1. Deficits in social-emotional reciprocity, ranging, for example, from abnormal social approach and failure of normal back and forth conversation; to reduced sharing of interests, emotions, or affect; to failure to initiate or respond to social interactions.
2. Deficits in nonverbal communicative behaviors used for social interaction, ranging, for example, from poorly integrated verbal and nonverbal communication; to abnormalities

¹ Information from CA Human Services and can be found at www.cahumanservices.org

² American Psychiatric Association. (2022). Autism Spectrum Disorder. *Diagnostic and statistical manual of mental disorders* (5th ed. text revision). Washington, D.C.: Author.

in eye contact and body language or deficits in understanding and use of gestures; to a total lack of facial expressions and nonverbal communication.

3. Deficits in developing, maintaining and understanding relationships, ranging, for example, from difficulties adjusting behavior to suit various social contexts; to difficulties in sharing imaginative play or in making friends; to absence of interest in peers.

B. Restricted, repetitive patterns of behavior, interests, or activities, as manifested by at least two of the following, currently or by history (examples are illustrative, not exhaustive):

1. Stereotyped or repetitive motor movements, use of objects, or speech (e.g., simple motor stereotypies, lining up toys or flipping objects, echolalia, idiosyncratic phrases).

2. Insistence on sameness, inflexible adherence to routines, or ritualized patterns of verbal or nonverbal behavior (e.g., extreme distress at small changes, difficulty with transitions, rigid thinking patterns, greeting rituals, need to take same route or eat the same food every day).

3. Highly restricted, fixated interests that are abnormal in intensity or focus (e.g., strong attachment to or preoccupation with unusual objects, excessively circumscribed or perseverative interests).

4. Hyper- or hypo-reactivity to sensory input or unusual interest in sensory aspects of the environment (e.g., apparent indifference to pain/temperature, adverse response to specific sounds or textures, excessive smelling or touching of objects, visual fascination with lights or movement).

II. How is ASD Diagnosed?³

Standard guidelines have been developed to help identify ASD in children before the age of 24 months. In the past, diagnosis of autism was often not made until late preschool-age or later. The new guidelines can help identify children with autism early, which means earlier, more effective treatment for the disorder.

The most recent guidelines were published in 2020 in *Pediatrics*, a journal of the American Academy of Pediatrics. According to the guidelines, all children before the age of 24 months should routinely receive developmental surveillance at their well-child check-ups. Developmental surveillance means that pediatricians should ask parents about their child's behavior and development. Children that show developmental delays and other behavior disorders should be further evaluated for autism. By screening children early for autism, those diagnosed with the disorder can access services more quickly and families can gain a better understanding of their child's difficulties.

Screening and surveillance should be performed by the child's physician at well-child check-ups during the first two years of life. In addition to asking general developmental questions at visits, children should be specifically screened for autism at 18 and 24 months. Typically, screening should include a questionnaire or other tool like the Modified Checklist for Autism in Toddlers – Revised (M-CHAT-R), which is a screener used for the early detection of autism. This questionnaire can be used to screen children as young as 18 months. Although the M-CHAT-R and other screening questionnaires cannot diagnose ASD, they can indicate when further assessment is appropriate. The following is a list of developmental deficits that could indicate ASD early in life⁴:

Impairment in Social Interaction and Communication:

- Lack of appropriate eye gaze
- Decreased range of facial expressions
- Decreased sharing of interest or enjoyment
- Lack of response to name
- Decreased showing gestures
- Decreased coordination of nonverbal communication
- Unusual prosody (little variation in pitch, odd intonation, irregular rhythm, unusual voice quality)

Repetitive Behaviors & Restricted Interests:

- Repetitive movements with objects

³ Hyman, S. L., Levy, S. E., Myers, S. M., Kuo, D. Z., Apkon, S., Davidson, L. F., ... & Bridgemohan, C. (2020). Identification, evaluation, and management of children with autism spectrum disorder. *Pediatrics*, 145(1).

⁴ Wetherby, A., Woods, J., Allen, L., Cleary, J., Dickinson, H., & Lord, C. (2004). Early indicators of autism spectrum disorders in the second year of life. *Journal of Autism and Developmental Disorders*, 34, 473-493. Based on research at the [Florida State University FIRST WORDS® Project](#).

- Repetitive movements or posturing of body, arms, hands, or fingers

For children who show signs of a developmental delay during screening, a full autism assessment may be appropriate. These are generally in-depth evaluations that can differentiate ASD from other developmental disorders or mental health problems. These evaluations are typically performed by psychologists and/or neurologists. This evaluation will assess a wide range of areas, such as the child's medical history (including prenatal development), psychological assessments, neurological evaluations and speech and language evaluations. The Autism Diagnostic Interview-Revised (ADI-R) and the Autism Diagnostic Observation Schedule – 2nd edition (ADOS-2) are gold-standard tools used in assessing for autism. The ADI-R is a parent interview that explores three domains: quality of social interaction, communication and language, and repetitive, restricted and stereotyped behaviors and interests. The ADOS-2 consists of an observation of the child during various activities that allow the clinician to assess the child's communicative skills, social interactions, and repetitive, restricted and stereotyped behaviors and interests.

At the [VT Autism Clinic & Center for Autism Research](#), in collaboration with the [VT Psychological Services Center](#) and the [VT Child Study Center](#), we assess children on four major domains: developmental history, behavioral evaluations and observations, cognitive evaluations, and adaptive functioning. Depending on the particular child, we may recommend other evaluations to assess other psychological concerns, such as anxiety or attention-deficit/hyperactivity disorder. In addition to our evaluation, we may recommend an outside evaluation for additional concerns, such as from a physician to evaluate possible medical conditions that may be related to the current symptoms or from a speech-language pathologist to assess the extent of difficulty in language/communication.

III. ASD Treatments⁵

What Treatments are Available?

Parents of individuals diagnosed with ASD are frequently overwhelmed when confronted with the many treatments/educational approaches suggested for working with their children. The following is a list and brief explanation of some of the widely used techniques. Some of the techniques are comprehensive programs, while others are designed to target a specific area of difficulty. In addition, some of these intervention techniques are used together to create the best intervention for a particular individual. This list is NOT exhaustive, and we are not endorsing any specific treatment. We recommend an evaluation of the individual before deciding on the best treatment approach.

Applied Behavior Analysis Approaches

Applied Behavior Analysis (ABA) is a scientifically-based treatment approach consisting of several different specific programs which use the antecedent-behavior-consequence model as a basis for teaching. All actions are thought of as behavior, and each action is analyzed to determine what precedes it, how it occurs, and what follows the behavior in order to determine ways to teach new behaviors. ABA as an approach can be used with many different diagnoses and behaviors.

Although often collectively referred to as ABA, there are some differences between many of the specific methodologies in ABA. Over the past several decades, there have been shifts in which types of ABA are most often used specifically for autism. Most recently, Naturalistic Developmental Behavioral Interventions (NDBIs) are a form of ABA that use naturalistic settings and shared control between the child and the therapist to teach developmentally appropriate skills.⁶ The recommendation for most ABA programs is to receive at least 25 hours of therapy a week in early childhood, although recommendations vary across programs. Several of the more common ABA approaches are described below, although this list is not exhaustive.

- Pivotal Response Training⁷
Based on ABA principles, PRT is considered an NDBI that focuses on an instructional method which teaches social communication that is functional and spontaneous in the child's natural environments. This form of ABA offers a structured way to interact during the individual's daily routine in a comfortable, more naturalistic manner. PRT teaches "pivotal" behaviors shown to be central to wide areas of functioning, including motivation, responsivity to multiple cues, self-management, and independent responding. PRT techniques are often taught to parents to allow the child to have the greatest exposure in their

⁵ Information adapted from Autism Society of America and can be found at www.autism-society.org.

⁶ Schreibman, L., Dawson, G., Stahmer, A. C., Landa, R., Rogers, S. J., McGee, G. G., ... & Halladay, A. (2015). Naturalistic developmental behavioral interventions: Empirically validated treatments for autism spectrum disorder. *Journal of autism and developmental disorders*, 45(8), 2411-2428.

⁷ Information adapted from the University of California Santa Barbara and can be found at <https://education.ucsb.edu/autism/pivotal-response-treatment>

every-day lives. Additionally, this training is designed to enable the individual to be more involved in inclusive environments and thus lends itself to use in school settings. PRT has been shown to be effective.

- Early Start Denver Model⁸
The Early Start Denver Model (ESDM) is a play-based NBDI for children ages 12-48 months which is based on the methods of ABA. ESDM has a focus on using play to help teach children relational and developmental skills, and includes both parents and therapists in the therapy approach. The approach aims to develop skills in domains such as cognitive, social-emotional, adaptive, and language skills. ESDM also focuses on positive affect and interpersonal dynamics between the child and the therapist/parent.
- Incidental Teaching⁹
Incidental Teaching is an NBDI which uses ABA principles to provide learning opportunities in a naturalistic environment. This approach emphasizes following the child's lead and using a child's interests in therapy, sharing control over the environment, and reinforcing skills using natural reinforcers.
- Discrete Trial Teaching
Discrete Trial Teaching (DTT) is a teaching strategy widely utilized in ABA interventions. This strategy allows individuals to master complex tasks by first learning and mastering subcomponents of the task. This strategy has been shown to be effective in teaching communication skills, gross and fine motor skills, social skills and daily living skills.

Many current ABA organizations, such as the Center for Autism and Related Disorders (CARD) use other methods of teaching as individuals progress to learning more complex social skills. Therefore, it is important to research the specific teaching methods and their effectiveness that individual ABA organizations use.

ABA/NBDI Resources:

General:

- Center for Autism and Related Disorders: <http://www.centerforautism.com>
This website offers more information about ABA interventions, including how to evaluate ABA programs.
- *Teaching Social Communication to Children with Autism* by Brooke Ingersoll & Anna Dvortcsak
This book and DVD presents a parent training approach based on developmental and behavioral research. The guide provides step-by-step tools for promoting the social communication skills of young children with autism (up to age 6).

⁸ Information adapted from <https://www.esdm.co/>

⁹ Information adapted from Florida Atlantic University and available at <https://www.fau.edu/education/centersandprograms/card/documents/incidentalteaching.pdf>

ESDM:

- *Early Start Denver Model for Young Children with Autism: Promoting Language, Learning, and Engagement* by Sally J. Rogers and Geraldine Dawson
This manual presents the Early Start Denver Model (ESDM) for toddlers and preschoolers with ASD, supported by the principles of developmental psychology and ABA, to promote development in imitation, communication, social, cognitive, and motor skills, adaptive behavior, and play.

