



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH  
Children's Special Health Services

# Autism Spectrum Disorders Resource Booklet



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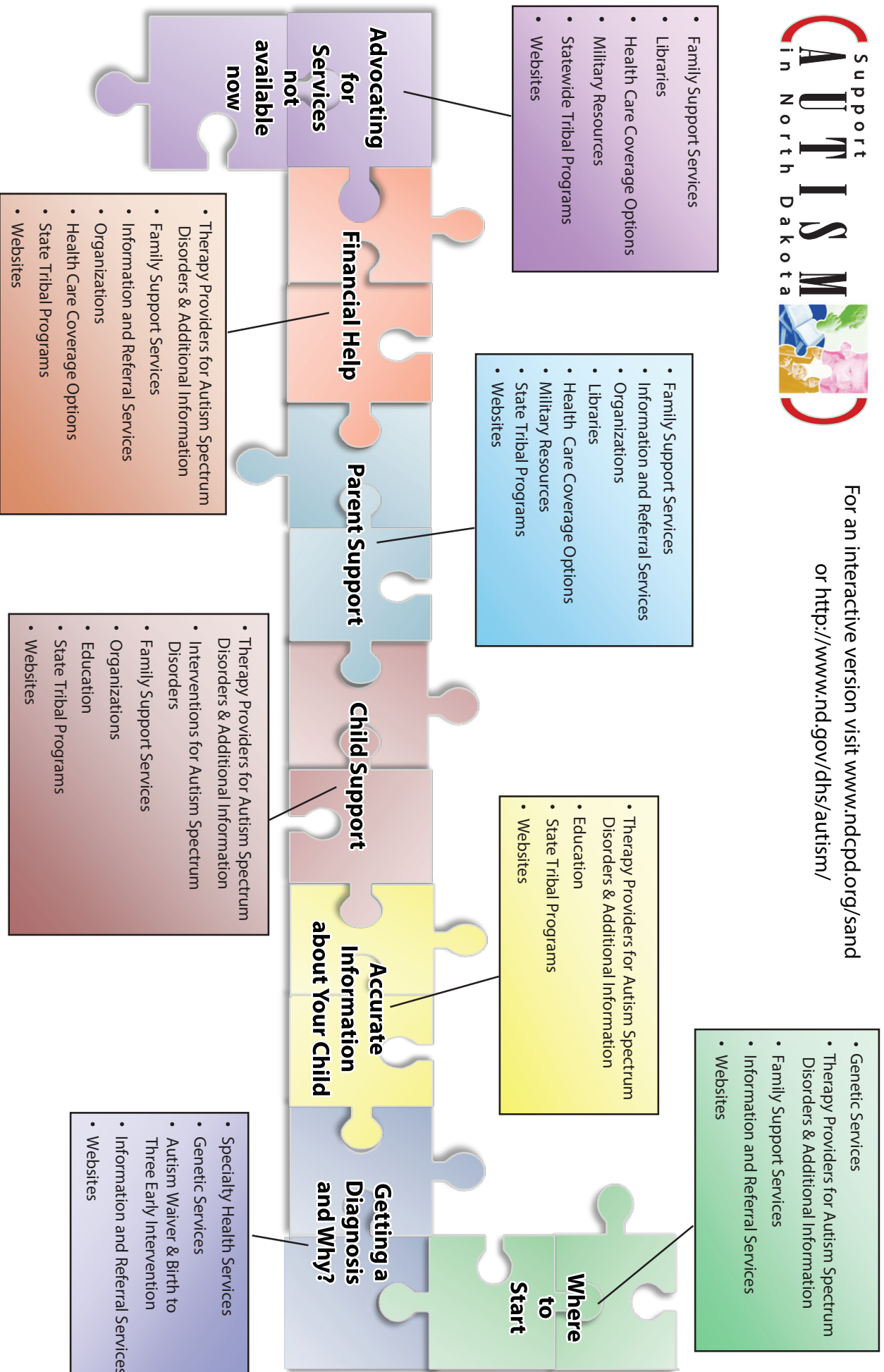
## ***Disclaimer***

*The content within this booklet is for informational purposes only. It is not intended to be a substitute for professional medical advice. Families are encouraged to discuss the information in this booklet with their child's doctor or other health care providers.*

# Roadmap: Who Can Help?



For an interactive version visit [www.ndcpd.org/sand](http://www.ndcpd.org/sand)  
or <http://www.nd.gov/dhs/autism/>



# Specialty Health Services

For nearly all children on the autism spectrum, evaluation by an experienced team of professionals is necessary for an accurate diagnosis and optimal treatment planning. Families are an essential partner to the team, as they are the principle caregiver and the center of strength and support for the child.

## Multidisciplinary Clinics

For more information about Children's Special Health Services (CSHS) clinics, review the following link: [www.ndhealth.gov/cshs/docs/clinic-schedule.pdf](http://www.ndhealth.gov/cshs/docs/clinic-schedule.pdf).

### Great Plains Interdisciplinary Autism Diagnostic Clinic (GPIC)

Children's Special Health Services (CSHS) supports autism clinics in Williston and Minot. The purpose of these clinics is to provide diagnostic services, including screening and follow-up services, to families of referred children following the best practice interdisciplinary model. Referrals most often are made by local providers, but can also be made by families. Two children are screened at each clinic in an arena-style format. In this environment, the interdisciplinary team works in one room with the family present to perform screening and provide recommendations to the family. The sites for the autism clinics are listed below:

#### **Minot**

Minot State University Campus  
500 University Ave. West  
Minot, ND 58707

#### **Williston**

Northwest Human Service Center  
316 2nd Ave. West  
Williston, ND 58801

For more information, contact GPIC's Family Support Specialist at 800.233.1737.

### Sanford Health's Pediatric Developmental Evaluation Clinic (Fargo)

This clinic is for any child (age 6 months and older) for whom a full developmental assessment is warranted. In the clinic, each child is evaluated fully by a speech therapist, occupational therapist, pediatrician and dietician. The families also are seen by a medical social worker and a registered nurse. Diagnosis of an autism spectrum disorder facilitates at least one follow-up visit with the child and family. These visits are intended to monitor the child's progress and ensure that appropriate services are in place for the child and family. For more information, contact Sanford Health's Coordinated Treatment Center at 800.828.2901.

### **Altru's Developmental Assessment Clinic (Belcourt and Fort Totten)**

These clinics (sponsored by a grant through CSHS) provide annual developmental assessments for high-risk children in Belcourt and Fort Totten. A team of specialists perform comprehensive evaluations to determine the need for further services. For more information, call 701.780.2477.

