



Parent Resource Guide

Metro-West Boston Area



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Dear Parents/Caregivers,

For over 40 years, ACCEPT Education Collaborative has established trusted partnerships with our local districts to provide high quality innovative programs and services to maximize the potential of students, families, educators, schools and communities. This resource guide was developed as part of our Board Certified Behavior Analyst (BCBA) group-initiative in order to provide families and caregivers with information related to many community supports and services available in the Metro-West Boston area. While the information offered in this resource guide are not intended to be recommendations or endorsements of any specific agencies or services, many of the families serviced by our local school districts have expressed a need for information on available community resources and we have developed this guide as a response to that need.

Seventeen BCBA's from ten school districts participated in the development of this resource guide, with represented districts including: Ashland, Franklin, Framingham, Holliston, Hopkinton, Marlborough, Medfield, Natick, Sudbury, and Watertown. We are extremely thankful for the input of all those who participated in the development of this guide, and hope that you as parents/caregivers find this to be a valuable resource in navigating supports and services for your child.

Sincerely,

A handwritten signature in black ink that reads "Anne C. Donovan".

Anne C. Donovan, M.Ed., BCBA
Coordinator of School Consultation & Assessment Services
ACCEPT Education Collaborative

FAMILY SUPPORTS RESOURCE LIST

Autism Speaks

Autism Speaks is a well-known national organization that is committed to providing supports to families of individuals with autism. They have developed a series of free downloadable Tool Kits, which include a wealth of information related to topics such as:

- The 100 Day Kit (for families whose child has been newly diagnosed)
- Asperger Syndrome & High Functioning Autism Tool Kit
- Challenging Behaviors Tool Kit
- Family Support Tool Kits (for Parents, Siblings, Grandparents, and Friends)
- Transition Tool Kit (for families of students 14-22 years old)

<http://www.autismspeaks.org/family-services/tool-kits>

Family Ties of Massachusetts

The Family TIES Parent-to-Parent Program provides a unique type of support among parents who share similar life experiences. Through this program, parents have the opportunity to learn from the practical experiences of other parents.

www.massfamilyties.org

The Federation for Children with Special Needs

The Federation is a center for parents and parent organizations to work together on behalf of children with special needs and their families. The Federation offers workshops and training, advocacy and resources to parents of children with special needs and the professionals who serve them. Their Parent Training and Information Center provides free information, support, technical assistance and workshops to Massachusetts' families who have children with disabilities and the professionals who work with them.

www.fcsn.org

Parents Supporting Parents, Wrentham, MA

Parents Supporting Parents is a safe, confidential forum for parents to share their concerns they have for their children with differences, their siblings and their families. The host guest speakers occasionally throughout the year.

http://health.groups.yahoo.com/group/Parents_Supporting_Parents/

Asperger's Association of New England, Watertown, MA

The Asperger's Association of New England (AANE)'s mission is to foster awareness, respect, acceptance, and support for individuals with AS and related conditions and their families. AANE offers a comprehensive array of programs and services, including general information and resources, parent support groups, workshops, and grant programs.

www.aane.org

The Autism Alliance of MetroWest, Inc., Natick, MA

Provides families in the MetroWest area with information, education and support. They plan and implement programs and events that aid these families while increasing public awareness regarding autism. Programs include community education, sibling support groups, parent support groups, workshops, lending library, open gym, swim sessions, and more.

www.autismalliance.org

The Autism Resource Center of Central Massachusetts, West Boylston, MA

The ARCCM provides support for families with children with Autism Spectrum Disorders, to empower families to raise their children to be full members of their communities. They offer numerous support groups, as well as workshops and conferences.

www.autismresourcecentral.org

MetroWest Children and Adults with Attention Deficit/Hyperactivity Disorder, Wayland MA

For children and adults with Attention-Deficit/Hyperactivity Disorder, (CHADD), is a national non-profit, tax-exempt organization providing education, advocacy and support for individuals with ADHD. MetroWest CHADD offers monthly support groups, links to local resources, and an information line for direct support.

www.chadd.net/467

INFORMATION ABOUT “ARICA”: AN ACT RELATIVE TO INSURANCE COVERAGE FOR AUTISM

As of January 2011, private insurance companies now must provide home-based ABA services for individuals with autism based on the passing of the Massachusetts ARICA Bill (“An Act Relative to Insurance Coverage for Autism”)

- Highlights of the ARICA Bill:
 - Student must have a documented Autism diagnosis (including Pervasive Developmental Delays, such as PDD-NOS)
 - Services must be “medically necessary”—a formal letter from the child’s pediatrician or other medical provider (such as a neurologist) is needed stating that the child requires ABA services in the home and that it is medically necessary to the child’s care
 - There is no limit on the number of hours a family can access
 - There is no age limit for the student

FREQUENTLY ASKED QUESTIONS:

What insurance companies cover ABA?