Incidental Teaching

- Fact sheet for parents on incidental teaching:
<https://www.fau.edu/education/centersandprograms/card/documents/incidentalteaching.pdf>

PRT:

- USCB Koegel Autism Center: <http://www.autismprthelp.com/about-prt.php>
This website offers many resources on PRT, including various manuals for purchase.
- *The PRT Pocket Guide: Pivotal Response Treatments for Autism Spectrum Disorder* by Robert L. Koegel and Lynn Kern Koegel
- *Overcoming Autism: Finding the Answers, Strategies, and Hope That Can Transform a Child's Life* by Lynn Kern Koegel and Claire LaZebnik

Local PRT Resources:

- Virginia Tech Autism Clinic: <https://www.vtcar.science.vt.edu/>
Occasionally, our clinic offers a 25-hour parent training in PRT, as well as social skills and emotion management groups. Please call for availability (540) 231-2053.

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is an evidence-based approach that targets emotional and behavioral problems often associated with ASD. CBT teaches individuals the relationship between thoughts, feelings, and behaviors in order to educate about emotions and provide coping skills. Furthermore, CBT can be a helpful approach in treating co-occurring problems such as anxiety and depression, which are common for autistic children, adolescents, and adults. Because CBT is language-based, it is usually used with individuals who use either verbal or alternative forms of functional communication.

More information on CBT is available here: <https://www.abct.org/get-help/symptoms-and-treatments/>

TEACCH¹⁰

The TEACCH program consists of intervention strategies for toddlers, children, and adults. TEACCH for Toddlers is visually based and relate individually on the basis of a detailed

¹⁰ For more information about the TEACCH approach see <https://teacch.com/>

assessment of needs and abilities, trying to identify potential for acquisitions rather than focusing on deficits. TEACCH uses structured learning as well as naturalistic behavioral strategies. This technique is based on the assumption that individuals with autism learn and integrate information differently than other children. Structured teaching places heavy reliance upon teaching through visual modes due to the difficulties that children with autism have with processing verbal information. Visual structure is provided at a variety of levels. TEACCH for school age children and adults consists of working toward specific goals for the individual such as interpersonal communication skills, self-help, and so on.

Picture Exchange Communication System (PECS)

This therapeutic approach is a communication training system developed within the Delaware Autistic Program by Dr. Andy Bondy. PECS is used with students from the ages 2 through 21 years, although it can be adapted to meet the needs of older individuals. Its basis is applied behavior analysis and discrete trial training.

Individuals using PECS give a picture of a preferred item to a communicative partner in exchange for the item. Requesting of items is the first skill targeted in the PECS teaching method. Within this teaching phase, the preferred items are presented as reinforcement of the response. This training is designed to be used in social environments. The only prerequisite to the beginning of this training method is the ability to identify those items or activities that are preferred by the individual. Once the child learns how to use the pictures to communicate their wants and needs, the child is then encouraged to verbalize the request.

Speech Therapy

Many individuals with ASD have difficulties with communication. In general, speech therapy can help individuals improve both communication and behavior because it can target various communication deficits. In addition to speech therapy, some individuals with ASD can learn to use communicative devices to help meet their needs. Higher functioning individuals can also benefit from this type of therapy because it can be used to address language pragmatics or the give and take of conversation for social purposes.

Occupational Therapy

Many autistic people also have difficulties with sensory reactivity and fine and gross motor skills. In general, occupational therapy can help individuals improve in these areas by specifically targeting the individual's sensory concerns and fine and gross motor deficits.

Floortime

This therapeutic approach seeks to improve developmental skills through analysis and intervention in six areas of functioning, centered on attentional skills, social interactive skills and communicative skills. More advanced skills, such as teaching the child to create mental representation or emotional symbols through engagement in pretend play and emotional intention, are also addressed. Dr. Stanley Greenspan is the most well-known promoter of this intervention strategy.

Dietary Interventions/Megavitamins

Several researchers have hypothesized that diet, food allergies or intolerance, or yeast may contribute to or even cause autistic symptoms. Interventions in support of this hypothesis include casein and gluten free diets, antifungal medications, herbal treatments and mega-doses of vitamin B6 and Magnesium. Although some parents report help with these treatments, no well controlled studies have supported or refuted this theory. At the VT Autism Clinic & Center for Autism Research, we take the position that behavioral interventions have the best evidence for treatment of autism spectrum disorder, often supplemented with speech and occupational therapy for associated language and sensory/motor difficulties.

Additional Resources:

American Academy of Child Adolescent Psychiatry <http://www.aacap.org/>

Association for Behavioral and Cognitive Therapies <http://www.abct.org/home/>

American Psychological Association <http://www.apa.org/>

National Institute of Mental Health <https://www.nimh.nih.gov/health/publications/autism-spectrum-disorder>

How do I Evaluate Treatments?

One of the major questions parents have regarding treatment is to know how to assess whether or not a treatment is right for their child. Below is a list of questions that parents may wish to ask service providers. These questions are designed to help parents ensure that their child is obtaining evidence-based services from a service provider who has expertise treating individuals with autism and can develop a quality individualized treatment plan.

Service Providers Qualifications

- What qualifications (e.g., BCBA, Ph.D., M.A., etc.) does the service provider have?
- How long has the service provider been providing these types of services?
- How many individuals with autism has this provider treated?
- What are the outcomes of their clients?
- What will their exact role in your child's treatment be (e.g., overseeing program, conducting therapy, etc.)?
- How many hours a week/month will the service provider see your child?
- Can he/she provide three other referrals? Can you contact them?
- If there is an emergency, can you contact them and how?

Program Quality

General

- Is the program based on current research findings?
- Does the program keep up with current research findings?
- How often does the service provider work with the child?
Note: For ABA-based early intervention treatments, 25-40 hours a week has been shown to be most effective.
- Is consistency ensured (e.g., frequent consultation with family, teachers, and other people who may interact with the child on a frequent basis)?
- Is the program adequate for nonverbal children?
- What does a typical treatment session look like?

Individualized Treatment

- What skills/behaviors will the program work on developing?
- Is the program individualized to your child's progress? If so, how?
- How does the program measure progress?
- How often is your child's progress reviewed?
- What happens if your child is not progressing on a particular skill?
- Is there emphasis put on generalizing skills?
- Can the program be specialized to your child's strengths and interests?
- Can the program target reduction of challenging behaviors, such as hitting, biting, etc.?

IV. Developing an IEP¹¹

Learning about an Individual Education Plan (IEP)

IEP meetings should happen at least once a year. Meetings should always start on a positive note by discussing your child's strengths. This is known as "current level of functioning" or "present level of educational performance." In order for a child to be appropriately served by Special Education Services, each child must be viewed as a "whole child," with gifts and talents and abilities. Focus on positives, not simply areas in need of support. The way in which a child learns should also be addressed. For example, some children focus on visual learning; while other children learn better by "doing" or experiencing. Others may need different supports to enhance their learning style. Every child is different. No two children in a class will (or should) have the same Educational Plan. A child's strengths should be a part of any IEP, and these strengths should be drawn upon when developing goals and objectives.

You may want to:

- At least a week or two before your IEP meeting, start observing your child.
- Keep a journal or list of things that you notice that she/he does well.
- Also think about the things that you would like your child to be able to do that are developmentally appropriate.
- List your concerns about your child's future.
- Think about what your child needs.

The school system is mandated by the federal government by the Individuals with Disabilities Education Act (IDEA) to provide for your child's needs. They are also required to give your child a Free and Appropriate Public Education (FAPE). It is helpful to bring your ideas about what your child needs, in writing, with you to the team meeting.

When thinking of your child's needs, don't be limited by what you think may or may not be available at the school. It's called an IEP because a program must be individualized to each student. The program must "fit" the student.

Common Parts of IEP and IEP meeting

Your Child's Needs

Needs should be detailed, comprehensive and represent physical abilities, communication abilities, cognitive abilities, social and emotional behavior, developmental and educational growth, self-help skills and other areas specific to your child.

Goals

Goals should be realistic. What is important for your child to learn or to do from the perspective of the child, the parents and the family? Goals should not be written on the basis of what grade the child is in, what school the child is in or any other external factor. Goals should be individualized to the child based on the needs identified. Goals should be written in plain terms,

¹¹ Information adapted from CA Human Services <https://cahumanservices.org/>

easily understandable to anyone who reads them. Remember that goals should be activities that the child can accomplish. They should not be isolated behaviors or skills.

Progress Measurement

Short-term objectives are the “baby-steps” a child will use in reaching the goals. Most goals will have more than one short-term objective, and the objectives usually build on one another. Once the child has mastered the first objective, he/she moves on to the next objective until the goal has been achieved.

Short-term goals should be measurable and observable! Make sure the IEP states how they will be measured. Below are common ways to test short-term goals:

- Testing
- Daily data collection
- Teacher notes
- Teacher observation
- Parent observation

Short-term goals need to have timelines that are met. Parents play an important role in meeting with school personnel to monitor the timelines and process. Communication is a two-way street; parents and school personnel should both work to stay in close communication about goals and progress.

Related Services

Related Services are whatever the IEP team (which you as a parent are a part of) decides the child needs to be successful and benefit from special education. There is no set formula for the delivery of Related Services; services should be individualized to the child’s needs and goals. Related Services need to be relevant to the student and her/his academic day.

Related Services can include:

- Therapy (including speech therapy, occupational therapy, physical therapy)
- Transportation
- Counseling services
- Assistive technology
- Interpreters

Parent Counseling and Training

Parent counseling and training should also be discussed at the IEP meeting. The school is responsible for helping parents to acquire the necessary skills that will allow them to support the implementation of their child’s IEP.

Extended School Year Services

The team should talk about the possible need for extended school year services. This is exactly what the name implies—school extended beyond the regular school year. Please let the school know that you are aware of these services.

Signing the IEP

After the IEP has been written, the parent is asked to sign the forms. If you agree with what has been written, this is wonderful! If you have questions, don't understand something or don't agree with something on the IEP, you do not have to sign the form at that time. Schedule another meeting. Ask questions. Try to resolve the issues. As a parent, you have the legal right to object to any IEP that you think is not in the best interest of your child. If there are only a few minor sticking points, you may want to consider signing the forms and writing down what it is that you don't agree with next to your signature. Plan to work things out at a later time. Schedule another meeting. This way your child can at least begin to receive the services he/she needs with which you agree. If you come to a total impasse, then you have the right to ask for mediation.

Mediation

Mediation is provided, free of charge, by the State Board of Education. They have hired impartial individuals who have gone through special training to help parents and school systems resolve disputed issues. The idea is to bring in a third party who may be able to help the two parties involved find some form of middle ground that they can agree upon. The hope is to have everyone agree to the new IEP in order to keep from going to Due Process.

Due Process

Due Process is what you request when you feel that mediation has failed, and you believe you have a situation with legal merit. If you feel you need to go this route, you may want to contact the Parent Education and Advocacy Training Center at 1-800-869-6782 for more information.

