During Autism Awareness Month, join us for the Minnesota autism community’s event of the year featuring exhibitors, expert-led education sessions, keynote speakers, and the AuSM Bookstore.
Welcome to AuSM

For nearly half a century, the Autism Society of Minnesota (AuSM) has supported individuals with autism by offering a welcoming place to learn, access services, and develop skills for navigating emotions, information, and life.

In addition to being a valuable resource for individuals with autism, AuSM reaches out to those who care about individuals affected by autism – parents, caregivers, family members, support staff, educators, employers, therapists, and other professionals in the community.

AuSM’s education offerings include special interest-focused social skills classes that engage youth and adults to interact socially while raising self-awareness and self-esteem; AuSM Skillshops that focus on positive strategies and problem-solving; and specialized training tailored for organizations and businesses, including the Life with Autism series and the Autism Direct Support Certification program.

Understanding the increasing need for opportunities for adults with autism, AuSM has developed programs to fit the needs of people ages 18+. Check out the special section highlighting activities for adults with autism on pages 14-15.

Explore this catalog to find AuSM programs and services that will enhance your life.

*AuSM appreciates the support of its education catalog advertisers. AuSM cannot endorse any commercial products, processes, or services. Special thanks to Allegra Downtown St. Paul, the official print sponsor of the AuSM 2018-2019 Education Catalog.*

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**Thank you, AuSM Premier Partners**

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

If your company or organization is interested in becoming an AuSM Premier Partner, please contact Kelly Thomalla at 651.647.1083 ext. 25 or e-mail kthomalla@ausm.org.

www.ausm.org • 651.647.1083
Discover our services for children and young adults with autism spectrum disorder in homes, community settings and our Minnetonka and Minneapolis locations.

AUTISM DAY TREATMENT | Ages 2-6
AUTISM SUPPORT SERVICES | Ages 2-26
OCCUPATIONAL THERAPY | Ages 1-12
SPEECH THERAPY | Ages 1-12
THERAPEUTIC RECREATION | Ages 11+

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- Monthly Birthday Celebration
- AuSM Book Club at Dakota County Library
- And More

AuSM Counseling and Consulting Services pages 20-21
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Topic-focused, mini-workshops designed for individuals with autism, caregivers, family members, support staff, and more.

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Autism training tailored to the needs of schools, organizations, businesses, and community groups.

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An intensive course designed for caregivers and professionals who want to better provide service to those with autism.

Life with Autism/Understanding Autism and Best Support Strategies page 34
Understanding, intervention, and accommodation strategies for every age on the autism spectrum. The range of classes is geared toward parents, caregivers, educators, therapists, professionals, and individuals with autism.

Join AuSM Today page 36
Your AuSM membership includes reduced rates for AuSM programs and gives you access to resources and services you need to help you accomplish your goals. Become an AuSM member today!

Uniting the Autism Community page 37
AuSM joins community partners in offering free or low-cost activities that present welcoming environments for families and individuals with autism. AuSM organizes many events and fundraisers throughout the year that support its mission of enhancing the lives of those affected by autism.

AuSM Education Tips

- Register for AuSM education programs online at www.ausm.org. Call 651.647.1083 ext. 22 or e-mail education@ausm.org with registration questions. Classes have a maximum enrollment. Register early to ensure placement in a class.

- Check with your county case manager to see if your selected AuSM education program can be paid for under the Brain Injury (BI); Community Alternative Care (CAC); or Developmental Disability (DD) waiver.

- Schedules and instructors are subject to change. Visit www.ausm.org for current information.

- If a class is canceled or postponed, AuSM will notify you via phone or e-mail and will post on www.ausm.org.

- Cancellation by registrant: Refunds less a $15 processing fee will be assessed for cancellations received in writing to education@ausm.org seven business days prior to the start of the first class in the session. Following this date, no refunds will be given. Requests for transfer of registration to another individual or program will be considered on a case-by-case basis.

- Cancellation by program organizer: AuSM reserves the right to cancel a class due to low registration or other circumstances that make the class non-viable. If AuSM cancels a class, registrants will be offered a full refund. If the class is postponed, registrants will have the option to either receive a full refund or transfer registration to the same class at the new, future date.

- AuSM wants to make its programs available to as many as possible. Scholarships are available for those who qualify. Visit www.ausm.org and click on the “Scholarships and Waivers” Quick Link in the box on the right side of the home page.
Activities for Youth and Adults with Autism

Building real-life skills in real-life environments

AuSM classes and activities offer low-stress, accepting environments that promote learning and growth while celebrating neurodiversity. AuSM programs are conducive to youth and adults who fall within the wide range of the autism spectrum. Social skills classes are staffed at a 1:4 staff-to-participant ratio. If an individual is able to participate safely in a program but requires more support than 1:4 staffing provides, the individual may bring a Direct Support Professional (DSP). The DSP will be responsible for supporting the individual with communication, behavior, and daily living skills. Call 651.647.1083 ext. 22 or e-mail education@ausm.org for more information. AuSM is committed to making your class experience positive and rewarding.

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AuSM Social Skills Registration

Register for AuSM Social Skills classes online at www.ausm.org. Call 651.647.1083 ext. 22 or e-mail education@ausm.org with registration questions. Classes have limited capacity. Scholarships are available for those who qualify. Visit www.ausm.org and click on the “Scholarships and Waivers” Quick Link in the box on the right side of the home page. Schedules and instructors are subject to change. See page 5 to view AuSM’s cancellation policy.
AuSM Zoo Skills for Elementary Students (ages 8-12)

AuSM is pleased to continue its partnership with the Minnesota Zoo to offer this fall social skills class.

Better Than We Found It
The Minnesota Zoo is on a mission to save wildlife and encourages you to join us in our effort to create responsible stewards of all of us. Learning the skills necessary to do so is the first step in becoming a conservation champion! Enjoy the Minnesota Zoo while connecting with nature and discovering how to make a difference. As a guest scientist, you will analyze the systems that make up the Minnesota Zoo and explore how scientists conduct research to better understand ways that humans can manipulate land and habitats to make them better for wildlife.

