



## Resources to Help Families

- Autism Society of the Black Hills - <https://autismsd.org/>
  - Follow our Facebook page and get involved! <https://www.facebook.com/AutismSocietyBlackHills>
    - Go to an event, and reach out to our parent support group.
- [Sign up for Email Contact List - We'll email you with info on events & activities!](#)  
or <https://bit.ly/ASBHmailinglist> Scan this —>



- **SPONSORSHIP:** Are you interested in being a Sponsor for a specific event or our group in general, or know someone or a business that might? We are a tax-deductible 401(3)(c) organization & donations stay in the Black Hills area since our national organization does not charge fees. Email us at [info@autismsd.org](mailto:info@autismsd.org) and we can get you the necessary information!
- **Autism Family Support Group** - at the Rapid City Public Library (610 Quincy St, Rapid City, SD) See Facebook for dates and topics
  - You can also join Virtually: Join Zoom Meeting  
<https://us04web.zoom.us/j/9412219388?pwd=xL8XlOmnTogkoFt0w5rkHXKMhiglYA.1>

### State/Local Resources:

- South Dakota Division of Developmental Disabilities “Front Door To Services”  
<https://dhs.sd.gov/en/division-developmental-disabilities> One stop shop (and updated!) for South Dakota State offerings.
  - **When you don’t know where to begin, Call Dakota at Home (605)663-9673 and select option 2 for DD services. You’ll be directed to a live staff person who can work directly with you.**
  - Division of Developmental Disabilities ListServe (Informational Emails) sign up:  
<https://state.us7.list-manage.com/subscribe?u=3a4bb110bc1a8b2594346b1cc&id=17ff84c9a8>
  - Project Search - On the Job training for people with Disabilities:  
<https://dhs.sd.gov/en/rehabilitation-services/on-the-job-training-students-with-disabilities>
- SD Parent Connection - <https://sdparent.org/> - Connecting families who care for individuals birth to age 26 with disabilities or special health care needs to information, training, and resources in an environment of support, hope, and respect. Join their email list and see many opportunities for learning.
  - <https://sdparent.org/online-training/> Many online webinars, live and previously recorded.
  - [What Parents Should Know... About Special Education in South Dakota](#)
- Family Support 360 - <https://dhs.sd.gov/en/division-developmental-disabilities/family-support-360> - Family Support 360 (FS 360) helps people with intellectual and developmental disabilities and their families get the services they need to live in their own home and community as independently as possible. This program provides planning, support, and funds to help with adaptive activities and supplies.
- Black Hills Works <https://www.blackhillsworks.org/> - provides homes, employment, recreation, and social outlets for adults with disabilities. Today, they support almost 600 people with a wide array of disabilities, creating a community where everyone participates to achieve a life of full potential.

- Help Line Center <https://www.helplinecenter.org/2-1-1/> Scroll down to “Special Populations” and then Disability Resources for an **extensive list** of South Dakota’s best resources.
- USD Center For Disabilities -Advocates for increased self-determination, independence, and a satisfying quality of life. <https://www.usd.edu/Academics/Colleges-and-Schools/sanford-school-of-medicine/Research-and-Outreach-Centers/Center-for-Disabilities#>
- Western Resources Independent Living -Assists individuals with finding affordable and accessible housing, equipping a home with assistive technologies, or enhancing independent living skills. <https://wril.org/> They offer Support Groups too!
- Project Lifesaver - non-profit organization actively educating and equipping public safety agencies in the protection, search, and safe recovery of wanderers <https://projectlifesaver.org/> In our area, the partner agency is Pennington County Sheriff’s Office. (605)394-2151