### **Altru's Pediatric Developmental Clinic (Grand Forks)**

This clinic serves children who are considered to be at risk for developmental issues. Located in Altru's Main Clinic, the Pediatric Developmental Clinic integrates physical and occupational therapy screenings as well as nutrition services with the child's physician appointment. Together, the team then determines if the child has a need for additional services. For more information, call Altru Pediatrics at 701.780.6110.

### **Rehab Pediatric Therapies Screening Clinic with a Focus on Autism Screening**

This clinic is held four times per year and features a multidisciplinary team that eliminates the need for parents to attend multiple appointments on different days. Parents and providers who have concerns regarding a child's development have access to the screening clinic at no cost. For more information, please call 701.780.1540 or 701.780.2481.

### **Support Autism in North Dakota (SAND)**

The Support Autism in North Dakota (SAND) project is designed to improve North Dakota's infrastructure to provide comprehensive, coordinated health care and related services for children and youth with Autism Spectrum Disorders (ASD) and other developmental disabilities. For questions or more information, contact the project director at 701.858.3008 or visit [www.ndcpd.org/sand/](http://www.ndcpd.org/sand/).

### **Anne Carlsen**

Anne Carlsen provides evaluation and diagnostic services for children to determine if they meet criteria for an autism diagnosis. Clinics are scheduled bi-monthly in Jamestown, ND. For an appointment, please call 800.568.5175 or 701.252.3850.

[www.annecarlsen.org](http://www.annecarlsen.org)



## Genetic Services

Genetic/Birth Defect Clinics are held periodically throughout the state. For clinic schedule information, call Children's Special Health Services toll-free at 800.755.2714 or contact the following:

### Division of Medical Genetics

Department of Pediatrics  
UND School of Medicine and Health Sciences Room 5910  
501 Columbia Road North STOP 9037  
Grand Forks, ND 58201  
Telephone: 701.777.4277 or 701.772.5301  
[www.med.und.nodak.edu/pediatrics/genetics](http://www.med.und.nodak.edu/pediatrics/genetics)

### Sanford Health Medical Genetics

737 Broadway North  
Fargo, ND 58102  
Telephone: 701.234.2362  
[www.sanfordhealth.org/medicalservices/specialties/medicalgenetics](http://www.sanfordhealth.org/medicalservices/specialties/medicalgenetics)

### Informed Medical Decisions

(telehealth genetic counseling services)  
North Dakota Contact:  
Marie Schuetzle, MS, CGC  
Senior Genetic Counselor  
Telephone: 760.230.4251  
Fax: 760.203.1194  
[www.informedDNA.com](http://www.informedDNA.com)



WHERE TO START



GETTING A DIAGNOSIS

# Therapy Providers for Autism Spectrum Disorders\*

## Bismarck

Kids Therapy Center  
701.751.0384  
[www.thekidstherapycenter.com](http://www.thekidstherapycenter.com)

Pediatric Therapy Partners  
888.875.5262/701.751.6636  
[www.pediatrictherapypartners.com](http://www.pediatrictherapypartners.com)

Red Door Pediatric Therapy  
701.222.3175  
[www.reddoorpediatric.com](http://www.reddoorpediatric.com)

Sanford Health Pediatric Rehabilitation  
701.323.6097  
[www.medcenterone.com/rehab/pediatric.asp](http://www.medcenterone.com/rehab/pediatric.asp)

St. Alexius Pediatric Therapy  
701.530.5550  
[www.st.alexius.org](http://www.st.alexius.org)

## Fargo

Beyond Boundaries Therapy Services  
701.356.0062  
[www.beyondboundaries.us](http://www.beyondboundaries.us)

Essentia Health Pediatric Therapy Services  
701.364.6247  
[www.essentiahealth.org](http://www.essentiahealth.org)

Fargo-Moorhead Pediatric Therapy  
701.261.4643  
[www.fargo-moorheadpediatrictherapy.com](http://www.fargo-moorheadpediatrictherapy.com)

North Dakota Autism Center  
701.277.8844  
[www.ndautismcenter.org](http://www.ndautismcenter.org)

Pediatric Therapy Partners  
888.875.5262/701.232.2340  
[www.pediatrictherapypartners.com](http://www.pediatrictherapypartners.com)

Sanford Health  
701.234.6500  
[www.north.sanfordhealth.org/medicalservices](http://www.north.sanfordhealth.org/medicalservices)

## Dickinson

Rehabilitation Visions  
701.483.9400

## Grand Forks

Altru Health System Pediatric Therapy Services  
701.780.2477  
[www.altru.org](http://www.altru.org)

Little Miracles, Inc.  
701.772.3851  
[www.littlemiraclesinc.com](http://www.littlemiraclesinc.com)

## Hettinger

West River Health Services  
701.567.4561  
[www.wrhs.com](http://www.wrhs.com)

## Jamestown

Jamestown Hospital  
701.952.4842  
[www.jamestownhospital.com](http://www.jamestownhospital.com)

## Minot

Trinity Health  
701.857.5623  
[www.trinityhealth.org](http://www.trinityhealth.org)

## Valley City

Mercy Hospital  
701.845.6400  
[www.mercyhospitalvalleycity.org](http://www.mercyhospitalvalleycity.org)

## Williston

Mercy Medical Center  
701.774.7436  
[www.mercywilliston.org](http://www.mercywilliston.org)

\* This is not an all inclusive list reflective of therapies available throughout the state.



## Additional Resources

**Anne Carlsen** offers a rich tradition of empowering individuals with disabilities and their families. Their experienced staff provides compassion, training, services and supports in homes and communities across North Dakota. On the Jamestown campus, they meet the educational, residential and therapeutic needs of children and young adults with autism, behavior disorders, medical fragility and other developmental disabilities. They also provide services in the home through customized supports for individuals from birth to age 21. In addition, through their community-based services (i.e., in-home supports and community day supports), Anne Carlsen accommodates individuals of all ages, including adults. For more information about services in the Dickinson and Bismarck locations, call 701.934.1144. [www.annecarlsen.org](http://www.annecarlsen.org)

### **Bismarck** (also covering Dickinson)

1929 North Kavaney Drive  
Bismarck, ND 58501  
701.364.2663  
800.201.8672

### **Fargo**

4152 30th Ave. S, Suite 102  
Fargo, ND 58104  
701.364.3732  
800.201.8672

### **Grand Forks**

2016 S. Washington St.  
Grand Forks, ND 58201  
701.757.4200  
888.815.3770

### **Jamestown**

701 3rd St. NW  
Jamestown, ND 58401  
701.252.3850  
800.568.5175

**Autism Waiver** provides services for young children from birth through age 7 who have a diagnosis of an autism spectrum disorder. The waiver will give families access to an evaluation team that can validate their child's diagnosis and serve as a resource for the family's local service providers. Apply by contacting the State Autism Coordinator at 701.328.8949 or online at [www.nd.gov/dhs/autismnd/index.html](http://www.nd.gov/dhs/autismnd/index.html).