FALL SESSION – SUNDAYS

Class meets from 1-2:30 p.m.
Sept. 30; Oct. 7, 14, 21, 28; Nov. 4, 2018

Note: Orientation for this class will take place on Sept. 23 from 1-2 p.m.
Registration Deadline: Sept. 16, 2018

Cost
AuSM Member: $275
Non-Member: $345

Location
Minnesota Zoo
13000 Zoo Blvd., Apple Valley, MN 55124

Register online at www.ausm.org.
AuSM at Gale Woods Farm (ages 8+)

AuSM is pleased to partner with Three Rivers Park District and Gale Woods Farm to offer these fall and spring social skills classes.

**Wet Felted Perfect Lil’ Pouch**  
*Session 1 ages 8-12; Session 2 ages 13+*
Create a fun felted project using wool, water, and soap to make your own wet felted pouch for trinkets and treasures. Meet the sheep and learn how the wool goes from sheep to final product. Materials are included in the program fee.

**Oct. 20, 2018: Session 1 (ages 8-12)**  
meets from 9:30-11:30 a.m.

**Oct. 20, 2018: Session 2 (ages 13+)**  
meets from 1-3 p.m.

*Registration Deadline: Oct. 13, 2018*

**Let’s Get Growing**  
*Session 1 ages 8-12; Session 2 ages 13+*
Discover what is growing on the farm by planting in the greenhouse or gardens and visiting baby farm animals. Participants must be able to demonstrate self-care skills without assistance and independently follow directions and safety rules, including remaining with the group at all times. An autism specialist will support participants.

**April 13, 2019: Session 1 (ages 13+)**  
meets from 1-3:30 p.m.

*Registration Deadline: April 6, 2019*

**May 11, 2019: Session 2 (ages 8-12)**  
meets from 1-3:30 p.m.

*Registration Deadline: May 4, 2019*

**Cost Per Class**
$50

**Location of Both Classes**
Gale Woods Farm, Three Rivers Park District  
7210 County Rd. 110 W., Minnetrista, MN 55364

Register online at www.ausm.org.
Lowry Nature Center (ages 13+)

AuSM is pleased to partner with Three Rivers Park District and Lowry Nature Center to offer this winter social skills class.

Winter Explorations for Teens and Adults (ages 13+)

Join us for nature exploration and recreation. Try out our kicksleds and, if conditions are good, go for a snowshoe hike. Look for animal tracks and other clues. Make friends and practice communicating your needs during safe, off-trail adventures away from the comforts of home. Participants must be able to demonstrate self-care skills without assistance, independently follow directions and safety rules, and show readiness for large group participation, including always remaining with the group. This class is co-taught with AuSM educators.

Jan. 13, 2019
meets from 12:30-3:30 p.m.

Registration Deadline: Jan. 6, 2019

Cost
$40

Location
Lowry Nature Center
7025 Victoria Dr., Victoria, MN 55386

Register online at www.ausm.org.
AuSM Social Skills

AuSM On the Town (ages 14-26)

Explore the Twin Cities and have fun while participating in team-building adventures. Participants must have their own transportation to and from each site. Locations are subject to change. Spring locations will be announced on the AuSM website in January 2019.

**FALL SESSION – SUNDAYS**

**Memory Lanes** Oct. 21  
2520 26th Ave. S., Minneapolis, MN 55406

**Walker Art Center** Oct. 28  
725 Vineland Pl., Minneapolis, MN 55403

**Como Park Zoo & Conservatory** Nov. 4  
1225 Estabrook Dr., St. Paul, MN 55103

**Science Museum of Minnesota** Nov. 11  
120 W. Kellogg Blvd., St. Paul, MN 55102

**The Works Museum** Nov. 18  
9740 Grand Ave. S., Bloomington, MN 55420

**TO BE DETERMINED** Dec. 2

Class meets from 1-3 p.m.  
Oct. 21*, 28; Nov. 4, 11, 18; Dec. 2, 2018

*Note: The Oct. 21 session will include orientation at 1 p.m.

Registration Deadline: Oct. 14, 2018

**SPRING SESSION – SUNDAYS**

March 3, 10, 17, 24, 31; April 7, 2019

Destinations to be announced in January 2019.

Drop Off and Pick Up for AuSM On the Town

Drop off and pick up locations for AuSM On the Town will be at each site.

Cost Per Session

- AuSM Member: $275 (includes T-shirt and activity fees)
- Non-Member: $300 (includes T-shirt and activity fees)

Register online at www.ausm.org.
ComedySportz Improv Skills (ages 14-26)

AuSM is pleased to continue its partnership with CSz Twin Cities to offer social skills classes based on the principles of improvisational theater. Have fun while learning how to respond to the unexpected, engage in reciprocal interactions, and support fellow participants in keeping a scene moving forward. Each skill can be applied to everyday life as you learn to open yourself to creativity and new ideas while having fun and making friends. No prior improv experience is necessary. Experienced improv participants may register for the Advanced class; Advanced participants must be pre-approved by the instructor.

**FALL SESSION – SATURDAYS**
Fall Advanced Class meets from 12:15-1:45 p.m.
Fall Beginner Class meets from 2:15-3:45 p.m.
Sept. 29; Oct. 6, 13, 27; Nov. 3, 10, 2018 (no class Oct. 20)
Registration Deadline: Sept. 22, 2018

**WINTER SESSION – SATURDAYS**
Winter Advanced Class meets from 12:15-1:45 p.m.
Winter Beginner Class meets from 2:15-3:45 p.m.
Jan. 12, 19, 26; Feb. 2, 9, 16, 2019
Registration Deadline: Jan. 5, 2019

**SPRING SESSION – SATURDAYS**
Spring Advanced Class meets from 12:15-1:45 p.m.
Spring Beginner Class meets from 2:15-3:45 p.m.
April 6, 13, 20, 27; May 4, 11, 2019
Registration Deadline: March 30, 2019

**Cost Per Session**
AuSM Member: $275
Non-Member: $345

**NEW! Location of ComedySportz Improv Skills Fall (Winter and Spring locations to be determined)**
Center for Performing Arts - Chapel Room, 2nd Floor
3754 Pleasant Ave. S., Minneapolis, MN 55409

Register online at www.ausm.org.
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Activities for Adults

With many educational services ending as individuals with autism reach their early 20s, finding a community dedicated to serving the needs of adults is challenging. AuSM is here to meet you where you are on the spectrum and in your life. AuSM develops programs and activities to help adults with autism connect with peers, education, and resources.

