Resources to Help Families

**** Word of mouth recommendations, families helping other families find resources!****

Autism Society of the Black Hills - https://autismsd.org/
Follow our Facebook page and get involved! https://www.facebook.com/AutismSocietyBlackHills
See our calendar of events (updated often & pinned to top on Facebook!)
https://docs.google.com/spreadsheets/d/10e3XF3s0mBj2KwQRAG3VG8H-kgj8ydmVVuRjR1bSncs/edit?usp=sharing

Go to an event, and reach out to our parent support group.

- Sign up for Email Contact List - We'll email you with info on events & activities!
  or https://bit.ly/ASBHmailinglist Scan this —>

- Autism Family **Support Group -** Usually the 3rd Sunday of each month. See Facebook or email for more info. You can also join Virtually: Join Zoom Meeting (New Link)
  https://us05web.zoom.us/j/9171123654?pwd=MYaUlESSTqeqvjOeeW81phV8XrV8XL.1

- SPONSORSHIP: Are you interested in being a Sponsor for a specific event or our group in general, or know someone or a business that might? We are a tax-deductible 401(3)(c) organization & donations stay in the Black Hills area since our national organization does not charge fees. Email us at info@autismsd.org and we can get you the necessary information!

- Our National Office: https://autismsociety.org/ Autism Society of America

Therapy & Diagnosis

- We recommend *starting with your school* and teachers for the best and fastest attention.
  - Rapid City Area Schools Special Education Office -***Birth to 3:*** 605-394-1813
  - Meade County School District Special Education: (605)347-4770
- Clinical Therapies for those on the spectrum:
  - LMB Therapy, Wendy Mullins (605) 857-8093
  - Psychology Associates, Trish Miller https://pabh.org/ (605) 348-6500
  - Scoval Psychological https://scovelpsychological.com/ (605)721-8822
  - Black Hills Psychology https://www.blackhillspsychology.com/ (605) 645-0100
- Other Therapies
  - Cindy Bechard, LMT - Primitive Reflex Integration, Craniosacral, Lymph - Therapeutic Massage https://www.treestonetherapeuticmassage.com/about

State/Local Resources:

- South Dakota Division of Developmental Disabilities "Front Door To Services" https://dhs.sd.gov/en/division-developmental-disabilities One stop shop (and updated!) for South Dakota State offerings.
  - **When you don't know where to begin, Call Dakota at Home (605)663-9673 and select option 2 for DD services. You'll be directed to a live staff person who can work directly with you.**

  - Division of Developmental Disabilities ListServe (Informational Emails) sign up: https://state.us7.list-manage.com/subscribe?u=3a4bb110bc1a8b2594346b1cc&id=17ff84c9a8

- SD Parent Connection - https://sdparent.org/ - Connecting families who care for individuals birth to age 26 with disabilities or special health care needs, information, training, and resources in an environment of support, hope, and respect. Join their email list and see many opportunities for learning. Contact them directly for great advice.
    - https://sdparent.org/online-training/ Many online webinars, live and previously recorded.
    - What Parents Should Know… About Special Education in South Dakota
    - Info about Guardianship: https://sdparent.org/guide/understanding-guardianship-and-alternatives/

- Family Support 360 - https://dhs.sd.gov/en/division-developmental-disabilities/family-support-360 - Family Support 360 (FS 360) helps people with intellectual and developmental disabilities and their families get the services they need to live in their own home and community as independently as possible. This program provides planning, support, and funds to help with adaptive activities and supplies.

- Black Hills Works https://www.blackhillsworks.org/ - provides homes, employment, recreation, and social outlets for adults with disabilities. Today, they support almost 600 people with a wide array of disabilities, creating a community where everyone participates to achieve a life of full potential.

- Help Line Center https://www.helplinecenter.org/2-1-1/ Scroll down to "Special Populations" and then Disability Resources for an **extensive list** of South Dakota's best resources.