WHERE TO START

GETTING A DIAGNOSIS

FINANCIAL HELP

**Birth to Three Early Intervention** is a support and service program designed to help families with children from birth to age 3, with disabilities and/or developmental delays. The goal of this program is to improve a child’s development and to increase involvement in family and community life. By partnering with families, ND Early Intervention provides them with the tools and support they need to help their child be successful. Qualifying families have access to a wide array of professionals, including case management and an experienced parent specialist. Anyone, including family members, can refer a child for a free developmental evaluation, with eligibility based on the following criteria:

- Displays a 50 percent delay in any area of development (cognition, communication, motor, self-help or social emotional skills).
- Displays a 25 percent delay or more in any two areas of development.
- Has a diagnosis or disability that impairs typical development.
- Has a significant health condition that puts them at high risk for developmental delays.
- Has vision or hearing loss.

ND Early Intervention also includes a screening program called Right Track. This program offers free developmental screenings and parent information. To make a referral or to learn more, call the Disability Services Division at 800.755.8529 or visit [www.nd.gov/dhs/services/disabilities](http://www.nd.gov/dhs/services/disabilities).

For other developmental disabilities, contact the Human Service Centers of North Dakota at one of these regional offices:

**Bismarck**

West Central Human Service Center  
701.328.8888 or 888.328.2662

**Grand Forks**

Northeast Human Service Center  
701.795.3000

**Devils Lake**

Lake Region Human Service Center  
701.655.2200

**Jamestown**

South Central Human Service Center  
701.253.6300 or 800.639.6292

**Dickinson**

Badlands Human Service Center  
701.227.7500 or 888.227.7525

**Minot**

North Central Human Service Center  
701.857.8500 or 888.470.6968

**Fargo**

Southeast Human Service Center  
701.298.4500 or 888.3342.4900

**Williston**

Northwest Human Service Center  
701.774.4600 or 800.231.7724

# Interventions for Autism Spectrum Disorders (ASD)

**There are a number of behavioral and educational interventions currently available for individuals with ASD. Not every treatment may be appropriate for every child.**

One way to determine if a particular treatment may be effective is to evaluate the research. The National Standards Report from the National Autism Center (NAC) utilizes a Strength of Evidence classification system to demonstrate the NAC's confidence about the efficacy of a specific intervention. Ratings reflect the quality, quantity and consistency of the research findings.

The 2014 National Standards Report can be found online at:  
[http://autismpdc.fpg.unc.edu/sites/autismpdc.fpg.unc.edu/files/2014\\_EBP\\_Report.pdf](http://autismpdc.fpg.unc.edu/sites/autismpdc.fpg.unc.edu/files/2014_EBP_Report.pdf).

It is also important that you speak with your child's physician to discuss the different therapy options.



## Websites for Evidence Based Interventions\*

### Applied Behavior Analysis (ABA)

[www.behavior.org/autism](http://www.behavior.org/autism)  
[www.abaresources.com](http://www.abaresources.com)  
[www.aba4autism.com](http://www.aba4autism.com)

Different types of ABA include (but are not limited to):

- **Discrete Trial Training (DTT)**  
[www.polyxo.com/discretetrial](http://www.polyxo.com/discretetrial)  
[www.dtttrainer.com](http://www.dtttrainer.com)
- **Pivotal Response Training (PRT)**  
[www.autismspeaks.org/treatment/prt.php](http://www.autismspeaks.org/treatment/prt.php)  
[www.dbpeds.org/articles/detail.cfm?TextID=229](http://www.dbpeds.org/articles/detail.cfm?TextID=229)
- **Verbal Behavior Intervention (VBI)**  
[www.teenagerswithautism.com](http://www.teenagerswithautism.com)  
[www.verbalbehaviorapproach.com/](http://www.verbalbehaviorapproach.com/)

### Occupational Therapy

[www.webmd.com/brain/autism/benefits-of-occupational-therapy-for-autism](http://www.webmd.com/brain/autism/benefits-of-occupational-therapy-for-autism)  
[www.aota.org/en/about-occupational-therapy.aspx](http://www.aota.org/en/about-occupational-therapy.aspx)

### Speech Therapy

[www.webmd.com/brain/autism/benefits-speech-therapy-autism](http://www.webmd.com/brain/autism/benefits-speech-therapy-autism)  
[www.asha.org/slp/clinical/autism-resources](http://www.asha.org/slp/clinical/autism-resources)

### Social Stories™

[www.polyxo.com/socialstories](http://www.polyxo.com/socialstories)  
[www.thegraycenter.org](http://www.thegraycenter.org)  
[www.sandbox-learning.com](http://www.sandbox-learning.com)

\* This is not an all inclusive list reflective of therapies available throughout the state.

# Family Support Services

## Care Coordination for Children with Special Health Care Needs

Meeting the complex health needs of children and their families often requires special assistance in the form of care coordination. The Care Coordination Program through Children's Special Health Services (CSHS) helps eligible families access services and resources in their community and, when needed, across multiple service delivery settings. For more information, refer to the following websites:

- **Medical Home** [www.medicalhomeinfo.org](http://www.medicalhomeinfo.org)
- **Grand Forks Public Health**  
<http://grandforksgov.com/gfgov/Health.nsf/Pages/Care+Coordination>
- **County Social Services**  
[www.nd.gov/dhs/locations/countysocialserv/index.html](http://www.nd.gov/dhs/locations/countysocialserv/index.html)
- **North Dakota Integrated Services** [www.ndcpd.org/ndis/](http://www.ndcpd.org/ndis/)

Child Care Assistance Program provides financial assistance to low-income families for child care costs.

North Dakota Department of Human Services  
600 East Boulevard, Dept. 325, Bismarck, ND 58505  
701.328.2332

Public Assistance Toll-Free Number: 800.755.2716  
[www.nd.gov/dhs/services/financialhelp/childcare.html](http://www.nd.gov/dhs/services/financialhelp/childcare.html)

Child Care Resource and Referral provides assistance locating child care and other related services.