**Social Gatherings/Classes**

- Monthly Birthday Celebration and Game Night page 15
- AuSM Book Club at Dakota County Library page 15
- Gale Woods Farm page 8
- Lowry Nature Center page 9
- AuSM ComedySportz Improv Skills page 10
- AuSM On the Town page 11

**AuSM Skillshops** pages 24-28

- Dec. 11, 2018: Autism and Co-Occurring Mental Health Disorders
- Jan. 22, 2019: Suicidality and Suicide Prevention
- Feb. 22, 2019: Neurodevelopment and ASD
- March 12, 2019: Estate Planning and ABLE Accounts
- May 14, 2019: What Autistic People Wish You Knew
- June 4, 2019: Supplemental Security Income: Am I Eligible?

**AuSM Events**

- AuSM Self-Advocacy Summit, Sept. 22, 2018
- Steps for Autism in Minnesota, March 3, 2019
- 24th Annual Minnesota Autism Conference, April 24-27, 2019
- 5th Annual AuSM Gala, April 26, 2019
- AuSM Connections Jigsaw Puzzle Competition, July 13, 2019

**ONGOING**

**Free AuSM Support Groups**

AuSM offers free monthly support groups including an Independent Adults with ASD Social Support Group, an LGBTQIA+ Adults with Autism Support Group, and a Women with ASD Support Group.

**Information and Resources**

AuSM’s Information and Resources team is available to listen, help, and sort through options, connecting you to the many effective programs, therapists, services, and support agencies.

**AuSM Resource Directory**

The AuSM Resource Directory is a compiled list of providers, businesses, and organizations that offer products and services to the community. Find it on www.ausm.org.

**Research Studies**

AuSM shares a wide variety of research studies on www.ausm.org. See if there are some in which you’d like to participate.

**Uniting the Community Events**

AuSM is pleased to offer opportunities for families and individuals with autism to come together and enjoy fun activities in supportive, welcoming environments.
Monthly Birthday Celebration and Game Night (ages 18+)

Birthdays are something we all have in common – let’s celebrate together! Bring a board or card game to play, an art project to share, or simply come for fun, stress-free conversation. AuSM will provide treats. Everyone is welcome, whether it’s your birthday or not!

Cost Per Participant, Per Session
AuSM Member/Non-Member: $3
FREE if it’s your birthday month!
Registration Deadline: One week prior to scheduled dates.

Held Monthly from 6:30-8:30 p.m.

Location
Autism Society of Minnesota
2380 Wycliff St. #102, St. Paul, MN 55114

Register online at www.ausm.org.

AuSM Book Club (ages 14+)

AuSM is pleased to partner with Dakota County Library to offer a monthly book club for individuals with autism, other disabilities, and neurotypical individuals ages 14+. Share the joy of reading with others, enjoy socializing, and practice life skills in a public library. All reading levels are welcome and supported; multiple book formats are available.

This book club is offered FREE of charge and made possible by the Minnesota Department of Human Services Disability Services Innovation Grant.

Held Monthly from 6-7 p.m.

Location
Wescott Library in the Dakota Room
1340 Wescott Rd., Eagan, MN 55123-1029

Register online at www.ausm.org.
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Sensory Friendly PERFORMANCES 2018 – 2019 Season

- **Last Stop on Market Street**: October 18, 2018
- **I Come From Arizona**: November 16, 2018
- **Mr. Popper’s Penguins**: February 22, 2019
- **The Hobbit**: April 12, 2019
- **The Grinch**: January 4, 2019
- **Matilda the Musical**: June 21, 2019

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AuSM Counseling and Consulting Services

The Autism Society of Minnesota’s therapists have committed their careers to helping individuals with autism spectrum disorder understand their diagnosis. They provide strategies to support each person’s unique autism experience, addressing both the challenges and gifts it can bring. AuSM therapists help individuals from youth through adulthood as they grow at their own pace in a safe, compassionate, and respectful environment.

Counseling Services
- Diagnostic assessments for adults
- Functional or behavioral assessments for all ages
- Training for organizations and service providers
- Behavior consultation
- Marriage and couples therapy
- Individual and family therapy

Consulting Services
AuSM’s Counseling and Consulting Services team is available to assist therapists, group home staff, community organizations, employers, day training and habilitation groups, and other professionals who work with individuals with autism with general training or strategies related to a specific issue or topic. Contact us for more information.

We are ready to meet with you
To inquire about our services, make an appointment, or verify insurance, contact us at 651.647.1083 or e-mail info@ausm.org. We accept Medical Assistance and many private insurance plans.

Support Groups and Social Coaching
AuSM offers free monthly support groups to meet the needs of caregivers, children, family members, and individuals. In addition, AuSM offers social coaching for individuals who want to build specific skills. Visit www.ausm.org for more information.

“It is difficult for me to trust healthcare providers. But I trust my AuSM therapist. And I respect her. Everyone at AuSM seems to understand what I am going through.” — AuSM Counseling and Consulting Services Client
Meet Our AuSM Therapists

Meg Benefield, MSW, LICSW
Pronouns: she/her
Benefield is a Licensed Independent Clinical Social Worker and is the parent of a child with autism. She uses a strengths-based approach and counsels clients through identifying and building on the unique gifts they possess. She uses a variety of therapeutic frameworks, including narrative, family systems, solution-focused, trauma-informed, and dialectical behavioral approaches. Her greatest joy as a therapist is watching people become their authentic selves and build lives that meet their needs. She is open to feedback and strives to provide a safe and empowering environment to help people achieve their therapeutic goals.

Sara Lahti, MA
Pronouns: she/her
Lahti is a therapist currently working on becoming an Licensed Professional Clinical Counselor. She has worked with children with ASD and individuals with ASD and other disabilities in a day program facility. Lahti developed a passion for working with adults on the autism spectrum and uses Adlerian and person-centered therapeutic techniques to help clients better understand themselves and their strengths. She works with clients on thought patterns and how they affect daily living and also helps clients develop social interest within themselves and their communities.