Placement

The placement of your child should not be determined until after the IEP process has been completed. The placement of where your child is to be educated is based on the Least Restrictive Environment. Can the child meet their goals in a regular education classroom with added supports? For example, some additional supports might be an aide, being close to natural light of the window, or having other things in the classroom moved around to assist with the child's needs. If the child would have a difficult time in this environment, look at other classrooms that might have smaller group settings, more structure, or other things that would be able to assist the child in achieving her/his IEP goals. Always starts with the least restrictive environment and work toward the more restrictive settings until you find the proper match for your child.

IEP Resources:

The Virginia Department of Education, Division of Special Education

<https://www.doe.virginia.gov/programs-services/special-education>

Office of Instructional Services Phone Number: 804-225-2932

Virginia Department of Education Parent's Guide to Special Education can be accessed from this page: <https://www.doe.virginia.gov/programs-services/special-education/information-for-families>

Pete Wright, Special Education Lawyer

<http://www.wrightslaw.com/>, includes significant information about the special education process including an A-Z term glossary

Parent Educational Advocacy Training Center (PEATC), Virginia

Provides training & information to parents to enable them to participate more effectively with professionals in meeting the educational needs of their children.

Website: <https://peatc.org/>

Phone: 1-800-869-6782 or 703-923-0010 (Voice/TTY)

Email: partners@peatc.org

disAbility Law Center of Virginia Special Education Resources

A resource for parents of children with disabilities, as well as others, which includes videos, speaker requests, a special education manual, COVID-19 resources and a complaint portal.

Website: <https://www.dlc.v.org/special-education>

Books:

- [*Wrightslaw: All About IEPs*](#) (ISBN: 978-1-892320-20-9, 192 pages) by Pete Wright, Pam Wright, and Sue O'Connor.
- [*Wrightslaw: Special Education Law, 2nd Ed.*](#) (ISBN: 978-1-892320-16-2, 456 pages) available in two formats, as a print publication and as a print and e-book combo.

V. Resources

Virginia-based

Autism Society of Central Virginia

<https://ascv.org/>

Autism Society of Central Virginia is celebrating over 40 years of non-profit services, advocacy, and support to children, youth, and adults with autism, their families and the professionals who serve them. They are a local affiliate of the national Autism Society, founded in 1965.

CA Commonwealth Autism

<https://www.commonwealthautism.org/>

Commonwealth Autism collaborates to innovate, operate, and model services that support community inclusion for Virginians with autism through advocacy that builds awareness and creates engagement.

Parent Educational Advocacy Training Center (PEATC)

<https://peatc.org/>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities in order to improve opportunities for excellence in education and success in school and community life. Their special focus is children with disabilities.

Taking Action for Special Kids (TASK of Southwest Va.)

<https://www.taskforkids.org/>

TASK is an independent non-profit agency serving families in Southwest Virginia for over 40 years. They help families with special needs children and professionals get the information and services they need. TASK works in partnership with PEATC (Parent Information Advocacy Training Center).

The Parent Resource Center of Montgomery County Public Schools

<https://sites.google.com/mcps.org/mcpsprc/home>

The Parent Resource Center of Montgomery County Public Schools promotes parent awareness of the services provided by MCPS for children with disabilities. Their center encourages parent participation in the educational decision making process and provides support, mentoring and information to strengthen the parent/teacher partnership in all activities.

University of Virginia Autism Drive

<https://autismdrive.virginia.edu/#/home>

The Autism DRIVE enables secure storage and sharing of autism data, helping to monitor progress and outcomes. The system also provides access to resources for families and professionals -- infusing cutting-edge knowledge into community-based practices.

University of Virginia Supporting Transformative Autism Research (STAR)

<https://education.virginia.edu/research-initiatives/research-centers-labs/supporting-transformative-autism-research>

The STAR initiative is led by the UVA School of Education and Human Development in partnership with colleagues across the University. STAR aims to improve the lives of individuals with autism through groundbreaking research and innovative models for intervention and training.

VA-Leading Innovation, Navigation, Knowledge, Supports (LINKS) LENOWISCO and Southwest Va. Autism Resource List

<https://virginia.app.box.com/s/nbo1027m73perm9jikip3upqxug3bwqvf>

This list has 6 different categories of organizations or agencies that can provide services to those with autism, and those supporting them.

Virginia Commonwealth University Autism Center for Education

<https://vcuautismcenter.org/>

VCU-ACE is a university-based technical assistance, professional development, and educational research center for Autism Spectrum Disorder in the Commonwealth of Virginia.

Virginia Autism Council

<https://autismtrainingva.vcu.edu/>

The Virginia Autism Council is a council of autism experts seeking to define needed skill competencies and to advance higher education, training and educational opportunities for personnel and caregivers supporting individuals with autism. This website is Virginia's clearinghouse on best practices and research-based education and training opportunities to advance personnel development and knowledge regarding autism in Virginia.

Virginia Board for People with Disabilities (VBPD)

<https://www.vbpd.virginia.gov/>

VBPD serves as Virginia's Developmental Disabilities (DD) Council. DD Councils are in every state and territory of the United States. They work for the benefit of individuals with DD and their families to identify needs and help develop policies, programs and services that will meet these needs in a manner that respects dignity and independence.

Virginia Department of Education's Training and Technical Assistance Center - T/TAC at Virginia Tech

<https://www.ttac.vt.edu/>

The mission of the Training & Technical Assistance Center (T/TAC) is to improve educational opportunities and contribute to the success of children and youth with disabilities (birth–22 years). This mission is two-fold; first, to increase the capacity of schools, school personnel, service providers, and families to meet the needs of children and youth with disabilities and, second, to foster the state improvement goals for personnel development, which address improving the performance of children and youth

with disabilities, by enhancing the knowledge, skills, abilities, and performance of all personnel who work with them.

Virginia Department of Education's Training and Technical Assistance Center - T/TAC at Radford University

<https://www.radford.edu/content/cehd/home/ttac.html>

The VDOE's TTAC at Radford University serves public schools, teachers, students, and parents of Southwest Virginia through assistance that brings about systematic change in the way schools serve children and youth. TTAC services are provided primarily through embedded professional development.

National Organizations and Resources

Autism Science Foundation

<http://autismsciencefoundation.org/>

The Autism Science Foundation is a national autism organization whose mission is to support autism research and organizations conducting autism research. The organization also provides information about autism to the general public.

Autism Society

<http://autismsociety.org/> Email: info@autism-society.org

At the core of the Autism Society's work is a goal to influence meaningful change in support of the Autism community. The Autism Society is your connection to resources, news, events, and support for the Autism community and helps connect you to the support you need, when you need it with our experienced Information & Referral Specialists at our Helpline.

Autism Speaks

<http://www.autismspeaks.org/>

Autism Speaks is a national autism organization that seeks to promote autism awareness, advocacy and research.

- Service providers can be found by state at: <https://www.autismspeaks.org/family-services/resource-guide>
- A 100 Day Kit for Newly Diagnosed Families of Young Children can be found at: <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>
- Adult Autism Diagnosis Toolkit <https://www.autismspeaks.org/tool-kit/adult-autism-diagnosis-tool-kit>

Centers for Disease Control (CDC) Autism

<https://www.cdc.gov/ncbddd/autism/index.html>

CDC is committed to continuing to provide essential data on ASD, search for factors that put children at risk for ASD and possible causes, and develop resources that help identify children with ASD as early as possible.

Florida State University Autism Navigator

<https://autismnavigator.com/>

Phone: (844) 427-3457

Autism Navigator is a unique collection of web-based tools and courses using extensive video footage to bring science to communities.

National Autism Association

<https://nationalautismassociation.org/>

Email: naa@nationalautism.org

The mission of the National Autism Association is to respond to the most urgent needs of the autism community, providing real help and hope so that all affected can reach their full potential.

National Autism Center

www.nationalautismcenter.org

Phone: (877) 313-3833

The National Autism Center is a new non-profit organization dedicated to supporting effective, evidence-based treatment approaches and providing direction to families, practitioners, organizations, policy-makers and funders. The center is bringing nationally renowned experts together to establish national standards, model best practices, and conduct applied research, serving as a vital source of information, training and services.

National Professional Development Center on Autism Spectrum Disorder

<https://autismpdc.fpg.unc.edu/>

Since 2007, the National Professional Development Center on Autism Spectrum Disorder (NPDC) has worked to develop free professional resources for teachers, therapists, and technical assistance providers who work with individuals with ASD. Resources include detailed information on how to plan, implement, and monitor specific evidence-based practices.

Organization for Autism Research (OAR)

<https://researchautism.org/>

Phone: (866) 366-9710

Email: info@researchautism.org

The Organization for Autism Research (OAR) was created in December 2001 – the product of the shared vision and unique life experiences of OAR’s seven founders. Led by these parents and grandparents of children and adults on the autism spectrum, OAR set out to use applied science to answer questions that parents, families, individuals with autism, teachers and caregivers confront daily.

University of California Davis Mind Institute

<https://health.ucdavis.edu/mindinstitute/index.html>

Phone: (916) 703-0280

The UC Davis MIND Institute is a collaborative international research center, committed to the awareness, understanding, prevention, and treatment of the challenges associated with neurodevelopmental disabilities.

Founded in 1998 by families of children with autism, they envisioned experts from disciplines related to brain development to work towards finding and developing treatments to reduce the challenges and improve the quality of life for individuals with neurodevelopmental disabilities and their families. The MIND Institute is especially known for research and clinical therapies.

University of Washington Autism Center

<https://depts.washington.edu/uwautism/>

Phone: (206) 221-6806

The UW Autism Center is devoted to supporting individuals and families affected by autism spectrum disorders through exceptional clinical services, innovative scientific research and high-quality training. Their mission is to offer state-of-the-art clinical services to individuals with ASD from birth through young adulthood, and their families; to increase community knowledge and service capacity through public awareness and professional training; to conduct research on what causes ASD, how it develops, and how we can help individuals reach their highest potential

The UW Autism Center is part of the Center on Human Development and Disability (CHDD) at the University of Washington and incorporates faculty and staff from the UW School of Medicine, College of Arts & Sciences, and College of Education.

Virginia Commonwealth University Autism Center for Education

<https://vcuautismcenter.org>

Email: autismcenter@vcu.edu

VCU-ACE is a university-based technical assistance, professional development, and educational research center for Autism Spectrum Disorder in the Commonwealth of Virginia.

Yale Child Study Center

<https://medicine.yale.edu/childstudy/>

Phone: 1-844-362-9272

Since 1911, the Center has been serving children and families from birth through adolescence. Their mission is to improve the lives of children and families through research, service, and training. They are committed to continual improvement in what they do for children and families and in learning from all that they do as to inform that growth and improvement.

The following list of mainly southwest Virginia-based resources is organized by provider/resource type and subdivided by location in alphabetical order.