Bismarck – 701.223.1510 or 888.223.1510  
Fargo – 218.299.7026 or 800.941.7003  
Grand Forks – 701.772.3435 or 888.778.3435  
Minot – 701.838.7800 or 800.450.7801  
Jamestown – 701.252.0350 or 888.767.0350  
[www.ndchildcare.org](http://www.ndchildcare.org)



WHERE TO START

**Disability Services Division** provides services to North Dakota citizens of all ages with developmental disabilities. Call your regional Human Service Center or the Disability Services Division at 800.755.8529. [www.nd.gov/dhs/services/disabilities](http://www.nd.gov/dhs/services/disabilities)

- **Family Care Option** provides respite care to families through short-term foster home placement.
- **Family Subsidy Program** provides financial help needed by the family to care for the child at home.
- **Infant Development Program** provides intervention services in the home or other natural settings by trained professionals to promote optimum development of children from birth to age 2.
- **Respite Care Program** provides services of a specially trained caregiver to provide the family with occasional relief from the stress of providing care.
- **Right Track** provides child development consultations for children from birth to age 3. For more information, call 800.755.8529.
- **Supportive Home Care** assists with and teaches parents about the special care the child needs.
- **Experienced Parent Program** provides support services to parents with children enrolled in early intervention.

PARENT SUPPORT

**Family Voices of ND** is a health care information and education center, which includes the Parent to Parent Project, a program that offers emotional support to families. Call 701.493.2634 or 888.522.9654 [www.fvnd.org](http://www.fvnd.org)

FINANCIAL HELP

**Federation of Families** provides support and advocacy for children’s mental health. Call 701.250.1795 or 800.492.4951 [www.fcsn.org](http://www.fcsn.org)

**Legal Services of North Dakota**

P.O. Box 1893  
Bismarck, ND 58502-1893  
701.222.2110 or 800.634.5263

**National Alliance on Mental Illness North Dakota**

P.O. Box 3215  
Minot, ND 58702-3215  
701.857.3345

ADVOCATING

**National Dissemination Center for Children with Disabilities (NICHCY)** is an information clearinghouse that provides free information about disabilities and disability-related issues. For more information, call 800.695.0285.

[www.nichcy.org](http://www.nichcy.org)

**Pathfinder Family Center, Inc.**

Statewide Parent Training and Information  
 1600 2nd Ave. S.W., Ste.19  
 Minot, ND 58701  
 701.837.7500 or 800.245.5840  
[www.pathfinder-nd.org](http://www.pathfinder-nd.org)

**Protection and Advocacy Project**

400 E. Broadway, Ste. 409  
 Bismarck, ND 58501  
 701.328.2950 or 800.472.2670  
 Fax: 701.328.3934 TTY: 800.366.6888  
[www.ndpanda.org](http://www.ndpanda.org)

**Regional Resource Centers for Independent Living** provides services that help young people with disabilities with transition from home and school to the work place and independent living. [www.freedomrc.org](http://www.freedomrc.org)

**Dakota Center for Independent Living**

311 East Broadway  
 Bismarck, ND 58501  
 701.222.3636 or 800.489.5013

**Options Interstate Resource Center**

318 3rd St. N.W.  
 East Grand Forks, MN 56721  
 218.773.6100 or 800.726.3692

**Freedom Resource Center**

2701 9th Ave. S., Ste. H  
 Fargo, ND 58103  
 701.478.0459 or 800.450.0459

**Independence, Inc.**

300 3rd Ave. S.W., Ste. F  
 Minot, ND 58701  
 701.839.4724 or 800.377.5114

**Ronald McDonald House Charities** provides a temporary residence near the medical facility where family members can sleep, eat, relax and find support from other families in similar situations. In return, families are asked to make a donation, but if that isn't possible, the stay is free.

**Bismarck**

609 N. 7th St.  
 Bismarck, ND 58501  
 701.258.5076  
[www.rmhcibismarck.com](http://www.rmhcibismarck.com)

**Fargo**

1330 18th Ave. S.  
 Fargo, ND 58103  
 701.232.3980  
[www.rmhcfargo.org](http://www.rmhcfargo.org)

# Information and Referral Services

WHERE TO START

## Children’s Special Health Services (CSHS)

North Dakota Department of Health  
State Capitol – Judicial Wing  
600 East Boulevard Ave., Dept. 301  
Bismarck, ND 58505-0200  
701.328.2436 Toll-free: 800.755.2714 Relay TDD: 701.328.3975  
E-mail: [dohcshsadm@nd.gov](mailto:dohcshsadm@nd.gov)

GETTING A DIAGNOSIS

Children’s Special Health Services is a program that helps children with special health care needs and their families. Individuals are encouraged to call CSHS for free health care information. CSHS can also help with referrals to health care providers and special programs for children with chronic health conditions.

[www.ndhealth.gov/cshs](http://www.ndhealth.gov/cshs)

County Social Services administers economic assistance and social service programs. To inquire about assistance, please check your local phone book under county government. [www.nd.gov/dhs/locations/countysocialserv](http://www.nd.gov/dhs/locations/countysocialserv)

## Pediatricians and Family Doctors

Lists of primary care doctors who practice in North Dakota are available upon request. All children benefit from a medical home. A medical home is not a building, but rather an approach to providing comprehensive medical care. In a medical home, a physician or other medical provider works in partnership with the family/patient to assure that the medical and non-medical needs of the child/youth are met. Through this partnership, the medical provider can help the family/patient access and coordinate specialty care, educational services, out-of-home care, family support, and other public and private community services that are important to the overall health of the child and family.

PARENT SUPPORT

## Public Health

Local public health units provide a variety of services such as immunizations, home visits, high-risk infant follow-up, general child health services, community wellness programs, and school health screenings. [www.ndhealth.gov/localhd](http://www.ndhealth.gov/localhd)

FINANCIAL HELP



# Organizations

## Autism Society of North Dakota (AutismND)

The purpose of AutismND is to increase public awareness; advocate for appropriate services; provide information regarding treatment, education, research and advocacy. Call 800.328.8476 (800.3AUTISM). [www.autism-society.org](http://www.autism-society.org) or [www.autismnd.org](http://www.autismnd.org)

Autism Speaks provides funding for research into the causes, prevention, treatments and a cure for autism; to increase awareness of autism spectrum disorders. Call 888.288.4762 (888.AUTISM2) [www.autismspeaks.org](http://www.autismspeaks.org)

## National Autism Association of Central North Dakota

The purpose is to create direct-assistance programs for families affected by autism; to provide autism research funding, ongoing advocacy, support and education. Call 877.622.2884 (877.NAA.AUTISM). [www.nationalautismassociation.org](http://www.nationalautismassociation.org)

## North Dakota Autism Center, Inc. (NDAC)

NDAC offers The AuSome Kids Day Program and AuSome Kids 1:1 Early Intervention Program. The Day Program is a center-based child care program for preschool and school-age children with autism spectrum disorders and similar disabilities. The Early Intervention Program is a personalized program for children with autism spectrum disorders. The NDAC staff uses positive reinforcement, prompting and social stories to assist the development of communication skills, appropriate play skills, social interaction skills, academic skills, and self-help skills as well as the reduction of challenging behaviors.