- Private (ex. BCBS, Harvard Pilgrim, Beacon): Private insurance companies are required to follow the state mandate
- Self-Insured Employers may choose to opt out of this benefit
- Mass Health: not required to follow the mandate, but families can get ABA through children’s behavioral health initiative

How do I access home-based ABA services through private insurance?

Step 1: Is the student eligible?

- Must have diagnosis on the Autism Spectrum
- Must have the ABA benefit in insurance plan. To find out, call phone number on the back of insurance card ask if eligible for ABA services
- *Find out deductible and co-pays*
- Mass Health as secondary insurance can cover co-pays (in some cases)

Step 2: Documentation

- Acquire physicians letter stating the child’s diagnosis *and* that ABA services are *medically necessary*
- OR
- Acquire a diagnostic report with child’s diagnosis and recommending ABA services

Step 3: Starting Services

- Call an ABA provider to find out if they accept your insurance or call insurance for list of “in network providers”

How do I access ABA services through Mass Health?

Step 1: Is the student eligible?

- May have a mental health diagnosis and/or Autism diagnosis
- Must display challenging behaviors, health risk, or safety risk
- Must have the correct type of Mass Health (To find out, call phone number on the back of insurance card ask if eligible for In Home Behavioral Services)

Step 2: Documentation

- Referral Hubs :Intensive Care Coordinator Provides coordination of services, In Home Therapist (& family partner), or Outpatient Psychologist/Therapist
- Hub Waiver can be used when a hub is not appropriate or the family chooses
<http://www.masspartnership.com/provider/pdf/MBHPIHBSHubWaiverCommunicationMarch2012.pdf>

Step 3: Starting Services

- Call an ABA provider to find out if they accept your insurance or find a provider:
www.mabhaccess.com

Who do I contact if I need help with or have questions about the process?

Autism Insurance Resource Center

Amy Weinstock: amy.weinstock@umassmed.edu

<https://www.disabilityinfo.org>

774-455-4056

Insurance-funded Home-Based ABA Providers List

Please note that the below list is not an all-inclusive list of all providers in MA offering insurance-funded home-based ABA services, nor are any of the providers listed here endorsed by ACCEPT Education Collaborative or any of its member school districts. Parents are encouraged to thoroughly research and ask specific questions about each provider's scope of services, policies, staff qualifications, and areas of expertise.

1) Applied Behavioral Associates

277 Main Street, Suite 308, Marlboro, MA
(508) 485-5300
www.appliedbehavioralassociates.com/

2) Advances Learning Center

- o 85 Main Street Suite 102, Watertown, MA
- o (617) 923-7575
- o Contact: Katherine Johnson- kjohnson@advancesonline.com

3) Beacon ABA Services

321 Fortune Blvd., Milford, Ma
Contact: Mary Benoit- mbenoit@beaconservices.org
www.beaconservices.org/

4) Boston ABA

- o 124 Watertown Street, Suite 2-E
- o (617) 272-0212
- o www.bostonaba.com

5) ABLIS - Applied Behavioral Learning Services

109 Oak Street, Suite G10, Newton, Ma
(617) 283-1276
www.ablspartners.org

6) Horace Mann Educational Associates (HMEA)

Franklin, MA
Contact: Michele Mayer- mmayer@hmea.org
(508) 528-8635

7) May Institute

41 Pacella Park Drive, Randolph, MA
Contact: Eileen Porro- (781) 440-0400 or info@mayinstitute.org
www.mayinstitute.org/

8) Amego, Inc.

- o 33 Perry Avenue, Attleboro, MA 02703
- o Contact: Sandy Varrieur- 508-455-6207 or svarrieur@amegoinc.org

HEALTH CARE/ DENTAL/ HYGIENE RESOURCES

Medical/Health Care Resources:

- **Feeding Difficulties Resources:**
The Children's Hospital Swallowing Disorders Program assesses, diagnoses and treats infants, toddlers and school-aged children with a variety of feeding and swallowing problems.

Children's Hospital, Swallowing Disorders Program
9 Hope Avenue, Waltham, MA
(617) 355-7727
- **Toileting Resources:**
The Children's Hospital Voiding Improvement Program (VIP) uses non-invasive methods, including biofeedback, to help children and their families overcome a wide variety of urinary issues, including difficulty with toileting issues, daytime and nighttime incontinence and recurrent urinary tract infections

<u>Children's Hospital, Boston</u>	<u>Children's Hospital, Waltham</u>
300 Longwood Avenue, Boston, MA	9 Hope Avenue, Waltham, MA
(617) 355-7796	(617) 355-7796
- **Sleep Disorders Resources:**
The Children's Hospital Center for Pediatric Sleep Disorders assess and treat a wide variety of sleep problems. Specialists see patients in Boston, Waltham, Lexington, Weymouth, and Peabody.