Psychologists and Therapists

Psychologists are specially trained, have a doctoral degree plus a certification or license to practice and work in a variety of settings (universities, public schools, research labs, clinics, social service agencies, private practice, etc.). They provide counseling, educational testing, consultations, etc., can conduct research studies and/or can diagnose autism and related disorders. (www.dictionary.apa.org)

Therapists have been trained in therapeutic practices and offer various types of therapy that treat mental or physical disorders or diseases. (www.dictionary.apa.org)

Abingdon

Blue Mountain Therapy

17507 Lee Hwy
Abingdon, VA 24210
(276) 525-6043

<http://bluemountaintherapy.com>

Offering physical and behavioral therapy for patients in home and outpatient settings in Southwest Virginia.

Daniel A. Hardwick, PsyD.

Abingdon Psychological Services

845 E. Main Street
Abingdon, VA 24210
(276) 676-1177

Offering ASD assessments

Family Preservation Services

661 E. Main Street
Abingdon, VA 24210
(276) 623-9245

<https://fpscorp.com>

FPS offers evidence based and best practice services that are trauma informed and licensed by the Department of Behavioral Health and Developmental Services and the Department of Social Services. FPS takes a holistic approach to treatment and offers a variety of services and support programs designed to best meet the needs of our children, adolescents, adults and families in the community.

Health Connect America

460 West Main Street
Abingdon, VA 24210

(276) 628-5752

<https://healthconnectamerica.com/location/abingdon/>

Offering behavioral therapy services for ASD individuals

Blacksburg

Associates in Brief Therapy, Inc.

200 Country Club Drive, Suite D-2

Blacksburg, VA 24060

(540) 951-2227

<https://abtcounseling.com/>

Private outpatient mental health practice in focusing on Brief Therapy solutions, practical, action-oriented approach to solving emotional and behavioral problems. Solution-oriented counseling emphasizes the present; on changing currently held beliefs or attitudes and negative behaviors that cause emotional pain.

Harvey Barker, Ph.D.

305 Washington Street St SW

Blacksburg, VA 24060

(540) 230-7033 hmbarker5@gmail.com

<http://www.harveybarkerphd.com/>

The Cascade Group

200 Professional Park Drive Suite 4

Blacksburg, VA 24060

(540) 951-4800 thecascadegroup@outlook.com

<http://www.thecascadegroupblacksburg.com/>

The Cascade Group is a team of therapists who offer services and are experts in these following areas: individual therapy, couple therapy, marital and family therapy, adolescent therapy, eating disorders, anxiety, depression, psychological assessments.

Family and Psychological Services

820 University City Blvd Suite 1

Blacksburg, VA 24060

(540) 961-2380

<http://www.familyandpsychological.com/>

Family and Psychological Services is a group of Licensed Clinical Psychologists and Licensed Professional Counselors who provide a wide range of services to individuals, couples, families, and organizations. Treatment is provided by clinicians who each have over twenty years of experience in their areas of expertise. All therapists in our practice are licensed by the State of Virginia.

The staff at Family and Psychological Services offers personalized care for a variety of life problems, including Depression, Stress and Anxiety problems, Health-related problems, Life Adjustment problems, Anger control, Addictive problems, Couples problems, and Family problems. Psychological assessments, career testing, personnel testing, and organizational consulting are also available.

Dr. Marilyn Hutchins

Licensed Professional Counselor, EdD, LPC
701 Church Street
Blacksburg, VA 24060
(540) 961-9330

Mosaic Pediatric Therapy

106 Faculty St. Blacksburg, VA 24060
(980) 785-1113 Ext. 830

<https://mosaictherapy.com/mosaic-locations-va/aba-therapy-in-blacksburg-va/>

Provides high quality, **individualized ABA therapy services** to children with autism spectrum disorder, related disabilities and behavioral needs.

Virginia Tech Autism Clinic & Center for Autism Research (VTAC/CAR)

Director: Angela Scarpa, Ph.D., LCP
3110 Prices Fork Rd., Blacksburg, VA 24061
Research Phone: (540) 231-8747

Clinic Phone: (540) 231-2053 vtautismcenter@vt.edu

www.vtcar.science.vt.edu

The Center promotes multi-disciplinary research focused on understanding the needs of people with autism and ways to improve access to evidence-based services for underserved populations. The Clinic works under the VT Psychological Services Center and with the VT Child Study Center to offer diagnostic assessments and intervention services for infants/toddlers, children, adolescents, and adults who are suspected to have Autism Spectrum Disorder.

Virginia Tech Child Study Center

Director: Rosanna Breaux, Ph.D.
460 Turner St, NW, Blacksburg VA 20460
(540) 231-8276 or (540) 231-6914

<https://childstudycenter.wixsite.com/childstudycenter>

The Child Study Center (CSC) is a specialty research, service, and training facility devoted to the comprehensive assessment, treatment, prevention, and understanding of problems of childhood and adolescence. The Center is affiliated with the Psychological Services Center and the Department of Psychology at Virginia Tech.

Virginia Tech Psychological Services Center

Director: Lee Cooper, Ph.D., LCP
3110 Prices Fork Road, Blacksburg VA 20461-0355
(540) 231-6914

<https://psyc.vt.edu/centers/psychological-services.html>

A community-based behavioral and mental health clinic providing individual, couple, family, and group therapies and assessment services for adults, adolescents, and children.

Scarlett Williams, LPC

2001 South Main Street, Suite 104
Blacksburg, VA 24060
(540) 818-2838 scarlettwilliamsipc@gmail.com
www.Scarlettwilliamsipc.com

Bristol

Bristol Regional Speech and Hearing Clinic

359 Commonwealth Ave., Suite 100
Bristol, Virginia 24201
(276) 669-6331
<https://brsh.org/>

We are committed to providing comprehensive speech, language, and hearing services encompassing prevention, promotion, identification, intervention and education.

Mini Miracles Pediatric Therapy

Bristol Clinic
225 Midway Medical Park Dr. Bristol, TN, 37620
(423) 797-4555
office@minimiraclespllc.com
<https://www.minimiraclestherapy.com/>

This is a company born out of a deep desire to serve children with special needs, to enable them to succeed in all areas of life by teaching them skills and strategies needed to go through life with confidence. Mini Miracles embraces a “coaching model” of therapy that leans heavily on teaching parents, caregivers, and educators in implementing therapeutic techniques, strategies, equipment, and activities that will better the child’s overall functioning in all areas of development. We provide direct 1:1 evaluations, consultations, and therapy, specific testing/assessments, therapeutic consultations, and lecturing in a variety of settings including early intervention, community centers, support groups, family homes, and school systems.

Christiansburg

Alexa Z. Casey, Psy.D.

159 Walters Dr.
Christiansburg, VA 24073
(540) 381-3101

Carilion Clinic Physical Medicine

Kristine Barton, Ph.D.

2900 Lamb Circle,
Suite 200

Building A
Christiansburg, VA 24073
(540) 731-2992
<https://www.carilionclinic.org/providers/kristine-barton-phd-lcp>

Daleville

Associates in Brief Therapy, Inc.

44 Catawba Road
Suite 103
Daleville, VA 24083
(540) 772-8043
<https://abtcounseling.com/>

Private outpatient mental health practice in focusing on Brief Therapy solutions, practical, action-oriented approach to solving emotional and behavioral problems. Solution-oriented counseling emphasizes the present; on changing currently held beliefs or attitudes and negative behaviors that cause emotional pain.

Danville

Center for Pediatric Therapies

175 Deer Run Rd.
Suite A
Danville, VA 24540
(434) 797-5531
<https://centerforpediatrictherapies.com/>

Offering physical therapy, occupational therapy, and speech therapy. Services are delivered in the most appropriate environment for child.

Galax

Family Preservation Services

106 Calhoun Street
Galax, VA 24333
(276) 238- 8885
<https://fpscorp.com>

FPS offers evidence based and best practice services that are trauma informed and licensed by the Department of Behavioral Health and Developmental Services and the Department of Social Services. FPS takes a holistic approach to treatment and offers a variety of services and support programs designed to best meet the needs of our children, adolescents, adults and families in the community.

Mount Rogers Community Services

Fernwood Center – Youth & Family Services
6999 Carrolton Pike (Suite 2) Galax, VA 24333
(276) 238-5600 ext. 2

<https://www.mountrogers.org/>

Mount Rogers Community Services provides Mental Health, Developmental Disability, and Substance Use Services to the people of Bland, Carroll, Grayson, Smyth, and Wythe Counties as well as the City of Galax.

Spectrum Therapeutic Services, PLLC

Anna R. Caldwell, LCSW, BCBA, LBA

1804 E Main Street

Radford, VA 24141

(540) 585-3075

anna@spectrumtherapeutic.com

The team at Spectrum Therapeutic Services provides ABA and outpatient counseling throughout the New River Valley.

Gate City

Abingdon Psychological Services

Daniel A. Hardwick, PsyD.

112 Beech St

Gate City, VA 24251

And 845 E. Main Street

Abingdon, VA

(276) 386-3803

Offering ASD assessments

Family Preservation Services

122 Municipal Ave.

Gate City, VA 24251

(276) 546-3330

<https://fpscorp.com>

FPS offers evidence based and best practice services that are trauma informed and licensed by the Department of Behavioral Health and Developmental Services and the Department of Social Services. FPS takes a holistic approach to treatment and offers a variety of services and support programs designed to best meet the needs of our children, adolescents, adults and families in the community.

LENOWISCO Health District Child Development Clinic

190 Beech Street, Suite 102

Gate City, VA 24251

(276) 386-3803 or (276) 386-8010

<https://www.vdh.virginia.gov/lenowisco/child-development-clinic/>

As a multidisciplinary team, the Southwest Virginia Child Development Clinic is committed to serving the children of our twelve-county area who are suspected of having developmental delays and/or disabilities. The process involves testing, assessing and making a diagnosis and providing the results back to the parent/guardian, child's medical team and to other significant entities. As necessary, we will also make recommendations,

and/or referrals to the appropriate professionals who are capable of offering further assistance and services to children in need.

Floyd

Associates in Brief Therapy

202 N. Locust Street

PO Box 573

Floyd, VA 24091

(540) 772-8043

<https://abtcounseling.com/locations/floyd>

Private outpatient mental health practice in focusing on Brief Therapy solutions, practical, action-oriented approach to solving emotional and behavioral problems. Solution-oriented counseling emphasizes the present; on changing currently held beliefs or attitudes and negative behaviors that cause emotional pain.

NEST Psychological Services, PLLC

302 S. Locust Street

Floyd, VA 24091

(540) 250-0582 heidihawkins@nestpsychological.com

<https://www.nestpsychological.com/>

Nest Psychological Services, PLLC was founded by Heidi Hawkins, M.S., Ed.S., Licensed and Nationally Certified School Psychologist, to support the diverse needs of children and adolescents and facilitate their success and happiness.