4733 Amber Valley Parkway, Ste. 200

Fargo, ND 58104

701.277.8844

[www.ndautismcenter.org](http://www.ndautismcenter.org)

## Talk About Curing Autism (TACA)

TACA holds monthly meetings that feature educational speakers on important topics and allow family members to connect with one another and stay on top of the latest information in the autism world. Each TACA group maintains a resource library of the latest autism books and DVDs/CDs that can be checked out by members at no charge.

[www.talkaboutcuringautism.org](http://www.talkaboutcuringautism.org)

**Easter Seals Goodwill ND, Inc.**

Services include, but are not limited to respite or relief care; personal care services and domestic homemaker services; equipment loan; advocacy for individuals with disabilities; and information and referral.

**Dickinson**

2125 Sims St.  
P.O. Box 361  
Dickinson, ND 58602  
866.895.1587

**Jamestown**

203 Business Loop West  
P.O. Box 756  
Jamestown, ND 58402  
866.897.6004

**Fargo**

15 South 21st, Ste. 105  
Fargo, ND 58103  
866.895.1588

**Mandan**

211 Collins Ave.  
P.O. Box 1206  
Mandan, ND 58554  
701.663.6828 Toll-free: 800.247.0698  
[www.esgwnd.easterseals.com](http://www.esgwnd.easterseals.com)

**Grand Forks**

3651 S. Washington St.  
Grand Forks, ND 58201  
866.876.1015

**Minot**

800 12th Ave. S.W.  
Minot, ND 58701  
866.895.1589

**North Dakota Interagency Project for Assistive Technology (IPAT)**

Services include information and referral, training, technical assistance to systems and individuals, equipment loan library, outreach activities, a link between state and private entities, resource development, alternative loan program, and dissemination of assistive technology materials based on consumer input. [www.ndipat.org](http://www.ndipat.org)

**Fargo**

3509 Interstate Boulevard  
Fargo, ND 58103  
701.365.4728 or  
800.895.4728

**Bismarck**

400 East Broadway, Ste. 501  
Bismarck, ND 58501  
701.355.4615 or  
888.540.4728

**North Dakota Center for Persons with Disabilities**

Minot State University  
500 University Ave. West  
Minot, ND 58707  
800.233.1737  
[www.ndcpd.org](http://www.ndcpd.org)

## North Dakota Chapter of the March of Dimes Birth Defects Foundation

1330 Page Drive, Ste. 102

Fargo, ND 58103

701.235.5530

[www.marchofdimes.com/northdakota](http://www.marchofdimes.com/northdakota)

Shriners Hospitals for Children-Twin Cities provides care for children (age 17 and younger) with orthopedic problems and burns. Some of the common orthopedic problems treated at Shriners include scoliosis, osteogenesis imperfecta, orthopedic problems of cerebral palsy, hand problems, back problems, limb deficiencies and growth problems, orthopedic problems of spina bifida with myelodysplasia, club foot and dislocated hip, leg-length discrepancies, orthopedic problems resulting from neuromuscular disorders, legg-perthes disease, rickets, and juvenile rheumatoid arthritis. Evaluation clinics are offered throughout North Dakota. For more information, call Shriners Hospital for Children –Twin Cities at 888.293.2832 or the patient referral line at 800.237.5055. [www.shrinershq.org](http://www.shrinershq.org)

## The Arc of North Dakota

The Arc is a member and volunteer-driven nonprofit organization that offers advocacy, education and family support to children and adults with intellectual disabilities and related developmental disabilities and their families.

### **Bismarck**

The Arc of Bismarck

1211 Park Ave.

Bismarck, ND 58504

701.222.1854

[www.thearcofbismarck.org](http://www.thearcofbismarck.org)

### **Dickinson**

The Arc of Dickinson

P.O. Box 1421

Dickinson, ND 58601

701.483.4272

### **Fargo**

The Arc of Cass County

255 North University Drive

Fargo, ND 58102

701.293.8191

[www.arccassnd.com](http://www.arccassnd.com)

### **Grand Forks**

The Arc, Upper Valley

2500 Demers Ave

P.O. Box 12420

Grand Forks, ND 58208

701.772.6191

[www.thearcuppervalley.com](http://www.thearcuppervalley.com)

### **Valley City**

The Arc of Barnes County

141 2nd St. NE

Valley City, ND 58072

701.845.4189

CHILD SUPPORT

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# Libraries

## [North Dakota Center for Persons with Disabilities Autism Links](#)

[www.ndcpd.org/alinks](http://www.ndcpd.org/alinks)

## [North Dakota State Library](#)

701.328.4622 or toll-free 800.472.2104

[www.library.nd.gov](http://www.library.nd.gov)

## [Children's Special Health Services Resource Library](#)

Toll-free 800.755.2714

[www.ndhealth.gov/cshs/docs/cshs-resource-catalog.pdf](http://www.ndhealth.gov/cshs/docs/cshs-resource-catalog.pdf)

## [Pathfinder Services of North Dakota Library](#)

Toll-free 800.245.5840

[www.pathfinder-nd.org](http://www.pathfinder-nd.org) - Click on Resources link on top right of page

## [Prevention Resource Center](#)

Topics in mental health, substance abuse, aging and disabilities

Toll-free 800.642.6744

<http://odinlibrary.org/ndspr.html>



# Education

## Head Start

Head Start and Early Head Start are comprehensive child development programs. Regular Head Start programs are for children ages 3 and 4. Some communities offer a program specifically for families with children younger than 3 and pregnant women. A variety of services are provided through Head Start programs including health, education, parent involvement, family literacy, social services and services for children with disabilities. Call the Head Start State Collaboration office at 800.472.2622 or your local Head Start program.

