



# AUTISM & SUPPORTS



## Diagnostic Clinics

- Pediatrician/Psychologist
- Nisonger Center, OSU: <https://nisonger.osu.edu/>
- Ohio Center for Autism & Low Incidence (OCALI): [https://www.ocali.org/project/assessment\\_asd](https://www.ocali.org/project/assessment_asd)
- Nationwide Children's Hospital: <https://www.nationwidechildrens.org/specialties/center-for-autism-spectrum-disorders>
- Haugland Learning Center: <http://hlccolumbus.com/haugland-learning-center-about-autism-services.html>
- Hopebridge Autism Therapy Centers, Dublin: <https://www.hopebridge.com/centers/dublin-oh/>



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## Services



- Franklin County Board of Developmental Disabilities: <https://fcbdd.org/enrollment/eligibility/>
  - Eligibility for services
  - Service Coordinator
  - Funding
- Help Me Grow: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/help-me-grow/Refer-to-Help-Me-Grow>
  - 0-3
  - Free
  - Help with Diagnostics
  - In home and center-based services
- Autism Scholarship Program: <https://education.ohio.gov/Topics/Other-Resources/Scholarships/Autism-Scholarship-Program>



# AUTISM & SUPPORTS



## Resources

- Ohio Center for Autism & Low Incidence (OCALI): <https://www.ocali.org/>
- Nisonger Center, OSU: <https://nisonger.osu.edu/>
- Nationwide Children's Peer to Peer Mentor Program:  
<https://www.nationwidechildrens.org/family-resources-education/patient-and-family-centered-care/connecting-families>
- Autism Society of Central Ohio: <https://www.autismcentralohio.org/support>
- Cap4Kids: <https://cap4kids.org/columbus/>



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## Schools & Therapies

- Bridgeway Academy: <http://bridgewayohio.org/>
- Oakstone Academy: <https://oakstoneacademy.org/>
- Boundless: <https://iamboundless.org/whole-person-care>
- The Learning Spectrum: <https://thelearningspectrum.com/>
- Haughland Learning Center



# ADHD & WHAT I'VE LEARNED



## 5Cs

- Self-Control: Learn to manage your own feelings first so you can act effectively and teach your child to do the same.
- Compassion: Meet your child where they are, not where you expect them to be.
- Collaboration: Work together with your child and other caregivers to find solutions to daily challenges instead of imposing rules on them.
- Consistency: Do what you say you will do—over and over and over again.
- Celebration: Acknowledge what's working and doing more of it, day after day after day



# ADHD & SUPPORTS

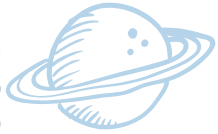


## **Diagnostics:**

- Pediatrician/psychologist

## **Services:**

- Caregiver Support & Training\*
- Medication\*
- Behavioral Support & Counseling\*
- OT
- Social Skills
- Sports/Physical Activity
- Learning, vision assessment



# ADHD & SUPPORTS



## Services:

- Help Me Grow: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/help-me-grow/Refer-to-Help-Me-Grow>
  - 0-3
  - Free
  - Help with Diagnostics
  - In home and center-based services



# ADHD & SUPPORTS



## Resources

- Childhood & Adult ADHD Support Group: <https://chadd.org/>
- ADDitude Magazine: <https://www.additudemag.com/>
- ADHD Nationwide Children's:  
<https://www.nationwidechildrens.org/conditions/attention-deficit-hyperactivity-disorder-adhd>
  - Information
  - Resources
  - Handout
  - Link to Community Education: <https://nationwidechildrens.cloud-cme.com/course/search?p=4000&curriculum=Community&sortby=adate>

## School

- Marburn Academy: <https://marburnacademy.org/>





# BEHAVIORAL SUPPORTS



## Resources

- CAP4Kids Behavior, Counseling ,& Psychiatry: <https://cap4kids.org/columbus/behavior-counseling-addiction/behavior-problems-anger-management-and-adhd/>
- Nationwide Children’s Resources For Families: <https://www.nationwidechildrens.org/specialties/behavioral-health/for-families>
- Nationwide Children’s Positive Parenting Program (Triple P): <https://www.nationwidechildrens.org/specialties/behavioral-health/for-families/triple-p>
  - Triple Seminars in Columbus: <file:///Users/toma03/Downloads/Triple%20P%20Group%20Listing%202021%20Updated.pdf>
- Mental Health America of Franklin County Support Groups: <https://mhaohio.org/get-help/support-groups/>
- Mental Health America of Franklin County Family Advocate Program: <https://mhaohio.org/get-help/family-advocate/>
- Mental Health America of Franklin Pro Bono Counseling: <https://mhaohio.org/get-help/pro-bono-counseling/>
- Maternal Mental Health: <https://mhaohio.org/get-help/maternal-mental-health/>
- Mental Health America of Franklin Additional Resources: <https://mhaohio.org/get-info/resources-2/>
- The Incredible Years Program Info: <https://incredibleyears.com/>

# PUBLIC SCHOOL SUPPORTS

- 504 Plans
- IEPs
- Parent Advocate/Mentor
  - Some districts hire these directly
  - For those that don't, you can find one here:
    - <https://www.ocecd.org/>
- Social Media groups for caregivers
- PTO & SEPTO





THANKS!