Children's Hospital Center for Pediatric Sleep Disorders
(781) 216-2570

Dental Providers Specializing in Children with Special Needs:

Children's Hospital Boston -Department of Dentistry
300 Longwood Avenue, Boston, MA
Phone: 617-355-6571

Franciscans Hospital for Children
Department of Dentistry
30 Warren St., Brighton, MA
Phone: 617-254-3800 ext. 3790

Tufts Dental Facilities Servicing Special Needs:

Glavin Regional Center
214 Lake St
Shrewsbury, MA 01545
(508) 845-9111

Northwoods Medical Center
2007 Bay St. #1
Taunton, MA 02780
(508) 880-2771

Tufts Dental
200 Trapelo Rd
Waltham, MA 02452
(781) 899-6020

Wrentham Developmental Center
131 Emerald St
Wrentham, MA 02093
(508) 384-3116

Pediatric Dental Healthcare
16 Washington St.
Plainville, MA 02762
(508) 695-2064

Dentist Visits and Dental Care Resources:

Autism Speaks has teamed up with Colgate and Philips-Sonicare to create a free dental guide and video to provide tips for improving oral hygiene at home, as well as information about how parents and dental professionals can make a visit to the dentist's office less stressful and more productive. This resource is free and can be downloaded at:

<http://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit>

Haircutting Resources:

Autism Speaks has partnered with Snip-its and Melmark New England to develop a haircutting training guide to provide information to families and stylists as to how to make the haircutting experience more positive for children with autism. There is also information for families and caregivers about how to prepare for a haircut, and a visual schedule that can be downloaded and used to help the child to understand the steps

involved in getting a haircut. This resource is free and can be downloaded at:
<http://www.autismspeaks.org/family-services/tool-kits/tips-successful-haircuts>

Snip-Its Locations in MA:

CANTON

95 Washington Street
Canton, MA
(781) 821-1900

CHESTNUT HILL

25 Boylston Street
Chestnut Hill, MA
(617) 566-7647

FRAMINGHAM

1 Worcester Road (Shoppers World)
Framingham, MA
(508) 370-0006

NORTH ATTLEBORO

429 S. Washington Street
North Attleboro, MA
(508) 695-9900

SAFETY IN THE HOME AND COMMUNITY

Safety Resource Guide:

- "Big Red Safety Toolkit"

The National Autism Association has developed a free resource guide for families of children with autism who are at risk of wandering away from safe environments, or whose diagnosis may interfere with their ability to recognize danger and stay safe. Information included in this toolkit include a Caregiver Checklist, Family Wandering Emergency Plan, First Responder Profile form, sample Social Stories, and a list of affordable safety tools among other resources. This toolkit can be downloaded at:
<http://nationalautismassociation.org/docs/BigRedSafetyToolkit.pdf>

Safety Products:

- *SafetyNet* by Lojack—GPS tracking system for individuals at risk of wandering/running away
 - <http://www.lojack.com/People-at-Risk>
 - *The town police department must have the GPS transmitter box in order for the device to work. Local communities that have this technology available include: Ashland, Framingham, Franklin, Marlborough, Medfield, Medway, Natick, and Sherborn
- *KeepMeSafe* ID bracelets—bracelets with scan-enabled personal information designed for students with Autism
 - <http://www.keepmesafeid.com/about.php>
- *Tattoos With A Purpose*—temporary washable tattoos with a student's personal identification information (good alternative for students who will not wear personal ID bracelets)
 - <http://www.tattooswithapurpose.com/>

*Please visit *Autism Speaks* website for a complete list of safety products available for families of children with autism and related developmental disabilities:
<http://www.autismspeaks.org/family-services/resource-library/safety-products>

SOCIAL SKILLS GROUPS RESOURCES

Academy MetroWest, Natick, MA

The Academy MetroWest aims to foster the overall development of children by creating an environment where they can be physically active, build self-confidence and develop social skills through cooperative and collaborative physical play.

www.academymetrowest.com

Barrett Family Wellness Center, Northboro, MA

The Barrett Family Wellness Center was founded on the basis of providing therapy and wellness services that enrich lives. Services include Speech Therapy, Occupational Therapy, and Pragmatic Language & Social Groups.

www.barrettfamilywellness.com

The Friendship Network for Children, Northborough, MA

The Friendship Network for Children's provides therapeutic socialization activities as well as parent training in order to increase a child's interactions with friends, family and the community. They offer several weekly groups for children ages 3 and up on the autism spectrum or with a social learning concerns.