[www.nd.gov/dhs/services/childfamily/headstart](http://www.nd.gov/dhs/services/childfamily/headstart)

## School Nursing

The purpose of school nursing is to support the educational process by contributing positively and significantly to the health, health attitudes and health behaviors of today's children, and consequently, tomorrow's adults. Contact the Department of Health at 701.328.2493 or your local school nurse. [www.ndhealth.gov/school-nursing](http://www.ndhealth.gov/school-nursing)

## Special Education

It is important to locate and identify children who are in need of special services as early as possible. Screening and assessment opportunities offered at school help identify possible areas of difficulty that could interfere with a child's learning or academic performance. Some children with disabilities may require special education services to address their unique educational needs. Contact the Department of Public Instruction at 701.328.2260 or your local special education unit. [www.dpi.state.nd.us](http://www.dpi.state.nd.us)



# Health Care Coverage Options

PARENT SUPPORT

## Medical Coverage

**Medicaid** provides comprehensive medical, dental and vision coverage to North Dakota children and adults through a variety of coverage programs and waivers. They include:

- **Autism Spectrum Disorder Waiver** provides services for young children from birth to age 7 who have a diagnosis of an autism spectrum disorder. The waiver will give families access to an evaluation team that can validate their child's diagnosis and serve as a resource for the family's local service providers. Apply by contacting the State Autism Coordinator at 701.328.8949 or online at [www.nd.gov/dhs/autismnd/index.html](http://www.nd.gov/dhs/autismnd/index.html).
- **Children with Disabilities Medicaid Coverage** allows qualifying children with disabilities to buy into Medicaid. The program provides comprehensive coverage through Medicaid, including dental and mental health coverage, in return for a premium. Apply at your local county social service office.
- **Children and Family Coverage** provides coverage to children younger than 21, to pregnant women, and to adult caretakers of deprived children. Most receive full coverage; however, some with higher income may be required to pay for a portion of their care. Apply at your local county social service office.
- **Children's Hospice Services Waiver** provides support to families so they can care for their children (from birth through age 21) in their homes as long as possible avoiding lengthy stays and delaying or avoiding institutional care. The child must have a diagnosis and not be expected to live longer than one year. The program also allows families to access treatments that focus on curative and comfort care for their children. To apply call 701.328.4630.
- **Children with Medically Fragile Needs Medicaid Waiver** is designed to assist qualifying medically fragile children between ages 3 and 18. The child needs to be living at home, be Medicaid eligible, be able to meet Level of Care criteria for a nursing home and meet criteria based on the Level of Need. To apply call 701.328.4630.
- **Home and Community-Based Services Waiver** provides alternative services for individuals with disabilities who are at least 18 years of age and individuals older than 65 years of age who are eligible for the Medicaid Program and have medical needs that would qualify them to enter a nursing facility. The waiver allows North Dakota to pay for alternative services needed for these individuals to remain in their own homes or community settings. Recipients may be required to pay for a portion of their care based on their income. Apply at your local county social service office.

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- **Medicaid Expansion** provides coverage for more individuals under age 65 with household income up to 138 percent of the Federal Poverty Level (FPL). Individuals eligible for Medicare or Supplemental Security Income (SSI) are not eligible for coverage under Medicaid Expansion. To apply go to <http://apply.dhs.nd.gov>.
- **Intellectual Disabilities/Developmental Disabilities Waiver** assists eligible individuals with intellectual disabilities and developmental disabilities to remain living at home and in the community. This waiver serves individuals through the lifespan (both children and adults). Services offered under the waiver include Developmental Disabilities Program Management; Infant Development (for children from birth to age 3); In-Home Supports; Assistance with transportation costs, equipment, supplies, and environmental modifications; and Adult services such as day services, job coaching, and residential services. Apply by contacting the Developmental Disabilities Unit at one of the regional human service centers. Contact information is online at [www.nd.gov/dhs/locations/regionalhsc/](http://www.nd.gov/dhs/locations/regionalhsc/).
- **Workers with Disabilities Medicaid Coverage** allows some individuals with disabilities who want to work, or who are already working and who want to increase their earnings, to do so without fear of losing their Medicaid coverage. It allows qualifying individuals to buy into Medicaid. The program provides comprehensive coverage through Medicaid, including dental and mental health coverage, in return for a premium. Apply at your local county social service office.

**Healthy Steps** is a benefit program for eligible North Dakota children to age 19 who do not have a source of health care coverage. The program offers comprehensive medical, dental and vision coverage. Call 877.KIDS.NOW or 877.543.7669.

**Children's Special Health Services Specialty Care Diagnostic and Treatment Program** helps families pay for medical services to diagnose and treat children with eligible medical conditions from birth to age 21. Call 800.755.2714

**Health Insurance Marketplace** is a new way to find quality health coverage. It can help if you or your child(ren) don't have coverage now, or if you have it but want to look at other options. It is designed to provide coverage that meets your needs, fits your budget, as well as options for qualifying for free or low-cost coverage through Medicaid or Healthy Steps/Children's Health Insurance Program (CHIP). To inquire and apply for Health Insurance Marketplace, call 800.318.2596 or go online at [www.healthcare.gov](http://www.healthcare.gov) or [ndcpd.org/navigator](http://ndcpd.org/navigator).

**Comprehensive Health Association of North Dakota (CHAND)**

provides comprehensive health insurance to residents of North Dakota who have been denied health insurance or are considered high risk. Call 800.737.0016.

**Student Health Plans** are available for purchase by students who don't have health insurance through a parent's health insurance policy or who have limited coverage due to network service areas. Student plans are sold by an insurer that has contracted with a college to offer coverage to its students. In general, these plans have more limited benefits and more exclusions than traditional health insurance plans. Contact an insurance agent to inquire about student health plans.

**Vision Coverage**

**InfantSEE®** is a public health program designed to ensure early detection of eye conditions in babies. Member optometrists provide a comprehensive eye and vision assessment for infants within the first year of life regardless of a family's income or access to insurance coverage. Call 888.396.3937. [www.infantsee.org](http://www.infantsee.org)

**New Eyes for the Needy** purchases new prescription eyeglasses through a voucher program for children and adults in the U.S. who cannot afford glasses on their own. [www.neweyesfortheneedy.org](http://www.neweyesfortheneedy.org)

**Vision USA** provides basic eye health and vision care services free of charge to uninsured, low-income people and their families. Call 701.258.6766. [www.ndeyecare.com](http://www.ndeyecare.com)

**VSP Sight for Students** is a charity that provides free vision exams and glasses to low-income, uninsured children. Call 888.290.4964.

**Prescription Coverage**

**Prescription Connection for North Dakota** is a program of the North Dakota Insurance Department that connects kids and families with free and discounted prescription drugs direct from the pharmaceutical manufacturer. Call 888.575.6611. [www.rxconnectnd.org](http://www.rxconnectnd.org)

**ND Prescription Drug Repository Program** collects and distributes donated medications from hospitals, hospices and other facilities so that pharmacies and physicians can dispense them to those who struggle paying for prescriptions regardless of insurance coverage. The medications and supplies are unopened and secure but cannot be resold to patients. [www.nodakpharmacy.com](http://www.nodakpharmacy.com)



**NeedyMeds** offers a database of medications that can be obtained free or at low cost by uninsured, low-income patients, usually through manufacturer programs.