Beth Pitchford, LPCC
Pronouns: she/her
Pitchford became passionate about working with people on the “invisible” part of the spectrum (formerly known as Asperger’s syndrome) after she realized that many people close to her have autism and spent most of their lives wondering why they felt so different. Pitchford values working with adults who want to decode the neurotypical world in order to decrease barriers to community acceptance and increase feelings of success. She works with adolescents as they navigate the super-social world of the teenage years. Using cognitive behavioral approaches and her Adlerian training, Pitchford’s goal is to help people better understand themselves and the people in their lives.

Jennifer S. Reinke, PhD, LAMFT, CFLE
Pronouns: she/her
Dr. Reinke is an Assistant Professor of Human Development and Family Studies at the University of Wisconsin – Stout. She has worked with individuals and families affected by autism for more than 10 years. Though a diagnosis of an intellectual or developmental disability, such as autism, tends to be given to an individual, Dr. Reinke strongly believes that such diagnoses affect the entire family – including the parent-child relationship, couple relationship, sibling relationship, as well as relationships with grandparents and other extended family. She strives to work with families to acknowledge the unique joys, rewards, and challenges that autism brings to their lives, and to identify possible solutions that will serve to strengthen their family unit.

Sara Pahl, MS, BCBA, LPCC, NCC
Pronouns: she/her
Pahl is a Nationally Certified Counselor and a Board Certified Behavior Analyst who has worked with people with ASD for nearly 20 years. She specializes in working with families and schools struggling with behavioral issues and with adolescents and young adults with ASD. Pahl strives to help empower children, adolescents, and young adults with ASD through self-advocacy and self-determination, no matter what ability, using a non-judgemental, integrated, empathetic, evidenced-based approach.

Amy Carrison, PsyD, LADC
Pronouns: she/her
Dr. Carrison is completing a postdoctoral fellowship with AuSM and uses cognitive behavioral strategies in therapy to help clients change problematic behavior patterns. She has experience in psychological assessment and testing with the goal of providing individuals with targeted interventions to overcome areas of need. Dr. Carrison has been licensed in Minnesota as a drug and alcohol counselor since 2002 and has worked in a variety of substance abuse treatment settings with both adults and adolescents.

Bjorn Walter, MA
Pronouns: he/him
Walter is working to obtain his License in Marriage and Family Therapy. He earned his bachelor’s degree in psychology from Southwest Minnesota State University, and his master’s degree in Adlerian psychotherapy and counseling with an emphasis in marriage and family therapy from Adler Graduate School (AGS). Since graduating from AGS, Walter spent time working at a group home dedicated to adults with autism and schizophrenia near his hometown in Sweden. He uses Adlerian and cognitive behavioral techniques to help individuals and their families understand the true nature of autism. He recognizes the importance of familial relationships and friendships and strives to help his clients realize how they affect us and our lives. Walter promotes encouragement, openness, and honesty.

Barbara Luskin, PhD, LP
Pronouns: she/her
Dr. Luskin is a licensed psychologist who has worked closely with children and adults with ASD for more than 30 years in professional and home settings. She specializes in providing both assessments and diagnostic and functional assessments, individual therapy for adults and adolescents, and training and consultation for caregivers. She helps them understand ASD, teaches them creative and effective interventions, helps them evaluate progress, and provides guidance when adjustments are needed.

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AuSM Counseling and Consulting Services

Walter promotes encouragement, openness, and honesty.
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CAST, a leader in spectrum theatre, is an education program by Stages Theatre Company dedicated to creating a safe, welcoming and comfortable environment for children affected by autism.

AGES 7-17

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AuSM Skillshops

Based on topics suggested by the Minnesota autism community, AuSM Skillshops are mini-workshops designed for individuals with autism, parents, caregivers, family members, support staff, educators, therapists, and other professionals. AuSM Skillshops are held at the AuSM office in St. Paul and at partnering locations. Listings in GREEN indicate AuSM Skillshops tailored for adults on the spectrum, but all are welcome to register.

**Autism Society of Minnesota**
2380 Wycliff St. #102, St. Paul, MN 55114

**Lindamood-Bell**
3300 Edinborough Way #206, Edina, MN 55435

**Lionsgate Academy - Minnetonka**
5605 Green Cir. Dr., Minnetonka, MN 55343

**Lionsgate Academy - Shoreview**
599 Cardigan Rd., Shoreview, MN 55126

**St. David’s Center**
3395 Plymouth Rd., Minnetonka, MN 55305

**University of St. Thomas, Opus Hall, Room TBA**
1000 LaSalle Ave., Minneapolis, MN 55403

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**Cost Per AuSM Skillshop/Per Individual Registration**

AuSM Member: $25  
Non-Member: $40  
AuSM Member with ASD or Current Student: $10

AuSM Members receive a certificate for a free AuSM Skillshop and save $15 on each AuSM Skillshop registration.

**Register online at www.ausm.org.**

---

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- **Autism Spectrum Disorder Parent Support Group** - An educational group for parents to interact and find support
- **Chill Skills Game Club** - Building social skills through interactive play; Ages 12-18
- **Thrive** - Independent living skills for young adults transitioning to adulthood; Ages 18+

**Contact Us Today for Program Dates & Registration**

specialtyprograms@plymouthpsychgroup.com • 952-444-2099 • www.plymouthpsychgroup.com
Sept. 27, 2018
Special Education: How To Get What You Need
Presenters: L. Lynn Stansberry Brusnahan, PhD and Deequaifrah Hussein
Date: Thursday, Sept. 27, 2018 from 7-9 p.m.
Location: University of St. Thomas, Opus Hall, Room TBA
Navigating special education can be confusing thanks to unfamiliar words and acronyms. Competing rights and needs can make it a challenge to collaborate effectively. This AuSM Skillshop will help parents, guardians, and other stakeholders gain a better understanding of special education, including the special education process, categories and criteria for qualification, common words and acronyms used in special education, and due process rights.
L. Lynn Stansberry Brusnahan is the parent of a young adult with autism and coordinates the autism spectrum disorders certificate, license, and Master’s program at the University of St. Thomas.

Oct. 16, 2018
Special Needs & Special Sibs: A Family AuSM Skillshop
Presenter: Jennifer S. Reinke, PhD, LAMFT, CFLE
Date: Tuesday, Oct. 16, 2018 from 7-9 p.m.
Location: St. David's Center
"Autism doesn't just affect my kid, it affects our whole family," a mother of an 8-year-old child with autism said. Explore the unique challenges, rewards, and dynamics experienced by families impacted by a variety of special needs. Special emphasis will be placed on the experiences and needs of siblings (ages 10+) who have a brother or sister with special needs. All family members are welcome at this AuSM Skillshop.

