



Building Healthy Connections Newsletter April 2022

April is... Autism Awareness Month!



Below are recommended resources & organizations to explore to learn more about Autism, how to support Autistic individuals, & how to foster inclusion:

Autistic Self Advocacy Network
<https://autisticadvocacy.org/>



"The Autistic Self Advocacy Network is a 501(c)(3) nonprofit organization run by and for autistic people. ASAN is a national grassroots disability rights organization for the autistic community. We fight for disability rights. We work to make sure autistic people are included in policy-making, so that laws and policies meet our community's needs. We work to support all forms of self-advocacy and to change the way people think about autism. Our members and supporters include autistic adults and youth, cross-disability advocates, and non-autistic family members, professionals, educators, and friends."

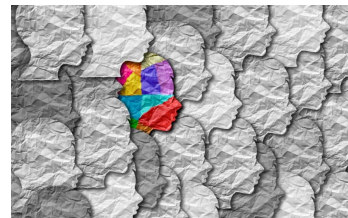
Autism Level Up
<https://autismlevelup.com/>



"Our philosophy is that through education,

In the Blog...

AUTISM AWARENESS MONTH: WHAT IS NEURODIVERSITY?



Neurodiversity captures the idea that developmental differences are a result of normal variations in the genome. It is a movement that focuses on brain differences rather than deficits and challenging one's ideas about "normalcy" and the value placed on conforming to neurotypical ideals.

Read More

Check out more SVPS Blog content!

accessible resources, practical strategies and a commitment to consistently incorporating the experiences and perspectives of autistic people, we can support the leveling up of society when it comes to autism and neurodiversity. Of course, our primary goal is to support autistic individuals, but the more we are able to spread real awareness and support others in moving from awareness to acceptance, acceptance to appreciation, appreciation to empowerment and from empowerment to activism, the more positive change we will see at those large institutional and societal levels that can greatly benefit the autistic community."



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Not An Autism Mom
...Parenting with a Dash of Awareness
<https://notanautismmom.com/>

"Meghan Ashburn is an educational consultant, professional development facilitator, and writer. She's passionate about helping teachers, schools, and districts create more inclusive and accessible environments for children. This type of change doesn't come easily. It takes learning and unlearning. It takes planning and intent. It takes vision and innovation."

Book Recommendation:



Welcome to the Autistic Community
Autistic Self Advocacy Network (2020)

"This book is about what it means to be a part of the autistic community. Autistic people wrote this book. Some autistic people are just learning about their

autism. We wanted to welcome them and give them a lot of important information all in one place.

This book talks about what autism is and how it affects our lives. It talks about our history, our community, and our rights. We wrote this book in plain language so that more people can understand it.

We wrote this book for autistic people, but anyone can read it. If you are not autistic, this book can help you support autistic people you know. If you are wondering whether you might be autistic, this book can help you learn more. If you are autistic, think you might be autistic, or if you want to better understand autistic people, this book is for you. Welcome to the autistic community!"

<https://autisticadvocacy.org/book/welcome-to-the-autistic-community/>

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



Contact Us!

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