[www.needymeds.org](http://www.needymeds.org)

**Partnership for Prescription Assistance** offers a single point of access to more than 475 public and private patient assistance programs. It is funded by pharmaceutical companies. Call 888.477.2669. [www.pparx.org](http://www.pparx.org)

**RX Assist** provides consumer information, resources, news and a directory of patient assistance programs that offer affordable or free medications. Call 401.729.3284.

[www.rxassist.org](http://www.rxassist.org)

## Dental Coverage

**Safety Net Dental Clinics** are programs that usually see patients who do not have other access to dental care. The patients typically are covered by Medicaid or the clinic offers sliding fee schedules or reduced fees.

- **Bridging the Dental Gap** is a nonprofit community dental clinic serving low-income and uninsured individuals in the Bismarck-Mandan area. Call 701.221.0518.
- **Family Healthcare Center Dental Clinic** is a federally qualified community health center serving low-income and uninsured individuals within the Fargo Red River Valley Region. Call 701.271.3332.
- **Northland Community Health Center Dental Clinic** is part of a federally qualified community health center serving low-income, uninsured and insured individuals of all ages in central North Dakota. Call 701.448.9111.
- **Red River Valley Dental Access Project** serves low-income, uninsured and Medicaid-eligible individuals who have urgent dental pain and do not have access to a dentist in Fargo-Moorhead. Call 701.364.5364.
- **Valley Community Health Center Dental Clinic** is a federally qualified health center serving low-income, uninsured and insured individuals of all ages in the Northern Red River Valley. Call 701.757.2100.

**North Dakota Donated Dental Services** is a network of volunteer dentists who provide dental care to the state's most vulnerable people: disabled, elderly or medically compromised individuals who cannot afford necessary treatment nor get public aid. Call 866.572.9390.

**Jerene's Wish** is a program that provides orthodontic treatment at a minimal cost to eligible children. For more information, call Warford Orthodontics at 701.255.1311, e-mail [info@warfordorthodontics.com](mailto:info@warfordorthodontics.com) or go online at [www.warfordorthodontics.com/jerenes-wish](http://www.warfordorthodontics.com/jerenes-wish).

**Smiles Change Lives** promotes and provides access to essential orthodontic treatment for children from low-income families. 888.900.3554. [www.smileschangelives.org](http://www.smileschangelives.org)

**The Ronald McDonald Care Mobile** is a mobile dental clinic on wheels that delivers urgently needed dental care to underserved children from birth through age 21 in their own neighborhoods in the western half of North Dakota. The Ronald McDonald Care Mobile treats children who do not have a regular dentist and who have not seen a dentist within the past two years. [www.rmhcibismarck.org/caremobile/](http://www.rmhcibismarck.org/caremobile/)

## Health Care Programs

**Bridge to Benefits** is a multi-state project sponsored by the Children’s Defense Fund—Midwest Region focused on improving the well-being of families and individuals by linking them to public work support programs and tax credits. For more information, visit [nd.bridgetobenefits.org](http://nd.bridgetobenefits.org).

**Shriners Hospitals for Children** provide no-cost medical care to children with orthopedic problems, spinal cord injuries or burns. Call 800.237.5055.

**Community Health Centers (CHC)** serve all patients regardless of their ability to pay for services. CHCs are located in Beulah, Center, Fargo, Grand Forks, Larimore, McClusky, Northwood, Rolette, Rolla, Towner and Turtle Lake. Call 701.221.9824 for specific site contact information.

**North Dakota Association for the Disabled (NDAD)** may provide fund raising or some financial assistance for individuals with disabilities. Call 800.532.6323.

**United Health Care Children’s Foundation** supports the concept of facilitating access to health-related services that have the potential to significantly enhance either the clinical condition or the quality of life of the child and that are not fully covered by an available commercial health benefit plan. The Foundation provides financial assistance toward the family’s share of the cost of medical services. [www.uhccf.org](http://www.uhccf.org)

**Indian Health Service (IHS)** provides health services to American Indians and Alaskan Natives who belong to federally recognized tribes. The IHS administers health services through IHS facilities, through tribally-operated facilities and by contracting for health services. [www.ihs.gov](http://www.ihs.gov)

**Service Organizations** such as the Elks, Kiwanis, Sertoma, Lions and Quota may offer assistance with medical-related expenses. Check the local phone book for contact numbers.

*\*Please note, this is not an all-inclusive list of health care coverage options.*

# Military Resources

## Medical

Tricare

888.874.9378

[www.tricare.mil](http://www.tricare.mil)

## Exceptional Family Members Program

Minot Air Force Base: 701.723.5720 or 701.723.5044

Grand Forks Air Force Base: 701.747.6437

## Websites

[www.acttodayformilitaryfamilies.org](http://www.acttodayformilitaryfamilies.org)

[www.militaryonesource.mil](http://www.militaryonesource.mil)

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# Statewide Tribal Programs

INFORMATION

## Fort Berthold Indian Reservation - Three Affiliated Tribes

[www.mhanation.com](http://www.mhanation.com)

- Ebowoods Memorial Health .....701.627.4701
- MinneTohe Health Center .....701.627.4701
- Community Health Representative
  - New Town.....701.627.3653
  - Mandaree .....701.759.3441
  - Parshall .....701.862.3872
  - Twin Buttes.....701.938.4574
  - White Shield .....701.743.4178

CHILD SUPPORT

## Standing Rock Indian Reservation

[www.standingrock.org](http://www.standingrock.org)

- Public Health Service Hospital .....701.854.3831
- IHS Clinics - Cannonball, N.D. ....701.854.3453
- Community Health Representative
  - Fort Yates.....701.854.3856
  - Cannonball.....701.854.9926
- Tribal Health .....701.854.7206
- Early Childhood Tracking.....701.854.3678

PARENT SUPPORT

## Fort Totten Indian Reservation - Spirit Lake Nation

[www.spiritlakenation.com](http://www.spiritlakenation.com)

- Indian Health Service Clinic .....701.766.1600
- Maternal Child Health .....701.766.1251
- Tribal Health .....701.766.4236
- Community Health Representative .....701.766.4238
- Early Childhood Tracking ..... 701.766.1232 or 701.766.1238

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## Trenton Indian Service Area

[www.ndhealth.gov/dhs/disabilities/earlyintervention/serviced/rectory/provider](http://www.ndhealth.gov/dhs/disabilities/earlyintervention/serviced/rectory/provider)

- Trenton Community Clinic .....701.774.0461
- Community Health Representative Coordinator.....701.774.0303
- Tribal Health .....701.774.0461

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## Turtle Mountain Indian Reservation

<http://turtlemountaintribe.businesscatalyst.com/index.html>

- Quentin Burdick Health Facility .....701.477.6111 or 701.477.8429
- Community Health Representative .....701.477.5696
- Tribal Health .....701.477.6120