Marion

Mount Rogers Community Services

Riverchase (Smyth Youth and Family Services)

121 Broad Street Marion, VA 24354

(276) 781-5900

<https://www.mountrogers.org/>

Mount Rogers Community Services provides Mental Health, Developmental Disability, and Substance Use Services to the people of Bland, Carroll, Grayson, Smyth, and Wythe Counties as well as the City of Galax.

Martinsville

Center for Pediatric Therapies

812 East Church St.

Martinsville, VA 24112

(276) 638-4809

<https://centerforpediatrictherapies.com/>

Offering physical therapy, occupational therapy, and speech therapy. Services are delivered in most appropriate environment for child.

New River Valley

Spectrum Therapeutic Services, PLLC

Anna R. Caldwell, LCSW, BCBA, LBA

140 E Main Street

Radford, VA 24141

(540) 585-3075, anna@spectrumtherapeutic.com

Norton

Blue Mountain Therapy

440 Park Ave. NW

Norton, Va. 24273

and

686 Hwy 58 East

Norton, VA 24273 (beside Fishtails)

(800) 218-6031

<https://bluemountaintherapy.com/>

Offering physical and behavioral therapy for patients in home and outpatient settings in Southwest Virginia.

Family Preservation Services

340 Anderson Hollow Road Suite 200

Norton, VA 24273

(276) 679-1045

<https://fpscorp.com>

FPS offers evidence based and best practice services that are trauma informed and licensed by the Department of Behavioral Health and Developmental Services and the Department of Social Services. FPS takes a holistic approach to treatment and offers a variety of services and support programs designed to best meet the needs of our children, adolescents, adults and families in the community.

Pennington Gap

Family Preservation Services

109 N. Main Street

Pennington Gap, VA 24277

(276) 546-3300

<https://fpscorp.com>

FPS offers evidence based and best practice services that are trauma informed and licensed by the Department of Behavioral Health and Developmental Services and the Department of Social Services. FPS takes a holistic approach to treatment and offers a variety of services and support programs designed to best meet the needs of our children, adolescents, adults and families in the community.

Roanoke

Gudrun M Freeman, Ph.D.

Manassas Group
3635 Manassas Dr.
Roanoke, VA 24018
(540) 774-4686

Active, self-empowering treatment for anxiety with a focus on the whole person or family group

Rob Lanahan, Psy.D.

1315 2nd St SW
Roanoke, VA 24016
(540) 344-5940

Daniel B. Porter, Ph.D.

4248 Old Cave Road
Roanoke, VA 24018
(540) 989-5640

Lisa Teegarden-Cabay, Ph.D., BCBA

2774 Electric Road, Suite A
Roanoke, VA 24018
(540) 344-5100
lteegardencabay@hushmail.com

Appalachian Counseling Center

Alan Katz, Ph.D.
Klaire Mundy, Psy.D.
4911 Brambleton Ave
Roanoke, VA 24018
(540) 774-4211

Offering clinical psychology and neuropsychology services including geriatric, social, cognitive and functional assessment and testing for depression, memory loss and immobility.

Associates in Brief Therapy, Inc.

4346 Starkey Road, Suite 1
Roanoke, VA 24018
(540) 772-8043
<https://abtcounseling.com/>

Private outpatient mental health practice in focusing on Brief Therapy solutions, practical, action-oriented approach to solving emotional and behavioral problems. Solution-oriented counseling emphasizes the present; on changing currently held beliefs or attitudes and negative behaviors that cause emotional pain.

Compass Counseling Services of VA (various locations around the state including the New River Valley)

1112 2nd St. SW
Roanoke, VA 24016
(540) 215-0535

<https://compassva.com/location/roanoke-valley/>

Connections provides home-based Applied Behavior Analysis (ABA) services for children and adolescents under the age of 21, who demonstrate significant impairment in adaptive functioning that is related to either developmental delays or other health conditions. Compass provides comprehensive psychological testing.

Developmental Assessment and Counseling Center

Andrea L. Foutz, Ed.S.
3812 Concord Place, Suite C
Roanoke, VA 24018
540-989-6360 or 540-309-6437 (cell)
Andrea@tests4kids.com

<https://tests4kids.com/>

Specializing in psychological and educational assessments which are based on the individual needs and age of the client.

Dominion Care

1318 Plantation Road, NE
Roanoke, VA 24012
(804) 346-6874

<https://dominion.care/services/autism-services/>

Specializing in care through person-centered, individualized Applied Behavior Analysis to empower individuals and families to set and achieve goals that meet their unique needs, hopes, and dreams with a focus on community inclusion.

Family Insight, P.C.

Director Kirk Dent, MA, LMHP-R
3433 Brambleton Ave.
Suite 201-A
Roanoke, VA 24018
(540) 266-7550

<http://www.familyinsight.net/locations/roanoke/>

Maxim Health Services (ABA Therapy)

1332 Plantation Rd, NE
Roanoke, VA 24012
(540) 725-1572
RoanokeBehavioral@maxhealth.com

<https://www.maximhealthcare.com/home-healthcare/behavioral-care/abaautism>

Our services are designed to meet the unique needs of children and their families, helping everyone overcome obstacles and create foundations for future success. In the comfort of a child's home, we come to the aid of children by offering services such as Applied Behavior Analysis (ABA).

Mosaic Pediatric Therapy

1138 Second St. SW
Roanoke, VA 24016
(540) 739-7527

<https://mosaictherapy.com/mosaic-locations-va/aba-therapy-in-roanoke-va/>

Provides high quality, **individualized ABA therapy services** to children with autism spectrum disorder, related disabilities and behavioral needs.

Psychological Health Roanoke

2840 Electric Road, Suite 200
Roanoke, VA. 24018
(540) 772-5140

<https://www.psychhealthroanoke.com/>

Roanoke provides comprehensive mental health services in psychology, counseling and social work. If you are seeking counseling assistance or psychological evaluation services, contact us to schedule an appointment.

Valley Autism Assessments

221 Albermarle Ave, SW
Roanoke, VA 24016
(540) 268-3943

<https://www.vaahelps.com/>

Valley Autism Assessments provides evaluations for toddlers, children and adolescents suspected of having an Autism Spectrum Disorder. VAA also administers evaluations for individuals with an existing diagnosis of ASD.

Radford

Compass Counseling Services of VA – New River Valley

6245 University Park Drive
Radford, VA 24141
540.348.4808

<https://compassva.com/location/new-river-valley/>

Connections provides home-based Applied Behavior Analysis (ABA) services for children and adolescents under the age of 21, who demonstrate significant impairment in adaptive functioning that is related to either developmental delays or other health conditions. Compass provides comprehensive psychological testing.

Salem

Acorn Health

1630 Braeburn Dr.

Salem, VA 24153

<https://acornhealth.com/locations/salem-va/>

(844) 244-1818

Acorn Health works with children as young as 18 months. We combine scientifically-validated Applied Behavior Analytics (ABA) best practices with pioneering next practices. For the early intervention program, you will have an opportunity to meet with one of the clinical team members for a free consultation within 10 days from calling admissions.

Alan Beach, Ph.D., L.C.S.W., L.M.F.T.

811 S. College Ave.

Salem, VA 24153

(540) 387-3977 aebeach3@gmail.com

Dr. Beach is a child and family therapist in private practice, providing assessment services, social skills training, counseling and psychotherapy for individuals, couples, families, and groups.

Associates in Brief Therapy, Inc.

508 East Main St., Suite 500

Salem, VA 24153

(540) 375-7307

<https://abtcounseling.com/>

Private outpatient mental health practice in focusing on Brief Therapy solutions, practical, action-oriented approach to solving emotional and behavioral problems. Solution-oriented counseling emphasizes the present; on changing currently held beliefs or attitudes and negative behaviors that cause emotional pain.

Gunter Psychological Services, PLLC

820 Apperson Drive

Salem, VA 24153

(540) 389-ABCD gunterpsyc@gmail.com

<https://gunterpsyc.com/>

Offers solution-focused assessments delivered with the latest interactive technology. All assessments facilitate the development of practical, effective interventions based on individual strengths and weaknesses. Specialized assessments are used for the identification of many conditions, including: learning disabilities, processing disorders, autism, ADHD, emotional & behavioral disorders, developmental delays, and gifted learners.

Occupational Therapy On the Go

6262 Meacham Rd

Salem, VA

(540) 204-1099

<http://otonthego.org/>

OT on the Go offers treatment for delays or differences in : sensory processing and modulation, self-regulation, attention, practical life skills, social skills, coordination, learning, fine and gross motor skills.

Shawsville

Christian Counseling and Support Services

Lisa F. Pugh, M.S., L.P.C., N.C.C.

602 Radford Street

Christiansburg, VA 24073

(540) 712-2177

<https://www.christiancounselingswva.com/>

As a solution-focused therapist, Ms. Pugh specializes in mental health counseling for individuals of all ages. Her therapeutic approach integrates biblical counseling with complementary methodologies and techniques. She specializes in depression, anxiety, and grief.

Tazewell

Adair Behavioral Services (locations also in WV)

254 Campbell Lane

PO Box 556

Tazewell, VA 24651

(276) 979-4500

<https://adairaba.com/>

Provides services to children from birth through eighteen years of age with Autism Spectrum Disorder (ASD), developmental delays, or other identified conduct disorders. Adair Behavioral Services, LLC strives to provide comprehensive services to our clients and their families.

Wytheville

Blue Mountain Therapy

800 E. Main Street Suite 200

Wytheville, VA 24382

(800) 218-6031

<http://bluemountaintherapy.com/>

Offering physical and behavioral therapy for patients in home and outpatient settings in Southwest Virginia.

Family Preservation Services

180 W. Main Street, Suite 2

Wytheville, Virginia 24382

(276) 335-2243

<https://fpscorp.com>

FPS offers evidence based and best practice services that are trauma informed and licensed by the Department of Behavioral Health and Developmental Services and the Department of Social Services. FPS takes a holistic approach to treatment and offers a variety of services and support programs designed to best meet the needs of our children, adolescents, adults and families in the community.

Mount Rogers Community Services

Wythe Youth and Family Services
540 West Main Street Wytheville, VA 24382
(276) 223-3291

<https://www.mountrogers.org/>

Mount Rogers Community Services provides Mental Health, Developmental Disability, and Substance Use Services to the people of Bland, Carroll, Grayson, Smyth, and Wythe Counties as well as the City of Galax.

Virginia-based Telehealth

Pediatric Oasis

(434) 373-2028

<https://pediatricoasis.com/>

Committed to providing an environment that nurtures children and helps them meet their full potential. Similar to an oasis in the desert, we provide the scarce and unique resources needed to revitalize and improve function, and thus create a better quality of life for all individuals we serve. Serves birth to 21.