- USD Center For Disabilities -Advocates for increased self-determination, independence, and a satisfying quality of life. httpps://www.usd.edu/Academics/Colleges-and-Schools/sanford-school-of-medicine/Research-and-Outreach-Centers/Center-for-Disabilities#

- Western Resources Independent Living -Assists individuals with finding affordable and accessible housing, equipping a home with assistive technologies, or enhancing independent living skills. https://wril.org/ They offer Support Groups too!

- Project Lifesaver - non-profit organization actively educating and equipping public safety agencies in the protection, search, and safe recovery of wanderers https://projectlifesaver.org/ In our area, the partner agency is Pennington County Sheriff's Office. (605)394-2151

- Project Search - On the Job training for people with Disabilities: https://dhs.sd.gov/en/rehabilitation-services/on-the-job-training-students-with-disabilities

Daycares:

- Every Child is Special 605-721-3770
- Impact Kidz 605-593-0055

ABA and Other Therapy:

- Impact Learning and Development Center, Rapid City, SD - https://theimpactlc.com/services/ - provides therapy, including ABA (Applied Behavior Analysis) Therapy. Through ABA, children learn skills such as communication, social interaction, and problem-solving. ABA Therapy helps children learn how to interact with their environment in a healthy way.

- LifeScape - https://www.lifescapesd.org/services - Provides a wide range of services for children and adults who have disabilities and medical rehabilitation needs—from very mild to very complex.

- Children's Therapy Services - https://www.childrenstherapyservicessd.com/ - works closely with families and school faculty to ensure that kids achieve goals, experience new ideas, and excel at the level they are at.

- Pasque Behavior Therapy - https://www.pasquebehavior.com/ Work focused on **behavior analysis and ABA**, supporting children and families dealing with Autism and other behavioral/developmental challenges.

- Beautiful Minds - https://beautifulmindsaba.com/ Focused on Naturalistic Teaching Methods. Pivotal Response Treatment, or PRT, is a behavioral treatment for autism. This therapy is play-based and initiated by the child. PRT is based on the principles of Applied Behavior Analysis (ABA)

Other Fun, Social, and Therapeutic Ideas:

- Special Olympics - https://rcflame.org/ - Special Olympics Rapid City Flame is an organization of community and business leaders, coaches, volunteers and parents who provide year-round sports training and athletic competition in various sports for children and young adults with intellectual disabilities. State Website: https://sosd.org/

- Flutter Productions - https://www.flutterproductions.com/ - Flutter Productions, part of the Black Hills Works family, creates opportunities for performers of all-abilities to soar, challenging the perception of people with disabilities and creating a new creative community in which performers - with and without disabilities - come together to celebrate the human spirit.

- The **first Saturday of every month** is a group activity at Get Air in Rapid City (449 America's Way, Rapid City, SD 57701)! Come and chat with other caretakers and jump for free with your kids. ASBH Families get a special 20% discount in addition to this already discounted price! All you have to do is mention us!
    - "A Special Time for You" The First Saturday Of Each Month – 8 AM to 10 AM Big Air – $15.99, Little Air – $9.99

- Barefoot Dance Mixed Abilities Class - https://www.barefootdancerc.com/mixed-ability - Mixed-Ability is a special class designed to give all children a chance to dance! This class focuses on body awareness, muscle memory, movement vocabulary (ballet/modern/jazz fundamentals), connection to music, teamwork and technique. This class meets once a week and performs in our annual recital.