# Websites

## Condition-Specific Websites:

**Anne Carlsen**

[www.annecarlsen.org](http://www.annecarlsen.org)

**Autism 101 for EMS Providers**

[www.papremisealert.com](http://www.papremisealert.com)

**Autism Now**

[www.autismnow.org](http://www.autismnow.org)

**Autism Speaks**

[www.autismspeaks.org](http://www.autismspeaks.org)

**Autism Web**

[www.autismweb.com](http://www.autismweb.com)

**Autism Society of America**

[www.autism-society.org](http://www.autism-society.org)

**Autism Society of North Dakota**

[www.autismnd.org](http://www.autismnd.org)

**Autism Research Institute**

[www.autism.com](http://www.autism.com)

**Autism Today**

[www.autismtoday.com](http://www.autismtoday.com)

**Autism Link**

[www.autismlink.com](http://www.autismlink.com)

**C.A.R.D.**

[www.centerforautism.com](http://www.centerforautism.com)

**Changing Behavior**

[www.youcangrowtoday.com](http://www.youcangrowtoday.com)

**First Signs**

[www.firstsigns.org](http://www.firstsigns.org)

**National Autism Association**

[www.nationalautismassociation.org](http://www.nationalautismassociation.org)

**North Dakota Autism Center**

[www.ndautismcenter.org](http://www.ndautismcenter.org)

**Ohio Center for Autism and Low Incidence**

[www.ocali.org](http://www.ocali.org)

**Red River Valley Asperger Network**

[www.impactgiveback.org/view\\_nonprofits](http://www.impactgiveback.org/view_nonprofits)

**Sound Advice on Autism**

[www.aap.org/audio/autism](http://www.aap.org/audio/autism)



## Additional Websites for Families of Children with Special Health Care Needs:

**American Academy of Pediatric**  
[www.aap.org](http://www.aap.org)

**Autism Intervention Research  
Network on Physical Health**  
[www.autisminterventionresearch.net](http://www.autisminterventionresearch.net)

**Bright Futures**  
[www.brightfutures.org](http://www.brightfutures.org)

**CDC Parent Information**  
[www.cdc.gov/parents](http://www.cdc.gov/parents)

**Dr. Greene's House Calls**  
[www.drgreene.com](http://www.drgreene.com)

**Early Intervention**  
[www.nd.gov/dhs/services/disabilities/  
earlyintervention](http://www.nd.gov/dhs/services/disabilities/earlyintervention)

**Gillette Children's Specialty Healthcare**  
[www.gillettechildrens.org](http://www.gillettechildrens.org)

**Healthy & Ready To Work (HRTW)**  
[www.syntiro.org/hrtw](http://www.syntiro.org/hrtw)

**Kids As Self Advocates (KASA)**  
[www.fvkasa.org](http://www.fvkasa.org)

**Mayo Health Clinic**  
[www.mayoclinic.com](http://www.mayoclinic.com)

**Medical Home National Center**  
[www.medicalhomeinfo.org](http://www.medicalhomeinfo.org)

**Medical Home Portal**  
[www.medicalhomeportal.org](http://www.medicalhomeportal.org)

**MUMS (parent support)**  
[www.netnet.net/mums](http://www.netnet.net/mums)

**National Organization for Rare Disorders  
(NORD)**  
[www.rarediseases.org](http://www.rarediseases.org)

**ParentsPlace**  
[www.ivillage/pregnancy-parenting](http://www.ivillage/pregnancy-parenting)

**Social Security Administration**  
[www.ssa.gov](http://www.ssa.gov)

**Starlight/Starbright Children's Foundation**  
[www.starlight.org](http://www.starlight.org)

**University of Minnesota Children's  
Amplatz Hospital**  
[www.uofmchildrenshospital.org](http://www.uofmchildrenshospital.org)



## Severity Levels for Autism Spectrum Disorders

### DSM-5

Severity Level	Social Communication	Restricted, Repetitive Behaviors
<b>Level 3</b> <b>“Requiring very substantial supports”</b>	Severe deficits in verbal and non-verbal social communication skills; social communication skills cause severe impairments in functioning; very limited initiation of social interactions; and minimal response to social overtures from others. For example, a person with few words of intelligible speech who rarely initiates interaction, and, when he or she does, makes unusual approaches to meet needs only and responds to only very direct social approaches.	Inflexibility of behavior, extreme difficulty coping with change, or other restricted/repetitive behaviors markedly interfere with functioning in all spheres. Great distress/difficulty changing focus or attention.
<b>Level 2</b> <b>“Requiring substantial supports”</b>	Marked deficits in verbal and non-verbal social communication skills; social impairments apparent even with supports in place; limited initiation of social interactions; and reduced or abnormal responses to social overtures from others. For example, a person who speaks simple sentences, whose interaction is limited to narrow special interests, and who has markedly odd non-verbal communication.	Inflexibility of behavior, difficulty coping with change, or other restricted/repetitive behaviors appear frequently enough to be obvious to the casual observer and interfere with functioning in a variety of contexts. Distress and/or difficulty changing focus or action.
<b>Level 1</b> <b>“Requiring support”</b>	Without supports in place, deficits in social communication cause noticeable impairments. Difficulty initiating social interactions, and clear examples of atypical or unsuccessful responses to social overtures of others. May appear to have decreased interest in social interactions. For example, a person who is able to speak in full sentences and engages in communication, but whose to and fro conversation with others fails, and whose attempts to make new friends are odd and typically unsuccessful.	Inflexibility of behavior causes significant interference with functioning in one or more contexts. Difficulty switching between activities. Problems of organization and planning hamper independence.



## **The Autism Awareness Ribbon**

The puzzle pattern of this ribbon reflects the mystery and complexity of autism.

The different colors and shapes represent the diversity of those living with this disorder.

The brightness of the ribbon signals hope — hope through research and increasing awareness in people like you.





# Comments?

Please send comments or suggested edits for this book to:

North Dakota Department of Health  
Division of Children's Special Health Services  
600 East Boulevard Ave., Dept. 301  
Bismarck, ND 58505-0200  
or doheshsadm@nd.gov

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Comments: \_\_\_\_\_

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**NORTH DAKOTA**  
**DEPARTMENT *of* HEALTH**  
**Children's Special Health Services**

600 East Boulevard Ave., Dept. 301

Bismarck, ND 58505-0200

701.328.2436 or 800.755.2714

Fax: 701.328.1645

E-mail: [doheshsadm@ndgov](mailto:doheshsadm@ndgov)

[www.nd.gov/cshs](http://www.nd.gov/cshs)

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