An AuSM therapist, Dr. Jennifer Reineke is an Assistant Professor of Human Development and Family Studies at the University of Wisconsin-Stout. She is a Licensed Associate Marriage and Family Therapist, a Certified Family Life Educator, and co-editor of Family Life Education: The Practice of Family Science. Dr. Reineke has worked with those affected by autism for more than 10 years.

Oct. 30, 2018
Hacking Your Executive Function
Presenter: Olivia James
Date: Tuesday, Oct. 30, 2018 from 7-9 p.m.
Location: Autism Society of Minnesota
Difficulty with executive functioning can lead to serious everyday challenges for individuals on the spectrum, whether it's holding down a job or maintaining relationships. Receive an overview of the tips and tricks James uses to manage multiple jobs, difficult relationships, and hobbies. Gain tools that will help with in-the-moment stress as well as long-term strategies to help with prioritizing and creating a life that you love.

Olivia James, AuSM’s Marketing and Communications Specialist, is a woman with autism. After spending most of her life with major anxiety, she learned to use a variety of planners, supports, and reminders to hack her executive functioning and balance dozens of competing priorities.

Nov. 27, 2018
Guardianship: Do We Need It?
Presenter: Jason Schellack, JD
Date: Tuesday, Nov. 27, 2018 from 7-9 p.m.
Location: Lionsgate Academy, Shoreview
At age 18, a child is legally considered an adult. Some youth, however, aren't yet ready for all of the responsibilities of adulthood. Many children with ASD will continue to need assistance with their IEPs, transition services, making medical decisions, and applying for government benefits. To have legal authority to assist their adult children in these important areas, many parents and caregivers choose to establish legal guardianship. Learn about the legal process for obtaining guardianship and how you can qualify for free legal assistance. Understand the powers and responsibilities guardians have under Minnesota law, and how successor guardians...
AuSM Skillshops
help them improve their language and literacy skills. She has worked directly with hundreds of children and their families to achieve these goals. Eisen is passionate about helping people reach their potential and is currently the Executive Center Director of the Twin Cities Learning Center.

Therapy with Lindamood-Bell

Dana Kernik-Theisen
Therapist for the Lindamood-Bell Learning Processes since 2010 in many capacities, including Clinician, Consultant, and Associate Center Director. In addition, Kernik-Theisen has managed Seasonal Learning Clinics in several locations, including Singapore and Tokyo. Currently, she serves as the Executive Center Director of the Twin Cities Learning Center.

Some with autism do not develop spoken language while others are verbal; some have weak basic reading skills while some read accurately. Examine three sensory-cognitive functions—concept imagery, phonemic awareness, and symbol imagery—that affect language-processing skills, such as comprehension and literacy.

Learn how the direct application of symbol imagery can develop sight words, contextual fluency, spelling, and increased speed and stability of phonemic awareness. Individual student case studies and demonstration of specific techniques will be featured.

Jan. 11, 2018

Autism and Co-Occurring Mental Health Disorders

Presenters: Barb Luskin, PhD, LP
Date: Tuesday, Dec. 11, 2018 from 7-9 p.m.
Location: Autism Society of Minnesota

It’s common for individuals with autism to have anxiety and/or depression. Learn how to cope with stressors and gather resources for managing emotional reactions.

An AuSM psychologist, Dr. Luskin has worked closely with children and adults with ASD for more than 30 years. She specializes in providing both assessments and counseling to individuals with ASD and those who support them.

Jan. 8, 2019

A Picture of Success: Improving Reading and Language Comprehension in Children with Autism

Presenter: Dana Kernik-Theisen
Date: Tuesday, Jan. 8, 2019 from 7-9 p.m.
Location: Lindamood-Bell

Some with autism do not develop spoken language while others are verbal; some have weak basic reading skills while some read accurately. Examine three sensory-cognitive functions—concept imagery, phonemic awareness, and symbol imagery—that affect language-processing skills, such as comprehension and literacy.

Learn how the direct application of symbol imagery can develop sight words, contextual fluency, spelling, and increased speed and stability of phonemic awareness. Individual student case studies and demonstration of specific techniques will be featured.

Dana Kernik-Theisen has worked for Lindamood-Bell Learning Processes since 2010 in many capacities, including Clinician, Consultant, and Associate Center Director. In addition, Kernik-Theisen has managed Seasonal Learning Clinics in several locations, including Singapore and Tokyo. Currently, she serves as the Executive Center Director of the Twin Cities Learning Center.

She is passionate about helping people reach their potential and has worked directly with hundreds of children and their families to help them improve their language and literacy skills.

Jan. 22, 2019

Suicidality and Suicide Prevention

Presenter: Ashley Witt
Date: Tuesday, Jan. 22, 2019 from 7-9 p.m.
Location: Lionsgate Academy, Minnetonka

Statistics are showing increasingly high rates of suicide among the general population and for people with autism in particular. Awareness of evidence-based interventions to reduce the risk of suicide is growing. Learn about the risk factors for suicide and best practices for suicide prevention in both the general public and specific to people on the spectrum.

Ashley Witt is a Licensed Clinical Therapist who currently serves as the District Mental Health and Social Services Coordinator for Lionsgate Academy. Ashley is passionate about creating meaningful programs to support young people with special needs and their families.

Feb. 12, 2019

Positive Behavior Interventions and Supports

Presenters: L. Lynn Stansberry Brusnahan, PhD and Erin Farrell
Date: Tuesday, Feb. 12, 2019 from 7-9 p.m.
Location: University of St. Thomas, Opus Hall, Room TBA

Positive behavioral support underlies many of the evidence-based practices for autism spectrum disorder (ASD), and its use is mandated by the Individuals with Disabilities Education Act (IDEA). Whether at home, school, or in the community, understanding the principles of positive behavioral support is critical to supporting individuals with ASD. Receive an overview of positive behavioral support along with applications across settings.

L. Lynn Stansberry Brusnahan is the parent of a young adult with autism and coordinates the autism spectrum disorders certificate, license, and Master's program at the University of St. Thomas.

