



COMPLEX CARE SUPPORT & RESOURCE GUIDE



Autism &
ID/DD
Community



Introduction

Caring for a loved one with complex needs is a journey that asks more of families than most people will ever fully see. It is a path shaped by moments of uncertainty, systems that can feel overwhelming, and responsibilities that stretch far beyond the everyday. Yet it is also a journey defined by deep love, resilience, and connection. Whether you are navigating medical complications, managing behavioral or educational needs, coordinating multiple services, or simply trying to move through each day with hope, you are not alone. This guide was created for the parents who persist, the siblings who adapt, the grandparents who step in, and the caregivers who show up with courage and compassion.

Today, the needs in our community are significant—and growing. The Centers for Disease Control and Prevention (CDC) reports that 26.7% of autistic individuals meet criteria for profound Autism, meaning they are non-speaking, minimally speaking, or have an IQ below 50. In California, the Department of Developmental Services estimates that more than 6,600 teens and adults with Autism served by Inland Regional Center experience behaviors such as self-injury, aggression, or property destruction, often alongside complex medical, behavioral, and mental health needs. These individuals rely on a coordinated safety-net system—spanning special education, regional center services, medical and behavioral health providers, mobile crisis teams, and community support—to stay safe, supported, and connected throughout their lives.

This guide is designed to clarify that complexity. Inside, you will find practical tools, trusted resources, and guidance informed by both professional expertise and lived experience. Our goal is to help you navigate systems, understand available support, advocate confidently, and make informed decisions that work for your family. This resource was built collaboratively—by families, professionals, and community partners who share a commitment to improving the lives of individuals with Autism and complex needs.

Above all, we want you to know this: You are not alone. We are here to walk beside you, every step of the way.

This is an evolving document and may be updated as needed. It will reside on our web page, accessible [here](#).

We also recognize that no two families experience this journey in the same way. Parents and caregivers recommended many of the resources included here, but we know that what works well for one family may not work for another. If you come across a resource that doesn't meet your needs or feel accurate for your situation, please reach out and let us know—your feedback helps strengthen this guide for everyone.

Thank you to all the families and professionals whose insight, experience, and dedication helped shape and strengthen this resource. This project took nine months to complete, and finding, verifying, and organizing these resources was not easy — but your collaboration made it possible.

We are deeply grateful for the generosity and partnership of Yuhaaviatam of San Manuel Nation, Parkview Legacy Foundation, Inland Empire Community Foundation, and IEHP Foundation, whose support makes this work possible.

SCAN HERE
FOR MORE INFORMATION



The resources listed in this guide are provided for informational purposes only and are not comprehensive. The Autism Society Inland Empire does not endorse or recommend any specific product, service, treatment, therapy, program, or provider mentioned herein. Inclusion in this guide does not imply endorsement, and omission does not mean disapproval. All referrals are offered as potential options for families to explore and do not constitute professional advice or recommendations. Families are encouraged to conduct their own research and consult with qualified professionals to determine what is most appropriate for their individual needs. The Autism Society Inland Empire is not responsible for the outcomes or consequences of any interactions with the individuals or organizations listed. We reserve the right to update, add, or remove resources from this guide at our discretion.

If you would like your organization considered for inclusion in this guide, please email us at info@ieautism.org.

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AAC Communication

AAC Connections – Southern California

www.aacconnections.org

Darlene Hanson is a national expert in Augmentative and Alternative Communication (AAC) and provides AAC assessments, speech-language therapy, AAC intervention, training for communication partners, and comprehensive services for individuals who are non-verbal, have limited communication, or use AAC. Therapy is available at home or via telehealth.

Autistically Inclined - Southern California

www.autisticallyinclined.com

(413) 329-6200

support@autisticallyinclined.com

Text-based communication, such as letterboards and keyboards, is taught to non-speaking individuals with Autism, their families, and providers, through both direct services and online training.

Ensemble Therapy

<https://www.ensembletherapyservices.com/>

Palm Desert - (760) 837-0033

Colton - (909) 388-2200

info@ensembletherapyservices.com

Supports individuals with communication impairments through alternative methods, such as devices or sign language.