Psychiatrists

A *psychiatrist* is a medical doctor (an M.D. or D.O.) whose specialty is the diagnosis, treatment, prevention, and study of mental, emotional and behavioral disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems. They use a variety of treatments, including various forms of talk therapy, medications, and psychosocial interventions, depending on the needs of each patient. (www.psychiatry.org)

Blacksburg

Fresh Focus Psychiatric Services

825 Davis Street, Suite D
Blacksburg, VA 24060
(540) 306-4359

<https://www.freshfocuspsychiatry.com/>

John I. Walker, M.D., general psychiatry in adults

1131 Treetop Ridge Rd.
Blacksburg, VA 24060
(540) 235-1553

New River Valley Community Services

700 University City Blvd
Blacksburg, VA 24060
(540) 961-8300

<http://www.nrvcs.org/psychiatric-services-adults/>

Thriveworks

106 Southpark Drive
Blacksburg, VA
(804) 805-4408

<https://thriveworks.com/>

Christiansburg

Joseph Iskander, D.O., F.A.P.A.

2045 N Franklin St. Suite D
Christiansburg VA 24073
(540) 344 – 5100

Gary M. Rooker, D.O., general psychiatry

Rooker Psychiatric Services

102 Miller St. SE
Christiansburg, VA 24073
(540) 381-5832

Carilion Clinic Psychiatry and Behavioral Medicine - NRV

2900 Lamb Circle

Christiansburg, VA 24073

(540) 731-7311

<https://www.carilionclinic.org/locations/carilion-clinic-psychiatry-behavioral-medicine-new-river-valley>

Norton

Family Preservation Services of Virginia

340 Anderson Hollow Road Suite 200

Norton, VA 24273

(276) 679-1045

Roanoke

Joseph Iskander, D.O., F.A.P.A.

2774 Electric Road, Suite A

Roanoke, VA 24018

(540) 344 – 5100

Child and adult assessments.

Janet Philps, D.O.

3959 Electric Rd, Ste 280

Roanoke, VA 24018

(540) 427-7944

Carilion Clinic Psychiatry and Behavioral Medicine - Roanoke

2017 South Jefferson Street, 2nd floor

Roanoke, VA 24014

(540) 981-8205

<https://www.carilionclinic.org/locations/carilion-clinic-psychiatry-behavioral-medicine-roanoke>

Carilion Clinic Child and Adolescent Psychiatry

John E. Vance, M.D.

Felicity A. Adams-Vanke, M.D.

2017 South Jefferson Street, 2nd floor

Roanoke, VA 24014

(540) 853-0900

<https://carilionclinic.org/locations/carilion-clinic-child-adolescent-psychiatry>

LewisGale Physicians - Psychiatry

1902 Braeburn Dr

Salem, VA 24153

(540) 772-2801 or (540) 444-0460

<https://lgphysicians.com/physicians/specialty/psychiatry/listing>

Salem

The Center 4 U

400 E. Burwell St., Suite A

Salem, VA 24153

(540) 387-3105

<http://www.thecenter4u.com/>

Treating a variety of mental health concerns in adolescents and adults.

Wytheville

Family Preservation Services of Virginia

180 W. Main Street, Suite 2

Wytheville, Virginia 24382

(276) 335-2243

<https://fpscorp.com/wytheville/>

Specialists

Blacksburg

Music Therapy of the New River Valley

Cindie L. Wolfe, MT-BC

(540) 315-1357

<https://www.musictherapynrv.com/>

Radford

Radford University Speech and Hearing Clinic

122 Waldron Hall

Radford, VA 24142

(540) 831-7166 speech@radford.edu

<https://www.radford.edu/content/wchs/home/cosd/our-clinic.html>

Provides “hands-on” clinical training for graduate students majoring in the field of Communication Sciences and Disorders. The RUSLHC provides prevention, assessment, and treatment of speech, language, swallowing, and hearing disorders for individuals from infancy through later adulthood.

Roanoke

Carilion Children’s Pediatric Therapy (2 locations)

Community Hospital

101 Elm Ave

Roanoke, VA 24013

(540) 985-9813

Tanglewood

4348 Electric Road, entrance 2, 1st floor

Roanoke, VA 24013

(540) 769-0974

<https://www.carilionclinic.org/specialties/pediatric-therapy>

Speech, Occupational and Physical Therapy for children of all ages

Inpatient and Partial Hospitalization

Partial hospitalization programs provide intensive treatment for those who do not require admission to a hospital and may include several hours of treatment activities each day. It may occur in non-hospital settings such as mental health clinics or offices. It is an alternative to *inpatient hospitalization*, in which someone is admitted to a hospital, spends at least one night and is monitored by a health care team.

Community Service Boards

Virginia's public mental health system includes 13 facilities in the [Department of Behavioral Health and Developmental Services](#) (DBHDS) and 40 Community Services Boards (CSB). Your local Community Services Board is the gateway to public mental health services and refers individuals to DBHDS facilities/hospitals when appropriate. The public mental health system serves individuals who have or who are at risk of mental illness, serious emotional disturbance, and intellectual disability or substance use disorders.

<https://vacsb.org/>

Carilion Clinic Psychiatry and Behavioral Medicine

2017 S Jefferson St.

Roanoke, VA 24014

(800) 422-8482

<https://www.carilionclinic.org/cdp/psychiatry-and-behavioral-medicine#about>

Our multifaceted team of psychiatrists, therapists and behavioral specialists helps patients with mental health and chemical dependency issues. We offer adults and adolescents both outpatient and inpatient care at specialized facilities located in southwest Virginia.

LewisGale Hospital Inpatient Care

(800) 541-9992

<https://lewisgale.com/specialties/behavioral-health/>

Admission or referral for mental health care at all LewisGale Regional Health System facilities starts with an assessment of patients in crisis through the [emergency room](#) at one of our four LewisGale hospitals in Salem, Alleghany, Montgomery, and Pulaski. Our assessment and referral services are available 24/7, with or without an appointment.

Community Service Boards (CSBs) **multiple locations**

The Virginia Code requires that every city or county establish or, with other cities or counties, establish a CSB. CSBs are responsible for assuring, with resources, the delivery of community-based behavioral health and developmental disability services to individuals with behavioral health and developmental disability service needs. They are the single points of entry into publicly funded behavioral health and developmental disability services for individuals with behavioral health and developmental disability service needs.

Alleghany Highlands Community Services Board

Coverage area: Alleghany County, Covington, Clifton Forge, Iron Gate

www.ahcsb.org

205 E. Hawthorne
Covington, Va. 24226
(540) 965-2135

Blue Ridge Behavioral Healthcare

Coverage Area: Botetourt County, Craig County, Roanoke County, Roanoke City, Salem

www.brhb.org

301 Elm Ave., S.W.
Roanoke, Va. 24016
(540) 345-9841

Cumberland Mountain

Coverage Area: Buchanan County, Russell County, Tazewell County

<http://www.cmcsb.com/>

PO Box 810
196 Cumberland Road
Cedar Bluff, Va. 24609
(276) 964-6702

Dickenson County Behavioral Health Services

Coverage Area: Dickenson County

<https://dcbhs.com/>

440 Fox Town Rd.
Clintwood, Va. 24228
(276) 926-1680

Highlands CSB

www.highlandscsb.org

Coverage Area: Washington County, City of Bristol
610 Campus Drive, Suite 220
Abingdon, Va. 24210

(276) 525-1550

Mount Rogers Community Services

Coverage Area: Bland County, Carroll County, Grayson County, Smyth County, Wythe County,

<https://www.mountrogers.org/>

770 W. Ridge Rd

Wytheville, Va. 24382

(276) 223-3200

New River Valley Community Services (NRVCS)

<http://www.nrvcs.org/>

- Early Intervention Services Manager
Phone: (540) 961-8343
- REACH program for adults with intellectual or developmental disabilities
info@swvareach.org
824 W. Main Street
Radford, VA 24141
(855) 887-8278 (emergency and information line) and (540) 267-3435
- Child & Family Coordinator
700 University City Blvd.
Blacksburg, VA 24060
Phone: (540) 961-8300 or (540) 357-0058
- Pointe West Club
810 University City Blvd.
Blacksburg, VA 24060
(540) 557-4060
Pointe West Club (PWC) is a day support program for adults with developmental disabilities.
- Floyd Clinic
<http://www.nrvcs.org/floyd-clinic>
260 Webb Mills Rd.
Floyd, VA 24091
(540) 745-2047
- Giles Clinic
705 Wenonah Avenue
Pearisburg, VA 24134
(540) 921-2238 or 540-961-8400 (emergencies)
- Recovery Community Center
1044 E. Main Street
Pulaski, VA
(540) 961-8300
- New Horizons Crisis Stabilization
7191 Warden Court
Radford, VA 24141
(540) 831-5916

New Horizons Crisis Stabilization is a 24-hour facility that serves adults (both male and female) with acute mental health issues.

- PACT / ICT
613 Second Street
Radford, VA 24141
(540) 961-8300 ext. 2706, 2702, 2708 or 2709
- Transportation (Community Transit)
2B Corporate Drive
Radford, VA 24141
(540) 831-5911

Social Services Board

Montgomery County
Health and Human Services Bldg.
210 S. Pepper St., Ste. B
Christiansburg, VA 24073
(540) 382-6990

Medical and Neurologic Resources

A **neurologist** is a medical specialist who diagnoses, manages and treats disorders of the nerves, spinal cord and brain.

Christiansburg

Blue Ridge Associates in Neurology

2955 Market Street, Suite B
Christiansburg, VA 24073-6575
(540) 381-6211

Carilion Children's Pediatric Gastroenterology

2900 Lamb Circle
Christiansburg, VA 24073
(540) 985-9832
https://www.carilionclinic.org/locations/carilion-childrens-pediatric-gastroenterology-new-river-valley?utm_campaign=website-link&utm_medium=organic&utm_source=local-listing

Roanoke

Carilion Children's Pediatric Gastroenterology

4348 Electric Road, Main Entrance
Roanoke, VA 24018
(540) 769-0976
<https://www.carilionclinic.org/locations/carilion-childrens-pediatric-gastroenterology>

Steven Douglas Nack, D.O., Neurologist

210 Professional Park Drive SE
Blacksburg, VA 24060
(540) 961-0410
General psychiatry in adults

Carilion Clinic Children's Pediatric Child Development and Neurology

4348 Electric Road, Main Entrance
Roanoke, VA 24018
(540) 769-0976
<https://www.carilionclinic.org/specialties/pediatric-child-development>
<https://www.carilionclinic.org/specialties/pediatric-neurology>

Roanoke Neurological Associates

4431 Starkey Rd
Roanoke, VA 24018
(540) 342-0211

Education Resources

Blacksburg

Virginia Tech's Training & Technical Assistance Center (T/TAC)

250 South Main Street, Suite 326 (0254)

Blacksburg, VA 24061

(800) 848-2714 or (540) 231-5167

TTY: (540) 231-3315, ttac@vt.edu

www.ttac.vt.edu

The goal of T/TAC is to improve educational opportunities and contribute to the success of children and youth with disabilities (birth–22 years). T/TAC provides high-quality professional development that fosters access to the general education curriculum, achievement in the least restrictive environment, and the knowledge and skills to transition to adult settings. These services are provided in the context of a school's improvement plan in collaboration with building and division administrators.