#### Our National Office:

- <https://autismsociety.org/> Autism Society of America

#### Therapy:

- Impact Learning and Development Center, Rapid City, SD - <https://theimpactlc.com/services/> - provides therapy including ABA (Applied Behavior Analysis) Therapy. This is a type of therapy used to help children develop adaptive and positive behaviors. This approach looks at the relationship between behavior and environment and uses proven methods to create positive changes in behavior. Through ABA, children learn skills such as communication, social interaction, and problem-solving. ABA Therapy helps children learn how to interact with their environment in a healthy way.
- LifeScape - <https://www.lifescapesd.org/services> - Provides a wide range of services for children and adults who have disabilities and medical rehabilitation needs—from very mild to very complex.
- Children’s Therapy Services - <https://www.childrenstherapyservicesd.com/> - works closely with families and school faculty to ensure that kids achieve goals, experience new ideas, and excel at the level they are at.
- Shining Pathways - <https://shiningpathwayaba.com/> Tailored ABA therapy designed to meet the unique needs of each child, fostering individualized progress and development
- Therapy & Diagnosis - we recommend starting with your school and teachers for best and fastest attention.
  - Adults & Clinical Therapies for those on the spectrum:  
LMB Therapy (605) 857-8093 or  
Psychology Associates, <https://pabh.org/meet-our-clinicians/miller/>

#### Other Fun and Therapeutic Ideas:

- Special Olympics - <https://rcflame.org/> - Special Olympics Rapid City Flame is an organization of community and business leaders, coaches, volunteers and parents who provide year-round sports training and athletic competition in various sports for children and young adults with intellectual disabilities. State Website: <https://sosd.org/>
- SunCatcher Therapeutic Riding Academy <https://www.suncatchertra.org/> - Offers weekly riding lessons, or ground work for anyone with Special Needs. This can be paid for with Family Support 360 Funds under “Equine Therapy”

- Flutter Productions - <https://www.flutterproductions.com/> - Flutter Productions, part of the Black Hills Works family, creates opportunities for performers of all-abilities to soar, challenging the perception of people with disabilities and creating a new creative community in which performers - with and without disabilities - come together to celebrate the human spirit.
- The **first Saturday of every month** is a group activity at Get Air in Rapid City (449 America's Way, Rapid City, SD 57701)! Come and chat with other caretakers and jump for free with your kids. ASBH Families get a special 20% discount in addition to this already discounted price! All you have to do is mention us!
  - **"A Special Time for You"** The First Saturday Of Each Month – 8 AM to 10 AM Big Air – \$15.99, Little Air – \$9.99
- Barefoot Dance Mixed Abilities Class - <https://www.barefootdancerc.com/mixed-ability> - Mixed-Ability is a special class designed to give all children a chance to dance! This class focuses on body awareness, muscle memory, movement vocabulary (ballet/modern/jazz fundamentals), connection to music, teamwork and technique. This class meets once a week and performs in our annual recital.
- Blended Aquatics - <https://www.blendedaquatics.com/about-us/> - Offers individualized swim services based on the client's environment, needs, and abilities. Their specialty is generalizing water safety so that individuals can be integrated into community swim classes, peer based water activities, and families can be part of the community.

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

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

Advocacy:

- Inspire Education: Coaching and Advocacy - <https://inspire1learning.com/> - Jackie can support children in the learning and development by engaging with school in a meaningful way. She values open communication and equal partnership between families and schools. She specializes in Dyslexia, Anxiety, ADHD, Autism, and TBI.

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

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

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

## Online Resources:

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

- <https://www.autismsocialstories.com/stories.html> - free downloadable/printable social stories

Games and activities to support attending, listening, and following directions, all while intentionally moving the body:

- Simon Says - Red-Light, Green-Light (add extra colors with more moves as you go along, such as “blue means spin in a circle; purple means hop in place; etc) - Guesstures - Freeze tag - Head-Shoulders-Knees-and Toes - Go Noodle (online) - Cosmic Kids Yoga (story-based, fun, interactive yoga on YouTube)

More books we like:

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

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

Find us on Facebook! Look for “Autism Society of the Black Hills (ASBH)”

Join our ASBH Caregiver Connections Group on Facebook - scan this QR Code —>



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