Justine Sherman and Associates

<http://www.justineshermanslp.com/>

Claremont - (909) 626-0900

Monrovia - (626) 355-1729

Camarillo - (805) 504-2200

justine@justineshermanslp.com

A nonpublic agency that serves the speech-language, educational, and orofacial myofunctional needs of clients throughout the San Gabriel and Pomona Valleys.

Lucid Speech and Language Center

www.lucidspeech.com

Murrieta - (951) 461-1190

Riverside - (951) 808-5850

Menifee - (951) 566-4444

Clinic features speech therapists specializing in augmentative and alternative communication, who can conduct AAC assessments for a wide range of devices. The clinic accepts most major health insurance plans and accepts credit card payments.



Sparkle Where Our Voices Shine

<https://www.sparklewovs.org/>

Rialto - (909) 343-4005

Victorville - (760) 546-6210

Glendora - (626) 628-1246

Help individuals of all ages find their voice—whether through spoken words, assistive technology, or alternative communication methods.

Wings Speech and Language Services

www.wingsspeech.com

Hesperia - (760) 981-1069

Speech pathologists are available to conduct AAC assessments, currently offered only at the High Desert location.

Addiction Treatment

Adelpha Psychiatric Group

<https://www.adelphapsych.com/service/addiction>

Encino, Pasadena, Oakland - 866-4-ADELPHA

Adelpha Psychiatric Group provides comprehensive psychiatric care for children, teens, and adults. Their multidisciplinary team offers psychotherapy, medication management, and advanced treatments such as TMS, specializing in complex conditions including depression, anxiety, bipolar disorder, and addiction, with a whole-patient, evidence-based approach.

Moment of Clarity

<https://momentofclarity.com/locations/orange-county-ca/>

Santa Ana - (949) 997-1677

Treats individuals with mental health disorders and Autism, including those with addiction issues—several treatment options available for mental illness, from weekly therapy sessions to intensive inpatient treatment. Outpatient mental health treatment provides comprehensive care for more than weekly sessions, but patients still reside at home. Programs allow patients to access a personal support network and the outside world and can include therapeutic options, medication management, and holistic services tailored to each person's unique needs. Outpatient treatment program utilizes several modalities, including Individual Therapy, Group Therapy, Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, and EMDR Therapy. Accepts major PPO insurances – no Medi-Cal.

Sober State

<https://sober-state.ai/>

Los Angeles - (424) 269-0076

Regional Recovery Program (RRP) is grounded in the belief that all individuals, including youth and adults with disabilities (including developmental and intellectual, DD/ID), deserve equal access to alcohol/drug use prevention, pornography addiction, and recovery support services. Adopts a person-centered approach, recognizing the unique strengths, challenges, and aspirations of every individual. Philosophy is centered on promoting health, well-being, and empowerment; fostering a safe and inclusive environment; and providing culturally sensitive, individualized care grounded in evidence-based practices, including Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), and Mindfulness. Currently not accepting medical insurance. Although not an IRC vendor, the Regional Center may serve as a courtesy vendor.

Behavioral Dentistry

Many autistic children, teens, and adults feel anxious or overwhelmed at the dentist. Bright lights, unfamiliar tools, new people, or unexpected sounds can make dental visits very stressful. To help, some dentists use Behavior Management, which means they take extra time, use gentle strategies, and adapt to the environment to help your child feel safe and comfortable during their appointment.

Behavior Management can include:

- Short, calm "get-to-know-you" visits
- Slowly introducing dental tools and steps
- Using pictures or visual schedules
- Allowing breaks
- Reducing sensory triggers
- Speaking in reassuring, predictable ways
- Working at your loved one's pace

Dentists can bill for Behavior Management using specific CDT (Current Dental Terminology) codes. These codes help cover the extra time and individualized support your child receives.