Tutor for Autistic Students (available during summer time)

Colleen Gentry: Special Education Teacher at Price's Fork Elementary, MCPS

cgentry@mcps.org

Bristol

Bristol Virginia Public Schools Parent Education Center

(276) 821-5638

<https://www.bvps.org/apps/pages/parent.resource.center>

Minnick School

1225 Janie Hammit Drive

Bristol, VA 24201

Phone: (276) 494-0539

Fax: (276) 494-0538

<https://encircleall.org/about/locations>

Christiansburg

Montgomery County Public Schools Special Education Parent Resource Center

208 College Street

Christiansburg, VA 24073

(540) 381-6100, Jessicacumbow@mcps.org

<https://www.mcps.org/cms/One.aspx?portalId=92248&pageId=245240>

The Parent Resource Center promotes parent awareness of the services provided by MCPS for children with special needs. Our center encourages parent participation in the

educational decision-making process and provides support, mentoring and information to strengthen the parent/teacher partnership in all activities.

Montgomery County Public School System, Special Education Office

(540) 382-5100

750 Imperial Street, Christiansburg, VA, 24073

http://www.mcps.org/departments/special_education

Montgomery County Public Schools Special Education Advisory Committee (SEAC)

Special Education Office Phone: (540) 382-5114

http://www.mcps.org/departments/special_education/s_e_a_c

We recruit members who are persons with disabilities, parents of persons with disabilities, representatives from civic organizations, business or industry or any public agency concerned with the care of persons with disabilities. All meetings are open to the public. There is designated time for public comment during the meeting. This is an opportunity to share successful educational experiences and express general concerns regarding educational issues for students with disabilities.

Floyd

Floyd County Public School Office

140 Harris Hart Rd NE

Floyd, VA 24091

(540) 745-9400

Pearisburg

Giles County Public School Office

151 School Rd

Pearisburg, VA 24134

(540) 921-1421, Ext 21

Pulaski

Pulaski County Public School Office

202 N. Washington Ave

Pulaski, VA 24301

(540) 994-2546

Radford

Radford City Public Schools Office

1612 Wadsworth St.

Radford, VA 24141

(540) 267-3223

Radford University Training & Technical Assistance Center (T/TAC)

Russell Hall, 4th Floor Room 435

Radford University

Radford, VA 24142

(540) 831-5333

<https://www.radford.edu/content/cehd/home/ttac.html>

The Virginia Department of Education's state-wide Training & Technical Assistance Centers (TTACs) provide professional development and support designed to assist schools in addressing accountability and improvement goals for students with disabilities. TTAC at Radford University serves public schools, teachers, students, and parents of Southwest Virginia through assistance that brings about systematic change in the way schools serve children and youth.

Roanoke

VIA Centers for Neurodevelopment Day School (formerly known as Blue Ridge Autism and Achievement Center (BRAAC))

312 Whitwell Drive

Roanoke, VA 24019

(540) 366-7399

<https://www.viacenters.org/>

Serving children who struggle in public school due to a developmental disability (autism or another neurological disorder). The school serves those 6 to 22 years old, and assist with children's needs for learning, communication, behavior, or social supports that are too intensive for public school settings.

Minnick School, Roanoke Campus

775 Dent Rd NW

Roanoke, VA 24019

(540) 265-4281

<https://encircleall.org/minnick-schools>

Minnick Schools offer highly trained educators who help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Starkey Station (Branch Campus of Minnick School, Roanoke Campus)

6405 Merriman Road

Suites 103, 104, and 105

Roanoke, VA 24018

(540) 206-3270, ext. 3401

<https://encircleall.org/minnick-schools>

Minnick Schools offer highly trained educators who help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging

situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Roanoke County Public Schools Special Education

5937 Cove Road

Roanoke, VA 24019

(540) 562-3900

<https://www.rcps.us/Page/425>

Tazewell

TASK for Kids

315 School St

Tazewell, VA 24630

(401) 307-3283

taskforkids@hotmail.com

<https://www.taskforkids.org/>

TASK is an independent non-profit agency serving families in Southwest Virginia for over 30 years. They help families with special needs children and professionals get the information and services they need. They work in partnership with PEATC (Parent Information Advocacy Training Center).

Wise

Minnick School - Wise Campus

P.O. Box 828

515 Hurricane Road, Building N

Wise, Virginia 24293

(276) 328-7181

<https://encircleall.org/minnick-schools>

Minnick Schools offer highly trained educators who help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Wytheville

Minnick School - Wytheville Campus

425 Grayson Road – Building #6

Wytheville, VA 24382

(276) 228-8088

<https://encircleall.org/minnick-schools>

Minnick Schools offer highly trained educators who help students learn about behavior choices, how to make better decisions, and how to respond to stressful and challenging situations. All students participate in a curriculum based on the Virginia Standards of Learning and have access to the tools of technology that help learning come alive.

Parent, Family and Additional Resources

Abingdon

The Barns at Blue Mountain

17507 Lee Hwy
Abingdon VA 24210

Provides equine assisted services for the purpose of contributing positively to the cognitive, physical, emotional, and social well-being of individuals seeking an alternative therapy in a non-clinical setting. Offers adaptive/therapeutic horsemanship, at-risk youth programming, equine assisted learning and day/summer camps.

Creative Family Solutions

215 East Valley Street
Abingdon, Virginia 24210
(276) 628-4385

<https://rescarecommunityliving.com/locations/Virginia/Abingdon/979/>

We provide support to individuals who need assistance with daily living due to an intellectual, developmental and/or cognitive disability. Our care management tools and programs keep the individuals we serve safe, enhance independence, improve quality outcomes and lower health care costs.

Family Preservation Services

661 E Main St.
Abingdon, VA 24210
(276) 623.9245
<https://fpscorp.com/about/>

FPS currently operates 13 office sites, each designed to meet the unique needs of each community through the integration and use of evidence based and trauma-informed practices.

Blacksburg

The Arc of the New River Valley

P.O. Box 11204
Blacksburg, VA 24062-1204
(540) 961-7346, arcnrv@gmail.com

<https://www.thearcnrv.org/>

The Arc of New River Valley works to inform and educate the community about issues facing people with developmental disabilities and their families. The Arc is the nation's leading advocacy and service organization for people with intellectual and developmental disabilities. The Arc of the New River Valley is a local chapter of The Arc of Virginia and The Arc of the United States and serves the counties of Floyd, Giles, Montgomery, Pulaski and the City of Radford, Virginia.

Bristol

River's Way

The Summit
1227 Volunteer Pkwy, Suite #520
Bristol, TN 37620
(423)-715-0085, Matt@riversway.org
(423)-612-1242, Tom@riversway.org
<https://www.riversway.org/>

Providing opportunities for youth and young adults with differing abilities to grow as individuals while making positive contributions to their community. River's Way offers a variety of day camps and programs and teams with student volunteers from Emory and Henry College to host two Saturday respite programs per semester (Fall and Spring) for youth and young adults with disabilities.

Boones Mill

Healing Strides of Virginia

672 Naff Road
PO Box 456
Boones Mill, VA 24065
(540) 334-5825
<http://www.healingstridesofva.org>

Located in Boones Mill, Va., offers equine assisted activities and therapies, therapeutic riding, hippotherapy, mental health support through equine assisted learning and psychotherapy.

Christiansburg

Creative Family Solutions, Inc.

13 West Main Street, Suite 100
Christiansburg, VA 24073
(540) 381-3940
<https://rescarecommunityliving.com/locations/Virginia/Christiansburg/973/>

We provide support to individuals who need assistance with daily living due to an intellectual, developmental and/or cognitive disability. Our care management tools and programs keep the individuals we serve safe, enhance independence, improve quality outcomes and lower health care costs.

Floyd

Strengthening Our System, Inc.

177 Gracie Lane
Floyd, VA 24091
(540) 585-4078, info@sosforlife.com
<https://sosforlife.com/>

Their mission is to promote independence, increased daily living skills, personal empowerment, and improved quality of life through the provision of home and community based services and supports to children and adults with Intellectual Disability (ID), Developmental Disabilities (DD) and/or Mental Health (MH) issues.

New Castle

Camp Easter Seals UCP Virginia

900 Camp Easter Seals Rd.

New Castle, VA 24127

(540) 777-7325

<https://eastersealsucp.com/camp-easterseals-ucp/#program-overview>

Camp Easterseals UCP is an overnight camp near Roanoke, Virginia for children and adults living with physical and intellectual disabilities. Camp activities are adapted for all abilities by our trained staff of counselors so that campers can enjoy a unique summer camp experience. Assistance is available to all campers, while encouraging independence in our safe and supportive atmosphere. Summer camp, weekend respites and family camps are available.

Pulaski

Pulaski Parent Resource Center

Coordinator: Jackie Fagan

202 North Washington Ave.

Pulaski, VA 24301

(540) 994-2559 or (540) 235- 4581

Radford

Regional Education Assessment Crisis Services Habilitation (REACH)

824 West Main Street

Radford, VA 24141

(855) 887-8278

(540) 267-3435

<https://www.nrvcs.org/reach/>

REACH is open to individuals ages 18 and above with a documented intellectual disability or developmental disability and mental health or behavioral needs and offers access to appropriate and effective crisis stabilization, intervention, and prevention services including mental health treatment services when indicated.

Ridgeway

Infinity Acres Ranch

136 Joppa Rd.

Ridgeway, VA 24148

(276) 358-2378

www.infinityacres.org

Enriching Nurturing Animal Based Learning Experiences (ENABLE) Program meets twice a week, applications required

Roanoke

Blue Ridge Independent Living Center

1502 B Williamson Road NE

Roanoke, VA 24021

(540) 342-1231

<http://www.brilc.org/>

Blue Ridge Independent Living Center provides referrals, independent living skill training, peer mentoring, transition services and assistive technology. Blue Ridge's primary goal is to help individuals with disabilities live independently and maximize the potential and quality of life of each individual.

VIA Centers for Neurodevelopment Adult Services

416 Campbell Ave. SW

Roanoke, VA 24016

(540) 904-2957

<https://www.viacenters.org/>

They provide services for adults ages 18 and older. Clients engage in a range of programs promoting learning, personal growth, individual choice, and meaningful engagement.

