

# COVID-19 Resource

## Autism and Intellectual Disability Services

Updated December 1, 2020

Due to COVID-19 services and programs are changing rapidly.  
Please contact agencies directly to determine the availability of their individual programs.

Organization	Support/Resource
Dakota County CLS Intake	The Community Living Services unit can help find solutions to help individuals with disabilities live as independently as possible; <a href="#">Aging &amp; Disability Services</a> <b>651-554-6336</b> <a href="mailto:clsintake@co.dakota.mn.us">clsintake@co.dakota.mn.us</a>
Dakota County Crisis Response Unit ( <a href="#">CRU</a> )	Providing mental health crisis for children and adults support via phone. Call <b>952-891-7171</b> 24/7 for assistance.
Emergency Psychiatry Appointments	Dakota County contracts with the Associated Clinic of Psychology and MN Mental Health Clinics for Emergency Psychiatry appointment call CRU at <b>952-891-7171</b> .
ARC-Minnesota Advocacy Resource	Various resources for individuals with disabilities; <a href="#">ARC-MN COVID 19 Resource Guide</a> -How to talk about COVID-19 -Financial/unemployment support -Emergency Preparedness -Self Advocacy Resources For more information, call 952-920-0855
AUSM Autism Society of Minnesota	<a href="#">AUSM</a> provides information, webinars, therapy for children and adults affected by the Autism Spectrum Disorder. <b>651-647-1082</b>



Wash your hands.



Stay home when sick.



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<p><b>Parent Support and Navigation</b></p> <p><b>Isuroon</b></p> <p><b>NAMI Minnesota</b></p>	<p>Two agencies in Dakota County provide parent support and connection to mental health resources when a parent is concerned about their child who is ages 1 to 21. There is no cost for these services</p> <p>Isuroon provides culturally specific support to the Somali and East African Communities. <a href="#">Isuroon</a> They are currently taking new referrals and teletherapy mediums such as Skype, Facetime, etc. <b>612-886-2731</b></p> <p><a href="#">NAMI</a> is now providing support, resources, <a href="#">online support groups</a> and <a href="#">classes</a> to children and families living with mental illnesses.</p> <p>NAMI Help Line <b>651-645-2948 X117</b></p>
<p><b>LawHelpMn.org</b></p>	<p>Legal Help for Residents: <a href="#">COVID-19 and Legal Rights</a></p>
<p><b>Resources and Strategies to Support Children with Disabilities.</b></p>	<p><a href="#">This document</a> links users to webinars, tips sheets, social stories for leaders, service providers, teachers, support staff, children and families.</p>
<p><b>Proof Alliance FASD Support Grant</b></p>	<p>This program provides one-time, limited financial assistance up to \$500 to families raising children with an FASD, or individuals with an FASD. Funds are restricted to families/individuals residing in Dakota, Ramsey and Washington Counties. Funds will not be allocated for supports or services already being paid for by a government entity. <a href="#">Click here for the application</a></p> <ul style="list-style-type: none"> <li>• This grand can be used for sensory items</li> <li>• School supplies</li> <li>• Tutoring and or lessons of any kind</li> </ul> <p>Families will have to provided three things:</p> <ul style="list-style-type: none"> <li>• Proof of diagnosis</li> <li>• Letter explaining what the grant is being used for</li> <li>• Proof of income</li> <li>• Contact: <a href="mailto:Roxanne.King@proofalliance.org">Roxanne.King@proofalliance.org</a>   P: 651.917.2370 EXT. 107</li> </ul>



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### Online Resources

<b>Autism Speaks</b>	Autism website with various resources for parents and adults; <a href="#">Autism COVID-19 Resources</a> <ul style="list-style-type: none"><li>• <i>Teaching/Visual Supports</i></li><li>• <i>Behavioral Support</i></li><li>• <i>Parent Support</i></li><li>• <i>Stress &amp; Mental Health</i></li><li>• <i>Virtual Support Events</i></li><li>• <i>Sensory support</i></li></ul> <b>224-567-8573 ext. 67114</b>
<b>Autism Research Institute</b>	<a href="#">Coping with COVID-19</a> <ul style="list-style-type: none"><li>• <i>Webinars</i></li><li>• <i>Social Stories</i></li><li>• <i>Change in Routine</i></li><li>• <i>Behavioral Support Resources</i></li></ul> <b>833-281-7165</b>
<b>Autism Parenting Magazine</b>	<a href="#">Parent Resources</a> <a href="#">Variety of articles to support parents during COVID-19</a> <ul style="list-style-type: none"><li>• <a href="#">Navigating Disrupted Routines</a></li><li>• <a href="#">Meeting sensory needs at home</a></li><li>• <a href="#">Managing Emotional Impact</a></li></ul>
<b>Project Echo</b>	<a href="#">Resources for parents during COVID-19; Autism Parent Resources</a>
<b>Resources for Autism</b>	Website with Autism specific COVID-19 Resources; <a href="#">Resources for Autism</a>
<b>How To ABA</b>	Resources for children with Autism during COVID-19; <a href="#">Autism Resources</a>
<b>AFIRM</b>	<a href="#">COVID-19 Toolkit</a>
<b>Disability Hub</b>	<a href="#">Disability COVID-19 Resources</a>



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<b>MN Department of Education</b>	Q & A regarding Special Education Due Process and Online Distance Learning; <a href="#">MDE Resources</a>
<b>PACER</b>	<a href="#">Special Education Advisory</a> <ul style="list-style-type: none"> <li>• <a href="#">Simon Technology Center</a></li> <li>• <a href="#">Parent and Youth Resources, Webinars and Events</a></li> <li>• <a href="#">Mental Health Resources, Webinars, and Events</a></li> <li>• <b>952-838-9000</b></li> </ul>
<b>Rogers Behavioral Health</b>	Virtual OCD and anxiety parent and caregiver support group on the third Tuesday of every month from 6:30 to 8 pm. Those interested in attending the online support group should RSVP to Katie Richburg at <a href="mailto:kathaleen.richburg@rogersbh.org">kathaleen.richburg@rogersbh.org</a> prior to each meeting to receive an email invitation with instructions on how to join.
<b>DHS Autism Portal</b>	<a href="#">Autism Portal</a>
<b>VITALS Aware Service</b>	Real time safety service/device for vulnerable individuals; <a href="#">VITALS</a> *Service is being offered for FREE during COVID-19 <b>612-599-7595</b>
<b>Mental Health Crisis Lines</b>	National Suicide Prevention Lifeline: <b>1.800.273.TALK (8255)</b> Crisis Lifeline: <b>texting MN to 741741</b> SAMHSA Disaster Distress Helpline: <b>1.800.985.5990</b>
<b>Minnesota Council on Disability</b>	<a href="#">COVID 19 Information</a> Contact the Minnesota Department of Human Rights Discrimination Helpline if you have experienced or witnessed an incident of discrimination or bias: By phone: <b>1-833-454-0148</b> Online: <a href="#">Complaint Form</a> The helpline is staffed Monday through Friday from 8:00 am to 4:30 pm. Translation/interpretation services are available.

For up to date, accurate information, visit the [Minnesota Department of Health \(MDH\) COVID-19 webpage](#), the [Centers for Disease Control \(CDC\) Coronavirus webpage](#), or the [Dakota County COVID-19 webpage](#).