- Behavior Management — Extra Time and Support. CDT Code: D9910. This code is used when the dentist needs extra time, strategies, or modifications to help your child feel calm and participate in the visit.
- Advanced Behavior Management. CDT Code: D9920. Used when additional support is needed to finish a procedure safely.
- Care Coordination (If the dentist collaborates with your care team). CDT Codes: D9991–D9993. Used if the dentist communicates with you, therapists, medical providers, or school staff to prepare for your child's visit.
- Tele dentistry for Preparation. CDT Codes: D9995 (live video), D9996 (photo/video review). Sometimes the dentist schedules a short virtual meeting to prepare your child before the in-person visit.

Inland Regional Center (IRC)

Inland Regional Center clients may have access to dental hygienists if they are unable to visit a dental office and instead visit the Regional Center's facility or a private home. You will need to contact your IRC service coordinator and request a referral to the dental coordinator for services. These visits allow the dental coordinator to introduce dental tools, sounds, and routines in a familiar and low-stress environment, helping the individual gradually build tolerance and reduce anxiety.

Behavior Services for Individuals with ASD & Complex Needs

Autism Spectrum Therapies (AST)

<https://autismtherapies.com/>

Menifee, Ontario, Temecula, Corona, Riverside, Victorville - (866) 727-8274

AST provides individualized ABA therapy for children, teens, and adults with significant behavioral needs. Clinicians consider safety, medical factors, and co-occurring diagnoses to create personalized plans, and board-certified behavior analysts coordinate care with families, schools, and other providers. Services are offered in homes, schools, community settings, and AST Learning Centers across the Inland Empire. Families can request services through the website or Parent Portal. AST accepts most insurance plans, including Medi-Cal and Inland Regional Center (IRC).

Behavior Analyst International

<https://behavioranalystsinternational.com/>

(840) 201-5818

Experience with complex needs, dedicated to enhancing the well-being of individuals with developmental disabilities by implementing Applied Behavior Analysis (ABA) strategies that are individualized, evidence-based, and centered on promoting independence, social integration, and overall quality of life. Serves all of Riverside and San Bernardino County.

Breaking Barriers

<https://breakingbarriersaba.org/>

Sacramento - (530) 206-9663

Provide high-quality ABA therapy for individuals ages 2–60 with diverse diagnoses, including ASD, ADHD, Down syndrome, OCD, and developmental delays. They specialize in supporting clients with severe behaviors—such as aggression, disruption, and self-injury—while building functional skills like communication. Using personalized, evidence-based interventions, they aim to reduce challenging behaviors and improve quality of life. Vendored with the San Gabriel Regional Center.

Easterseals Southern California (ESSC) Center of Excellence

1063 McGaw Ave. Suite #100, Irvine, CA 92614

(714) 834-1111

This brand-new center, which opened in 2026, is a Behavioral Health Clinic that provides support for children, teens, and adults with Autism Spectrum Disorder (ASD) who also experience conditions like ADHD, anxiety, or other behavioral health needs. Services include individual, group, and parent therapy—both in person and through telehealth. Offers:

- **Severe Behavior Services:** Helps reduce serious and challenging behaviors, such as aggression, self-injury, and property destruction. The goal is to improve safety, increase independence, and help individuals access more community opportunities. This program is one of the only centers of its kind on the West Coast.

- Safety and Crisis Stabilization. Offers crisis prevention and intervention for people with neurodevelopmental disabilities and mental health needs. Services focus on stabilizing crises, improving overall well-being, and reducing the need for emergency rooms or law enforcement involvement.
- Enhanced Care Management to coordinate care, connect to resources, and help families navigate services quickly.

Easterseals Southern California (ESSC) Severe Behavior Services (SBS)

www.easterseals.com/southernca/programs-and-services/severe-behavior-services/
(833) 715-0127

BehaviorHealthServicesdepartment@essc.org

SBS Therapy Centers, featuring unique safety features and highly trained staff, provides expert services to children, teens, and young adults in Southern California with intensive behavioral challenges, as well as their families. Severe behaviors may include:

- Trauma, or eating disorders
- Self-harm, or talking about wanting to hurt oneself
- Causing damage, breaking objects, or destroying property
- Needing special spaces like padded rooms to stay safe

There is no age limit for participation. Most participants come with a diagnosis of Autism or other disabilities and severe behavior challenges. Services are set up with safety in mind to ensure accurate outcomes and effective treatments. Accepts Kaiser and IEHP. May be able to obtain a single-case agreement with other insurance types.