- SunCatcher Therapeutic Riding Academy https://www.suncatchertra.org/ - Offers weekly riding lessons, or ground work for anyone with Special Needs. This can be paid for with Family Support 360 Funds under "Equine Therapy"

Travel Agents with Experience

- Aftin Eich-1 605-787-0775 -aftin.eich@wondermakerstravel.com - Facebook page, Website
- Mark Krebs -mark@72andsunnytravel.com - Website- Facebook

Other places we've heard good things about from our families:

- West River Ninja https://www.westriverninja.com/
- Full Circle Martial Arts Academy https://www.fullcirclemaa.com/
- Fusion Dance (Mixed Ability Class) https://fusiondancestudiorc.com/
- Outdoor Campus West

Advocacy:

- Disability Rights of SD https://drsdlaw.org/ 605-224-8294 a nonprofit legal-services and advocacy organization serving people with disabilities in South Dakota.
- Inspire Education: Coaching and Advocacy - https://inspire1learning.com/ - Jackie can support children in their learning and development by engaging with the school in a meaningful way. She values open communication and equal partnership between families and schools. She specializes in Dyslexia, Anxiety, ADHD, Autism, and TBI.

***Some ideas from Dr. Mullins (Clinical Psychologist at LMB in Rapid City http://lmbtherapy.com/):**

Recommended Books on Autism and understanding a child with special needs:

- Engaging Autism by Stanley Greenspan
- The Challenging Child by Stanley Greenspan
- Be Different; Look Me in the Eye; Raising Cubby all by John Elder Robison
- Lost at School by Ross Greene
- The Whole Brain Child by Daniel Siegel
- The Way I See It; The Loving Push; and many others by Temple Grandin
- Sensational Kids

Online Resources:

- https://pdanorthamerica.org/ - PDA (Pathological Demand Avoidance) individuals avoid everyday demands using 'social strategies' as part of the avoidance. Learn more here.
- The Out of Sync Child Online resources: https://theinspiredtreehouse.com/ - a website that offers interventions that can be practiced by parents with their kids at home via the expertise of speech and occupational therapists
- https://www.aspergerexperts.com/about/ - a website packed with guidance and training videos constructed by two individuals identified with Asperger's Syndrome. Their most referenced videos focus on calming and integrating the sensory system, and intervening on the "Defense Mode."
- https://themighty.com/ - an online support network that includes a wealth of helpful articles and blogs on various topics of mental health, many of which are written by neurodiverse individuals.
- https://www.thebrainpossible.com/treatments/nemechek-protocol - an article that breaks down the Nemechek protocol
- https://bioindividualnutrition.com/pediatric-nutrition-program/ - a website full of information about supporting healthy nutrition for children with autism and ADHD (even the pickiest of eaters)
- https://www.icdl.com/dir - a website devoted to learning about the Floortime method
- https://www.autismsocialstories.com/stories.html - free downloadable/printable social stories

Games and activities to support attending, listening, and following directions, all while intentionally moving the body: - Simon Says - Red-Light, Green-Light (add extra colors with more moves as you go along, such as "blue means spin in a circle; purple means hop in place; etc) - Guesstures - Freeze tag - Head-Shoulders-Knees-and Toes - Go Noodle (online) - Cosmic Kids Yoga (story-based, fun, interactive yoga on YouTube)

More books we like:

How to Navigate Middle School: Kid Confident Book 4 (Kid Confident: Middle Grade Shelf Help) and others like it.

Kid Confident: Middle Grade Shelf Help Series: How to Master Your Mood In Middle School

Find us on Facebook! Look for "Autism Society of the Black Hills (ASBH)"
Join our ASBH Caregiver Connections Group on Facebook - scan this QR Code —->

SCAN ME

← Share it!! To find this Resource Page (updated regularly), check the top of our Facebook page, our website (autismsd.org) , or use this QR Code:

Sioux Falls area therapists and diagnoses

- Dr. Amy Marschall https://www.rmh-therapy.com/
- Nici Petrich, Sanford Clinic (26th and Sycamore) - you'd have to be referred through Sanford to her, 606-328-9000

  She doesn't do evals, but can help with navigating what's needed.
- Tracy Williams in Sioux Falls at VOA for diagnosis
- Dr. Jamie Long possibly
- Eric Kurtz@usd.edu (605)357-1439 he is a professor at USD's Center for Disabilities and also has a practice.