Erin Farrell is the Autism Spectrum Disorders Specialist with the Minnesota Department of Education. She is a Board Certified Behavior Analyst, President of the Minnesota School Based Behavior Analysts, and has worked in early intervention ABA services for children with autism.

Feb. 26, 2019

Neurodevelopment and ASD: What Does the Research Say?

Presenters: Eric Ringgenberg
Date: Tuesday, Feb. 26, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

In the last decade, advances in technology and neurological inquiry have furthered our understanding of the neurological basis of autism spectrum disorder (ASD). While onset and trajectory of individual development vary widely, an understanding of neurodevelopmental processes highlights the differences correlated with ASD across neurodevelopment. As this level of understanding increases, how can it inform our understanding of brain-based differences and daily practice?
Eric Ringgenberg, AuSM’s Education Program Manager, has a Bachelors of Science in Child Psychology from the University of Minnesota-Twin Cities, and is completing a Masters of Arts in Special Education-Autism Spectrum Disorders from the University of St. Thomas.

March 12, 2019
Estate Planning and ABLE Accounts: What You Need to Know

Presenter: Jason Schellack, JD
Date: Tuesday, March 12, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Minnesota began offering Achieving a Better Life Experience (ABLE) accounts in 2017. ABLE accounts are designed to allow individuals with disabilities who receive government benefits to work and save more of their money. Most government programs have asset limits, and money in an ABLE account does not count against those limits. Learn how to incorporate an ABLE account into your family’s financial plan and how ABLE accounts differ from traditional accounts, like special needs and supplemental needs trusts.

Jason Schellack is an attorney and the Executive Director of Autism Advocacy & Law Center, LLC, a law firm dedicated to serving individuals with disabilities and their families. Schellack has worked with individuals with autism throughout his career as a camp counselor, personal care attendant, public defender, and legal advocate. He practices primarily in the areas of guardianship, estate planning, family law, and special education law. Schellack also is a qualified neutral under Rule 114, allowing him to serve as a mediator in family law disputes.

March 26, 2019
Evaluations and Assessments

Presenter: Mary Beth Kelley, MA
Date: Tuesday, March 26, 2019 from 7-9 p.m.
Location: Lindamood-Bell

Evaluations are critical for identifying needs and accessing services; however, understanding assessment results can be a challenge. Learn about the evaluation process, commonly-used assessment tools, interpreting assessment results, and how effective evaluations can translate into meaningful information. Differences between types of assessments such as neuropsychological, psychoeducational, and psychological also will be discussed.

Mary Beth Kelley currently oversees LDA Minnesota’s assessment program. She has been in the field of special education since 1990, serving in a variety of roles. She teaches adjunct at the University of St. Thomas and trains graduate students.

May 14, 2019
What Autistic People Wish You Knew

Presenter: Jillian Nelson
Date: Tuesday, May 14, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Learn about life experiences from the perspective of a person with autism, understand the anatomy of a meltdown, what it’s like to live with executive function deficits, and more. Parents, caregivers, and providers for individuals with autism are invited to attend. The session will include time for questions and answers.

Jillian Nelson, an AuSM Information and Resources Specialist, was diagnosed with autism as a young adult. With a degree in human services and a background in self-advocacy, she has dedicated her career to helping others with autism achieve their goals, advocating for system change, and spreading a message of autism education and acceptance.
June 4, 2019
Supplemental Security Income: Am I Eligible?
Presenter: Nate Gurol
Date: Tuesday, June 4, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Is your child or young adult unable to work due to his or her autism diagnosis? Many parents are unaware that their child diagnosed with ASD may be eligible for a certain Social Security benefit called Supplemental Security Income (SSI). Learn about the steps for gathering the necessary information and documentation needed to apply for SSI benefits, the application timeline and process, and how the Social Security Administration makes a determination on claims.

Nate Gurol has worn many different hats, including holding positions as a Legislative Fellow for the New York State Senate and an Attorney Editor at Thomson Reuters. Gurol is a staff attorney at Autism Advocacy & Law Center, LLC.

JUNE 11, 2019
Helping Your Child with ASD Learn to Ride a Bike
Presenter: Alex Uhler
Date: Tuesday, June 11, 2019 from 7-9 p.m.
Location: Autism Society of Minnesota

Challenges with body awareness, balance and motor control, and hand-eye coordination can make riding a bike difficult. Learn a number of tips for successful bike riding including purchasing equipment, making bike adjustments, breaking down riding into smaller steps, clothing protection, practice makes perfect pedaling, staying positive and patient, and working toward the sense of independence and accomplishment that your child will experience when learning to ride his or her own bike.

Alex Uhler is an outdoor enthusiast with more than 40 years of bicycling experience.

Note: This AuSM Skillshop is limited to nine children, ages 5-12. Support adult and child attend together. Child should bring a bike and helmet.

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mail@mini-hops.com
AuSM helps you support the needs of individuals with autism.

With a national prevalence rate of 1 in 59 and 1 in 42 statewide, autism is the fastest growing developmental disability in Minnesota. By learning more about the neurodiversity of individuals with autism, you are taking proactive steps toward inclusion. Whether you are a parent, an educator, a business, an organization, or a direct support professional, AuSM’s education team will provide you with strategies to help you understand the needs of individuals with autism, allowing you to offer a positive, supportive environment for this growing population. AuSM provides state-wide trainings on autism.

AuSM Training Topics

Life with Autism Series
Life with Autism is a series relaying the expected issues faced by those with autism throughout their lives. See Page 34 for more information.

Topical Training for Parents
AuSM hosts trainings for parents at schools or other community venues. Many topics are available, including legislative updates, student-centered learning and advocacy, transition planning, bullying, cultural influence, and more.

Emergency Preparedness
Learn about the characteristics of autism; how to interpret the behavior of those on the spectrum; anticipated behavior of those with autism in emergency situations; suggested strategies for communication; and behavior management in possible emergency response situations.

Employer Training
Obtain tools to harness the untapped talent of individuals eager to work for you by learning about autism characteristics and the accommodations that support individuals with autism.

Autism Awareness Training and Support
Increase your understanding of autism to improve customer service, offer accommodations in programs, and expand your business to a more diverse clientele. This class can be tailored to address autism support in a specific setting.

Autism Direct Support Certification
This in-depth, 15-hour course will give practical solutions for working with people on the spectrum. See Page 33 for more information.