Fred Finch Youth and Family Services

<https://www.fredfinch.org/>

An Inland Regional Center vendor that provides specialized wraparound services in Riverside County. Developed to specifically meet the needs of individuals with developmental disabilities and mental health concerns, ages 5-25. A community/Home-based program that offers a hybrid model to develop safety, stabilization, and sustainable change. The team consists of a mental health clinician (coordinator or care facilitator), a Behavioral Counselor, and a Family Partner. The timeline for services is determined based on the participant's presentation of need and our funder's approval to continue. The average length of stay is 18 months. English and Spanish.

Pacific Clinics' Neurodevelopmental Center

pacificclinics.org/center-for-divergent-connections/

Upland - (909) 266-2810

centerfordivergentconnections@pacificclinics.org

Vendored by Inland Regional Center crisis stabilization services (vendor code 017). Ask the caseworker for service and explain if you have been rejected or dropped by other ABA services, and what the need in the home is.

Blood Draws

Preparing for a blood draw or medical procedure can be especially challenging for autistic children, teens, and adults. To help reduce fear, pain, and sensory overload, several tools and supports can make the experience safer and more comfortable. The following resources include pain-relief options, sensory-friendly devices, in-home blood-draw services, and social stories and videos designed to help individuals understand what to expect. These strategies empower families and providers to create calmer, more predictable experiences supporting both emotional and physical comfort during necessary medical care.

- **Conscious sedation with Versed** (midazolam) is a safe and commonly used medicine that helps children feel relaxed and calm during medical procedures. It makes them sleepy, reduces anxiety, and often helps them not remember the procedure afterward. Your child will still be able to respond to simple instructions, and a trained medical team will closely monitor them throughout to ensure their safety. This type of sedation helps make difficult or scary procedures much easier and more comfortable for children.
- **"Freezy" Fast-Acting Numbing Sprays.** Cold sprays numb the skin's surface in a few seconds and are great when time is limited.
- **Buzzy® Bee or Cold/Vibration Devices.** A small device that combines cold and vibration near the poke site to block pain signals and reduce needle discomfort.
- The **J-Tip** is a small, needle-free device that uses a quick burst of CO₂ pressure to push numbing medicine just under the skin. It produces immediate numbing, which means the actual shot or blood draw that comes afterward is much less painful—or sometimes not felt at all. For many autistic children, teens, and adults who experience needle anxiety or sensory sensitivities, the J-Tip can make medical procedures far more manageable. It works in seconds, doesn't require advanced preparation, and can help reduce fear, stress, and resistance during vaccinations or other needle-based procedures.
- **In-home phlebotomy sessions.**
 - These cost additional money (\$79 - \$99) but will ensure the phlebotomist is aware of the consumer's needs and work to support a safe blood draw. Both LabCorp and Quest offer these services. See below for other labs.
- **Social Stories and Videos:**
 - Autism Research Institute – Blood Draw Social Story and Video created specifically for autistic individuals. Shows what to expect step-by-step and includes a printable social story. <https://autism.org/blood-draw-autism-video/>
 - ASERT / PAAutism.org – "Getting Blood Drawn" Social Story. Clear visuals and simple language suitable for children, teens, and adults <https://paautism.org/resource/medical-social-story-collection/>
 - Rady Children's Hospital – Autism-Friendly Blood Draw Social Story. Comprehensive, step-by-step guide. Adaptable for different ages and

language levels and includes a picture schedule.

<https://www.rchsd.org/documents/2023/08/autism-blood-draw.pdf/>

- o Mass General Hospital – Adult Blood Draw Social Stories (Multiple Languages). Designed specifically for adults with Autism. Available in English, Spanish, Portuguese, and Haitian Creole
massgeneral.org/children/autism/lurie-center/social-narratives

Atria Mobile

<https://www.atriamobile.com/>

Chino Hills – (888) 404-9005

Mobile only. Home Blood Draw Service for California, including Orange County, Inland Empire, Palm Desert, Los Angeles, and San Diego. Experience with Special Needs individuals. LabCorp, Quest Diagnostics, and Vibrant America orders are welcome as well.