Saint Francis Service Dogs

8232 Enon Drive

Roanoke, VA

(540) 342-3647

<http://www.saintfrancisdogs.org/>

Saint Francis Service Dogs provides trained dogs to people with developmental disabilities. The partnership creates an emotional bond between human and dog, often resulting in increased self-esteem and more social interaction. The service dogs assist in living a more independent life.

Salem

Creative Family Solutions – Salem, Virginia

500 East 4th Street

Salem, Virginia 24153

(540) 375-3820

<https://rescarecommunityliving.com/locations/Virginia/Salem/977/>

We provide support to individuals who need assistance with daily living due to an intellectual, developmental and/or cognitive disability. Our care management tools and programs keep the individuals we serve safe, enhance independence, improve quality outcomes and lower health care costs.

Wytheville

Creative Family Solutions

340 Peppers Ferry Road

Suite B

Wytheville, Virginia 24382

(276) 227-0005

<https://rescarecommunityliving.com/locations/Virginia/Wytheville/980/>

We provide support to individuals who need assistance with daily living due to an intellectual, developmental and/or cognitive disability. Our care management tools and programs keep the individuals we serve safe, enhance independence, improve quality outcomes and lower health care costs.

Statewide

ABLENow Accounts (national)

The federal Achieving a Better Life Experience (ABLE) Act authorized states to establish tax-advantaged savings programs so individuals with disabilities can save and invest money without jeopardizing eligibility for public benefits.

1-844-NOW-ABLE (1-844-669-2253)

<https://www.ablenow.com/>

Center for Family Involvement

700 East Franklin Street

P.O. Box 843020

Richmond, Virginia 23284-3020

(877) 567-1122

cfihelpline@vcu.edu

<https://centerforfamilyinvolvementblog.org/>

The Center for Family Involvement at the Partnership for People with Disabilities at Virginia Commonwealth University partners with the Virginia departments of Behavioral Health & Developmental Services (DBHDS), Education (VDOE) and Health (VDH), the federal Maternal and Child Health Bureau (MCHB), the Administration on Developmental Disabilities (AOD), and others in supporting a variety of activities to strengthen family involvement. We work with families to increase their skills as advocates, mentors and leaders so that families, children and young adults with disabilities can lead the lives they want.

Department for Aging and Rehabilitative Services (DARS) Centers for Independent Living

Voice: 804-662-7078; 800-552-5019 (toll free)

TTY: 800-464-9950

<https://www.dars.virginia.gov/cbs/cils.htm>

Regional Centers

- **Junction Center for Independent Living**

1520 Third Avenue East
Big Stone Gap, VA 24219
V/TTY:(276) 524-4081

<http://www.junctioncenter.org>

- **Clinch Independent Living Services**

1176 Boothe Branch Road
Grundy, VA 24614
V/TTY:(276) 935-6088

<https://www.cilsonline.org/>

- **Appalachian Independence Center**

230 Charwood Drive
Abingdon, Virginia 24210
aicinfo@aicadvocates.org
Voice: (276) 628-2979
Virginia Relay #711

<https://www.aicadvocates.org/>

- **New River Valley Disability Resource Center (NRV DRC)**

106 Wadsworth Street
Radford, VA 24141
V/TTY: (540) 266-1435

<https://nrvdrc.org/>

- **Blue Ridge Independent Living Center**

1502-B Williamson Road NE
Roanoke, Virginia 24012
brilc@brilc.org
V/TTY: (540) 342-1231

<http://www.brilc.org>

Department of Medical Assistance Services (DMAS)

600 East Broad Street
Richmond, VA 23219
(800)-552-8627 (in state) or (804) 786-4231 (out of state)

www.dmas.virginia.gov

Oversees the Virginia Medicaid Waiver System, including Developmental Disabilities (DD) and the Mental Retardation (MR) Waiver Services

Infant and Toddler Connection of Virginia

Services are available to community members in all regions of Virginia.

(800) 234-1448

<https://www.itcva.online/>

A system of services and supports designed to promote the greatest possible developmental outcomes for Virginia's infants and toddlers (birth to age 3) with developmental delays or disabilities. The system has been established in accordance with the Individuals with Disabilities Education Act (IDEA), Part C - Early Intervention. Visit their website to find services in your city or county.

Service Dogs of Virginia

2075 Bond Street, Suite 140

Charlottesville, VA 22901

(434) 295-9503, info@servicedogsva.org

<https://www.servicedogsva.org/autism>

Service Dogs of Virginia is a 501 (c)(3) non-profit organization that raises, trains, and places dogs to assist people with disabilities. Highly trained dogs perform a multitude of tasks that allow greater personal freedom and independence. We serve clients residing in the Commonwealth of Virginia, and are based in Charlottesville, Virginia.

University of Virginia's Autism Drive

<https://autismdrive.virginia.edu/#/home>

A clearinghouse for autism resources, providers and services around the state, based on location, age, language and other suggested filters.

Virginia Department of Education (VDOE)

- Special Education Resources

(804) 786-8079

Text Users Dial 711 (Virginia Relay)

<https://www.doe.virginia.gov/programs-services/special-education>

The Individuals with Disability Education Act (IDEA) guarantees a free appropriate public education to all eligible children with disabilities. Refer to [Evaluation & Eligibility](#) for more information. The steps in the special education process include:

1. Identification and referral
2. Evaluation
3. Determination of eligibility
4. Development of an individualized education program (IEP) and determination of services
5. Reevaluation

- The IEP (Individualized Education Program)

<https://www.doe.virginia.gov/programs-services/special-education/iep-instruction>

The services and placement of students with disabilities who need special education, are developed through an Individualized Education Program (IEP), which is the responsibility of local public school divisions. Special education is specially designed instruction to meet the unique needs of a child with a disability. Specially designed instruction means adapting, the content, methodology, or delivery of instruction to address the unique needs of the student that result from the child's disability; and to ensure access of the child to the general curriculum, so that the child can meet the educational standards that apply to all children.

- Parent Ombudsman for Special Education

(800) 422-2083, SpecialEducationOmbudsman@doe.virginia.gov

<https://www.doe.virginia.gov/programs-services/special-education/resolving-disputes>

Special education disputes are better resolved at the local level, if possible. Parents and school administrators are encouraged to work together to come to an understanding of

mutual concerns and come to an agreement in the best interest of children with disabilities. VDOE offers several resolution options to disputes.

I'm Determined project

<https://www.imdetermined.org/>

This state-directed project funded by the Virginia Department of Education, focuses on providing direct instruction, models, and opportunities to practice skills associated with self-determined behavior. The project facilitates youth, especially those with disabilities, to undertake a measure of control in their lives, helping to set and steer the course rather than remaining the silent passenger. The team is regional, serving out of Training & Technical Assistance Centers, whose offices are located at universities spread across the state.

Housing Resources for Individuals with Developmental Disabilities

DePaul Community Resources

www.depaulcr.org

We are not only a nonprofit human services organization—we are a social impact organization. Every day we work to change the world by improving the lives of children, families, and individuals with developmental disabilities. With more than 150 staff, a network of over 400 care providers, foster and adoptive parents, and a host of volunteers, advocates, and partners, it is work that we cannot accomplish alone. Hope and belonging is for all of us—with your help, we can make this vision a reality for countless Virginians who cannot imagine it today.

Abingdon, VA
106 Abingdon Place
(276) 623-0881

Cedar Bluff, VA
2677 Steelsburg Highway, Suite 10
(276) 963-2360

Christiansburg, VA
106 N Franklin Street
(540) 381-1848

Roanoke, VA (Main Office)
5650 Hollins Road
(540) 265-8923
(888) 233-7285

DePaul Community Resources: Sponsored Residential

(888) 233-7285

<https://www.depaulcr.org/sponsored-residential/>

Our Sponsored Residential program offers compassionate care in a home-based setting by carefully matching children and adults with developmental disabilities to sponsored residential homes. Our sponsored residential home providers empower individuals with developmental disabilities to be active members of families, experience community involvement, and find normalcy in everyday life. We serve individuals with disabilities including Intellectual disabilities, Autism, Down syndrome, Fragile X syndrome, Cerebral palsy.

DePaul Community Resources: Counseling Services

<https://www.depaulcr.org/counseling-services/>

(888) 233-7285

Our counseling services are available to anyone in the community, as well as to those in DePaul's Foster Care, Adoption, Developmental Disabilities, or Independent Living programs. Our diverse staff members offer a variety of counseling styles, interventions, and support to help meet the needs and foster feelings of hope and belonging in every individual we serve. Our providers include Licensed and Licensed-eligible Professional Counselors and Clinical Social Workers, as well as Certified Substance Abuse Counselors and Qualified Mental Health Professionals, with many having additional specialized training in the use of CBT, Trauma-Focused CBT, EMDR, Motivational Interviewing, and Play Therapy.

Minnick Schools (enCircle, formally known as Lutheran Family Services of Va.)

Contact and referral process: <https://encircleall.org/minnick-schools/referral-application-process>

General information: <https://encircleall.org/minnick-schools>

We help students ages 5 to 22 who have experienced challenges in public schools reach their academic, behavioral, vocational, and developmental goals. Minnick Schools, licensed by the Virginia Department of Education as private day schools, serve students in the Harrisonburg, Roanoke, Wytheville, Wise, and Bristol regions. Our educational staff support them so they can return successfully to their home public schools or make the transition to life after school.

Mount Rogers Community Services (MRCS)

Agency Group Homes (276) 223-3200

Contracted Group Homes (276) 237-8945

Sponsored Residential Services (276) 223-3724

<https://www.mountrogers.org/residential/>

Mount Rogers Community Services operates many residential facilities. Most residential facilities serve a specific population (mental health, substance use, or developmental disability). Residential facilities also vary from short-term recovery facilities to long-term community living arrangements.

New River Valley Community Services (NRVCS)

- Radford

New Life Recovery Center

7193 Warden Court

Radford, VA 24141

(540) 831-4000

<http://www.nrvcs.org/newlife/>

New Life Recovery Center is a residential treatment facility for adults living with substance use disorders.

- Pearisburg

Elm Tree

205 Tazewell Street

Pearisburg, VA

(540) 921-3203

<http://www.nrvcs.org/elmtree/>

Elm Tree is a residential group home for adults with developmental disabilities. The 13-bed facility offers congregate care for residents with staff on site 24-hours a day.

- **Dublin**

Fairview Home
5140 Hatcher Road
Dublin, VA
(540) 674-5260

<http://www.nrvcs.org/fairview-home/>

Fairview Home is a 24-hour Assisted Living Facility.

Wall Residences

PO Box 235, Floyd, Virginia 24091
(540) 745-4216, info@wallresidences.com

<https://www.wallresidences.com/>

Wall Residences provides support to individuals who experience developmental disabilities and/or a long term mental health diagnosis to live a meaningful life in both home and community settings. We do this through a focus on Person-Centered practices.