Medical Provider Training
Doctors, nurses, and hospital staff often are responsible for the support of patients with autism who have chronic or acute co-occurring disabilities, illness, or injury. Gain practical strategies for improved communication, behavior, and general support of those with autism in clinical settings, inpatient or outpatient.

Minnesota Department of Education
AuSM’s educational trainings were developed with the approval of MDE to fit the needs of educators across Minnesota.

Classroom Support of Learners with Autism
Obtain an in-depth understanding of the characteristics of youth with autism and apply practical, evidence-based strategies to address communication, executive function, behavior, social skills, and general engagement.

Engaging Positive Behavior Strategies for Students with Autism
Learn how to integrate best practices in instruction for students with autism and individual or school-wide initiatives for positive behavior support.

Autism in Early Childhood and Early Intervention
Learn the best practices for identifying and supporting students with autism in early childhood settings as well as program development and delivery for young children with autism. Obtain resources for families in need of early intervention guidance.

Adolescents and Transition
Teens with autism face new challenges as they grow physically and emotionally into young adults. Topics include strategies for addressing mental health, social learning, puberty, hygiene, sexuality, internet safety, and transition planning.

Beyond Sex Ed
A course available as direct instruction to students or as training for educators. Through a series of specific, planned modules, students on the autism spectrum will gain an understanding of bodies, boundaries, and sexual health in a setting that emphasizes skill building and meets their needs.

Mental Health
This course covers the crossroads of mental health and autism. Look at potential misdiagnoses and co-occurring conditions and how you can change your approach in instruction and behavior management.

Autism Awareness for Students
Help elementary, middle, and high school students understand the needs and strengths of their peers on the spectrum.

AuSM will come to your venue to offer training that fits your needs. For more information about AuSM’s custom-tailored autism training and pricing, contact AuSM’s Education Department at education@ausm.org or call 651.647.1083 ext. 22.
AuSM’s Autism Direct Support Certification Program is designed for professionals who work with individuals with autism or those who want to better provide support to people on the spectrum. This in-depth, 15-hour course will give practical solutions for working with people on the spectrum. Class includes final case study and test.

**Training Objectives**

- Identify how people with autism think.
- Understand how differences in thinking lead to differences in behavior.
- Understand how different tools/interventions address the strengths and challenges of ASD.
- Identify tools to support clients and loved ones in different situations.

**Who Should Participate?**

Job Coaches  
Support Staff  
Personal Care Attendants (PCAs)  
EIDBI Tier 3 Providers  
Educational Aides  
Family Members  

Direct Support Personnel  
Group Home Staff  
Day Training and Habilitation Professionals  
Anyone Who Works Directly with  
   Individuals with Autism  
   Individuals with Autism

**Fall 2018 Session**  
Fridays from 9 a.m.-12 p.m.  
Sept. 14, 21, 28; Oct. 5, 12, 2018

**Winter 2019 Session**  
Saturdays from 9 a.m.-3 p.m.  
Jan. 12, 19, 26, 2019

**Spring 2019 Session**  
Mondays from 6-9 p.m.  
March 4, 11, 18, 25; April 1, 2019

Each session is limited to 15 participants. Licensed professionals may submit documentation from the AuSM Autism Direct Support Certification Program to licensing boards for Continuing Education Unit (CEU) consideration (up to 15 hours).

**Location**  
AuSM, 2380 Wycliff St. #102, St. Paul, MN 55114

**Cost Per Session**  
$260 per person. A group discount is available for 3 or more participants from the same organization. Contact AuSM to register a group of 3 or more participants for the same session.

**Registration/Certification on Request**

Register for AuSM Autism Direct Support Certification online at www.ausm.org. Call 651.647.1083 ext. 22 or e-mail education@ausm.org with registration questions. AuSM Autism Direct Support Certification also is available for groups of 15 or more at your specified location. Contact 651.647.1083 ext. 22 or e-mail education@ausm.org for more information.
Life with Autism Series

AuSM’s Life with Autism Series offers information and strategies to parents, caregivers, family members, relatives, educators, and the community through engaging, age-focused classes led by autism experts and parent speakers. Participants also learn about available services and resources while contributing to the direction of topics covered.

**Childhood (ages 18 mos.-10 yrs.)**
Obtain information about autism in early childhood and elementary-age years, including support strategies for communication and daily living skills, how to address challenging behaviors, and more. Learn about the differences between medical and educational diagnoses, how to access services across environments, and discuss how and when to disclose your child’s diagnosis.

**One Session Classes Offered in Fall and Spring**
- Saturday, Oct. 20, 2018 from 10 a.m.-3 p.m. (bring own lunch)
  *Register by Oct. 13, 2018*
- Saturday, March 23, 2019 from 10 a.m.-3 p.m. (bring own lunch)
  *Register by March 16, 2019*

**Adolescence and Transition (ages 11-21)**
Learn about the unique needs faced by adolescents and young adults with autism and their caregivers. Topics will cover a range of issues such as puberty, hygiene, and sexuality; social skills and reciprocal relationships; privacy and safety concerns; and how best to prepare for and support the transition into adulthood.

**One Session Classes Offered in Fall and Winter**
- Saturday, Sept. 29, 2018 from 10 a.m.-3 p.m. (bring own lunch)
  *Register by Sept. 22, 2018*
- Saturday, Feb. 9, 2019 from 10 a.m.-3 p.m. (bring own lunch)
  *Register by Feb. 2, 2019*

**Adults (ages 18+)**
Join this session to learn about the impact of autism on adults, regardless of where their strengths and needs lie along the autism spectrum. Obtain information about independent living; advocating for and accessing supports and accommodations; employment and workplace issues; self-determination and strategies for inclusion; and more.