www.networkforchildren.org

Social Smart Kids, Westford, MA

Social Smart Kids is a web site designed to help kids improve their social skills. They provide online support to kids who are challenged by social interactions. The site is intended to provide assistance to kids of all abilities and to improve their social skills. Social Smart Kids also offers Social Skills Groups for children ages 7-10 and teens 13-15, as well as summer camps for children ages 4-6 and 7-12.

www.SocialSmartKids.com

Confidence Connections, Needham, MA

Confidence Connections uses basic principles of Applied Behavior Analysis (ABA) to target social skills by creating motivating situations and reinforcing positive social behavior.

www.confidenceconnection.org/

RECREATIONAL ACTIVITIES RESOURCE LIST

ACEing for Autism

Adaptive tennis for children with autism

Locations in Wayland, MA and Weymouth, MA

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

Athletes 4 autism

Sports mentoring programs

<http://theautismresearchfoundation.org/announcing-athletes-4-autism/>

Autism Alliance of Metro west

Open gym on Sundays

<http://www.autismalliance.org/sundaygym.htm>

Discovery Museum: closed to public, open for students with autism and their families

<http://discoverymuseums.org/EspeciallyForMe>

Sensory friendly movies

<https://www.amctheatres.com/programs/sensory-friendly-films>

Swim lessons

<http://www.autismalliance.org/servicesoffered.htm>

Minute Man Arc

Afterschool activities age 7-21

<http://www.minutemanarc.org/programs/family-services-recreation/minutekids-afterschool>

978-287-7936

dheller@minutemanarc.org

McKeon Dance and Gym

Dance and gymnastics lessons for students with special needs

3 Spaceway Ln, Hopedale, MA

(508) 473-8166

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

Regal Cinemas

Free companion movie ticket for adult attending movie with child with disabilities

*ask about service at time of purchase

<https://groups.yahoo.com/neo/groups/NeedhamSEPAC/conversations/topics/1673>

Stretch What Matters Yoga

Private and semi-private yoga lessons for special needs students ages 6 and up

Natick, MA

stretchwhatmatters.com

Special Olympics

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

Therapeutic Horseback Riding

Breezy Hill, Holliston, MA

Donna Kramer, Owner

(508) 429-6626

www.bhfhorses.com

Love Lane- Special Needs Horseback Riding Program

40 Baker Bridge Rd, Lincoln, MA

(781) 259-1177

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

TOPSoccer

Adaptive soccer programs

Local participating communities include: King Philip region (Norfolk, Plainville, Wrentham),
Newton, Norwood, Wellesley,

<http://www.mayouthsoccer.org/topsoccer.aspx>

YMCA

Swimming lessons for children with special needs

Several local branches offer these lessons, including Marlborough, Needham, Newton, Waltham

<http://nationalautismassociation.org/resources/autism-safety-facts/swimming-instructions/>

Mt. Wachusett, MA

Adaptive Skiing Program

<http://www.wachusett.com/SkiSBSchool/DailyLessons/AdaptiveLessons/tabid/163/Default.aspx>

Loon Mountain, NH

Adaptive Skiing Program

<http://www.loonmtn.com/info/winter/adaptive.aspx>

Ability PLUS

Adaptive skiing, snowboarding, and other sports programs available at Mount Snow, VT, and
Mount Washington Valley, NH

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

Senseability Gym

Gym classes and open-gym times catered to students with special needs

8 Charlesview Road #4

Hopedale, MA

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

**Please check your town's recreation department for seasonal adaptive and inclusive
recreational programs available in addition to the above list*

PARENT TRAINING RESOURCES

Autism Internet Modules

Autism Internet Modules (AIM) is designed to provide high-quality information and professional development for anyone who supports, instructs, works with, or lives with someone with autism. Each module guides you through case studies, instructional videos, pre- and post-assessments, a glossary, and much more. AIM modules are available at no cost. If you would like to receive credit for your time on AIM, certificate and credit options are available for a fee.

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

Discovering Behavioral Interventions: A Parent's Interactive Guide to Applied Behavioral Analysis

Developed by UMASS Medical School's Kennedy Shriver Center, this is a self-paced, 10-module learning guide that uses real-life situations to help inform parent decision-making and provides a comprehensive understanding of Applied Behavior Analysis (ABA). The course is available through a subscription-based service called UDiscovering, an online learning platform offering products and tools to help parents and professionals caring for people with intellectual and developmental disabilities.

<http://www.udiscovering.org/news/2013/05/03/umass-medical-school-creates-online-resource-parents-children-autism>