

## Specialty Therapies and Treatments

Does your child have challenging behaviors that are difficult to control?  
Or does your child need help learning new skills?

*If yes, you may want to try Applied Behavior Analysis (ABA).*

**Applied Behavior Analysis (ABA):** ABA is a method used to reduce challenging behaviors. ABA is also used to help people acquire and improve many skills including language, attention, social awareness, self-help, and play. ABA has been found to be very effective for children diagnosed with Autism Spectrum Disorder and other similar developmental disabilities. For more information on ABA see our [ABA Handout](#).

**Whatcom County ABA providers:**

[Bayside Autism](#)

425-429-4793

[Pacific Northwest Autism](#)

360-348-6414

[Endless Potential, LLC](#)

360-930-6063

[Sendan Center](#)

360-305-3275

**For information on getting ABA covered by Medicaid and a list of covered providers:**

[Medicaid Applied Behavioral Analysis \(ABA\) Therapy Program](#): 360-725-1681

Does your child feel anxious or depressed?  
Or does your child have difficulty paying attention or staying focused?  
Or does your family have difficulty coping with day-to-day challenges?

*If yes, try Counseling, Family Therapy, or Psychotherapy.*

**Counseling, Family Therapy, or Psychotherapy:** These types of therapies help to treat mental health issues your child may have. Mental health diagnoses like anxiety or ADHD can often co-occur with autism. These types of therapies can help treat these issues. Sometimes, it can be challenging to care for a child with autism. Family therapy can help both the child with autism and the whole family.

**How do I find a counselor, family therapist, or psychotherapist?**

- Ask your child's primary care provider for a referral.
- Contact your insurance company for an approved list of mental health providers.
- For children on Medicaid (Apple Health) contact the North Sound Mental Health Administration at (NSMHA) at 360-416-7013.
- [NAMI Whatcom](#) has an online directory of mental health providers as well as support groups and classes for parents. You can also contact them at 360-671-4950.

Does your child have behaviors that therapy doesn't help?

*If yes, you might want to consider Medication.*

**Medication:** Medication may help manage some symptoms of autism. Medication by itself does not work as well as medication combined with other therapies. Only certain types of providers can prescribe medication. Talk to your doctor if you are interested in exploring medication options. They may be able to recommend a psychiatric provider or directly prescribe medication in consultation with a psychiatric provider.

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Does your child have difficulty using words to communicate?  
 Does your child have unusual ways of communicating?  
 Does your child have difficulty understanding social cues?

*If yes, try Speech/Language Therapy.*

**Speech/Language Therapy:** Speech/language therapy is used to improve your child’s ability to communicate. This could range from teaching a child who does not speak to communicate with a pictures or gestures, to teaching a child to use words and sentences, to working with a group of teens on social skills. This type of therapy is performed by a Speech Language Pathologist (SLP). Some SLPs may also provide feeding therapy. (See provider chart below.)

Does your child have difficulty with balance or movement?  
 Or does your child seem to over- or under-react to sensations?  
 Or does your child have difficulty with toileting, dressing, eating, or other self-care tasks?

*If yes, try Occupational Therapy.*

**Occupational Therapy:** Occupational Therapy assists with in the development of motor skills used in daily living. The Occupational Therapist may focus on sensory issues, coordination of movement, and balance. Treatment might include self-help skills such as dressing, eating, or grooming. The Occupational Therapist helps to minimize the impact of disability. (See provider chart below.)

Does your child have difficulty with balance or movement?

*If yes, try Physical Therapy.*

**Physical Therapy:** Physical therapists use a variety of treatments to help build strength, improve movement, and strengthen skills needed to complete daily activities. (See provider chart below.)

### Whatcom Speech/Language (SLP), Occupational (OT), and Physical Therapy (PT) providers:

<u><a href="#">Bayside Autism</a></u> 425-429-4793 <b>SLP</b>	<u><a href="#">Connections</a></u> 360-756-1495 <b>SLP</b>	<u><a href="#">Harmony Physical Therapy</a></u> 360-441-6053 <b>PT</b>	<u><a href="#">Integrative Physical Therapy Services</a></u> 360-715-8686 <b>PT</b>
<u><a href="#">Kids in Motion</a></u> 412-444-5437 <b>SLP OT</b>	<u><a href="#">Kornerstone Kids</a></u> 360-752-1115 <b>SLP OT PT</b>	<u><a href="#">Pacific Kids Therapy</a></u> 360-393-6210 <b>OT</b>	
<u><a href="#">PeaceHealth Medical Group Children’s Therapy</a></u> 360-752-5622 <b>SLP OT PT</b>		<u><a href="#">Pediatric NDT and SI Therapy Services</a></u> 360-398-2772 <b>OT</b>	
<u><a href="#">Sendan Center</a></u> 360-305-3275 <b>SLP</b>	<u><a href="#">Washington Elks Therapy Program</a></u> 800-825-3557 <b>OT</b>		
<u><a href="#">Whatcom Physical Therapy</a></u> 360-332-8167 <b>PT</b>	<u><a href="#">WWU Speech-Language-Hearing Clinic</a></u> 360-650-3881 <b>SLP</b>		