**One Session Classes Offered in Winter and Spring**
- Saturday, Dec. 8, 2018 from 10 a.m.-3 p.m. (bring own lunch)
  *Register by Dec. 1, 2018*
- Saturday, May 11, 2019 from 10 a.m.-3 p.m. (bring own lunch)
  *Register by May 4, 2019*

**Cost for One or Two Individuals or Family Members/Caregivers**
- AuSM Member: $50
- Non-Member: $75

**Location of All Life with Autism Series Classes**
AuSM, 2380 Wycliff St. #102, St. Paul, MN 55114

**Registration/Life with Autism Series on Request**
Register for the Life with Autism series online at www.ausm.org. Call 651.647.1083 ext. 22 or e-mail education@ausm.org with registration questions. The Life with Autism Series is structured to meet your needs, and AuSM can bring the classes to your community, school districts, or places of employment. If you are interested in having a Life with Autism Series presented at your venue of choice, please contact AuSM at 651.647.1083 ext. 22 or e-mail education@ausm.org.
Understanding Autism and Best Strategic Practices

Learn common characteristics of individuals with autism and sensory processing disorders. Obtain valuable insight on best practices to support people with autism and related disabilities. Thanks to the Hennepin County Autism Grant, these classes are offered FREE of charge. Registration is required.

Wednesday, Aug. 22, 2018 from 1-3 p.m.
Monday, Oct. 8, 2018 from 6-8 p.m.
Saturday, Nov. 17, 2018 from 10 a.m.-12 p.m.
Tuesday, Jan. 29, 2019 from 6-8 p.m.
Wednesday, April 10, 2019 from 6-8 p.m.
Saturday, May 25, 2019 from 10 a.m.-12 p.m.

Location
Autism Society of Minnesota
2380 Wycliff St. #102
St. Paul, MN 55114

Register online at www.ausm.org.

Check out our Special Needs Issue in May, our Education Issue in October and our On Behavior column in every issue, plus tons of content every month geared toward Twin Cities families!

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AuSM Membership

Whether you are a family with a child who is newly diagnosed, an adult on the spectrum, an educator who serves individuals with autism, or a business that wants to learn how to better serve customers with autism, AuSM provides you with resources and services you need to help you accomplish your goals. Your AuSM membership also guides your path into the autism community, helping you find the most comfortable way to participate and grow.

- Member-only rates on classes, AuSM Skillshops, workshops, and other programs
- Discount registration for annual Minnesota autism conference
- AuSM Summer Camps for members only
- One complimentary AuSM Skillshop per year – $40 value
- Access to AuSM Lending Library
- AuSM Connections, twice per month e-mail newsletter
- Advocacy updates and alerts

Basic AuSM Membership

$60 Household: 2 adults and children or grandchildren, ages 21 and under
$40 Educator/Professional: individual membership for professionals
$20 Person with ASD: individual membership for adults over 21

Group AuSM Membership

$150 Non-Pro: includes memberships for employees
$350 Corporate: includes memberships for employees

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

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Text “VITALS” to 797979 to sign up & download the Vitals™ App
Navigating MSP Airport (Held Monthly)
Take an airport practice run. Navigating MSP Airport is held monthly. Participation is free, but advance registration is required.
Location: Minneapolis/St. Paul International Airport

September 22, 2018
AuSM Self-Advocacy Summit
This event will include a keynote presentation and nine breakout sessions featuring topics such as mental health, executive functioning, sensory needs, employment, relationships, and more. This event is for adults with autism by adults with autism.
Location: University of St. Thomas Minneapolis Campus

September 25, 2018
AuSM Swing Fling
Join us for this swing dance party! Kick off the evening with an all-abilities dance lesson and demo and then cut a rug to the sounds of the Roseville Big Band.
Location: Landmark Center, St. Paul

October 13, 2018
AuSM Pumpkin Patch Trolley
Experience the thrill of riding a trolley, spend time with autism families, and pick a perfect pumpkin.
Location: Minnesota Streetcar Museum, Linden Hill Station, Minneapolis

October 26, 2018
Autism Supports, Strategies, and Resources
A workshop for parents, caregivers, first responders, support professionals, and individuals with autism.
Location: Sartell Community Center, Sartell, Minn.

January 28, 2019
AuSM Camp and Summer Social Skills Program
Registration Opens
AuSM day and residential summer camps are developed specifically for individuals with autism. Campers are cared for by highly-trained, experienced staff, while everyone makes memories that last a lifetime. AuSM Summer Social Skills classes foster self-awareness and self-esteem while participants learn how to make friends and have fun.

March 3, 2019
Steps for Autism in Minnesota
Steps for Autism in Minnesota 2019 is going to be bigger, more exciting, and raise more dollars than ever for the Minnesota autism community. Fundraise to celebrate inclusion and appreciation of those with autism in Minnesota.
Location: Southdale Center, Edina, Minn.

April 24-27, 2019
24th Annual Minnesota Autism Conference
Get all of the latest information on autism, all in one place. Visit the AuSM Bookstore, gather information from key autism exhibitors, and spend your conference days learning from high-caliber speakers.
NEW Location: Minneapolis Marriott Southwest, Minnetonka, Minn.

April 26, 2019
AuSM’s 5th Annual Gala Celebration
AuSM’s gala will bring the Minnesota autism community together for fantastic food, drinks, games, a silent auction, and a celebration of those serving as true inspirations to individuals affected by autism.
NEW Location: Minneapolis Marriott Southwest, Minnetonka, Minn.

July 13, 2019
AuSM Connections Jigsaw Puzzle Competition
Put your jigsaw puzzling passion to the test during the 2nd annual AuSM Connections Jigsaw Puzzle Competition held at the Mall of America and supported by PuzzleTwist®. Gather your friends and family into teams of four that will compete for the fastest completion time.
Location: Mall of America Rotunda

Visit www.ausm.org for the latest community events and AuSM fundraiser information.
Minnesota’s official natural history museum is rolling out some big changes! Our brand new St Paul home features a digital planetarium, high-tech exhibits, our famous wildlife dioramas, outdoor learning experiences and more.

**Sensory-friendly Saturdays**
This monthly series, held on select Saturdays from 8-10am, provides a welcoming and accessible environment for individuals, families, and children who have sensory sensitivities. Experience our exhibits, Touch & See Lab, and a sample planetarium show—with lowered lighting, quieter sounds, and fewer visitors. Visitors are welcome to check out additional resources like the quiet spaces, visual timers, weighted lap pads, and hearing protection, and a social story is available for download to prepare for your visit. General admission to the museum is charged.

We’ll also be introducing relaxed shows for in the Whitney and Elizabeth MacMillan Planetarium. Visit our website for dates and details.

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To learn about AuSM’s member benefits and become an AuSM Member today, call 651.647.1083 or visit www.ausm.org.