Riverside Medical Clinic-Temescal Valley

<https://www.riversidemedicalclinic.com/>

Temescal Valley - (951) 493-6820

Phlebotomists work with individuals with special needs. Must be a patient at the clinic to access laboratory services. Lab hours: Mon - Fri 7:00 am-6:00 pm & Sat 7:00 am-12:00 pm.

Onsite Phlebotomy Solutions

<https://www.onsitephlebotomysolutions.com/>

Colton - (909) 554-3386

Mobile phlebotomy services that specialize in pediatric draws for children on the Autism spectrum, difficult venous access (hard sticks), and convenient at-home or in-office blood draws.

Veni Health and Wellness Phlebotomy

<https://veniexpress.com/>

Escondido - (619) 317-1777

Veni Health & Wellness Phlebotomy offers safe, convenient mobile blood draws and most laboratory services in your community. Serves the Inland Empire and San Diego County. Special Needs accommodations available.

Case Coordination and Resources

Depending on your journey, family members may need additional assistance to help them navigate services, assessments, and support tailored to their loved ones' unique needs. There are different levels of support, ranging from calling and asking questions to watching webinars and having an enhanced case manager assist you in finding doctors and service providers.

- Parent-to-Parent Support
- Inland Regional Center CSC
- Medical insurance case worker
- Enhanced Case Management paid through medical insurance

Easterseals Southern California Enhanced Care Management (ECM) brings together Board Certified Behavior Analysts (BCBAs) as case managers to provide more streamlined, efficient care coordination for at-risk individuals. People who receive Enhanced Care Management include, but are not limited to, individuals who have:

- Complex behavioral or medical needs
- History of trauma
- History of repeated visits to the ER or hospitalizations
- Involvement with law enforcement
- A risk of losing their living environment or support services

Working with the individual's current service and support providers, Easterseals BCBAs develop a common goal and coordinate an approach. During this process, they assist with securing necessary resources, overcoming barriers, and expediting treatments that address the individual's unique needs. This includes issues related to housing, transportation, and other areas addressed through referral and outreach and funded by Kaiser and IEHP with single-case agreements.

Inland Empire Health Plan (IEHP):

- **Open Access** for IEHP members in foster care. Offers Care Management and Care Coordination assistance to help find a medical or behavioral health professional in your area. Call 800-706-4347 for more information.
- **Specialty Kids Intervention (SKI) Team** for children with developmental disorders. Can provide Care Coordination services to parents of children under 21. Call Member Services and ask for the SKI Team at 800-440-IEHP (4347).
- **Complex Children and Family Services (CCFS) Team** for youth ages 0-20 years. Services include case management, benefit education, including transportation, vision care, community services, and behavioral health. Call (909) 890-2054, ask for the CCFS team at x8580.

Inland Regional Center:

Coordinated Family Support (CFS)

[Clients/Families | Inland Regional Center](#)

New service. Coordinated Family Support (CFS) is a new Regional Center service for adults (18+) who live in their family home. It provides extra help navigating, organizing, and coordinating services, especially when a person uses many different supports. CFS is designed to reduce barriers, improve access to care, and make it easier for families to manage complex needs. For a complete list of IRC-vendored CFS providers and contact information, visit their website.

CFS assists with the following:

- Coordinating medical, behavioral, and community services
- Scheduling appointments and arranging transportation
- Getting "generic services" like Medi-Cal, IHSS, or housing supports
- Training family members and support staff
- Planning for emergencies and long-term care

<https://www.dds.ca.gov/services/coordinated-family-support-service/>

Comprehensive Diagnostic Assessments

Autism Discovery Institute – Rady's Children's Hospital

<http://www.rchsd.org/programs-services/autism-discovery-institute/>

San Diego - (858) 966-7453

Multidisciplinary staff includes: Occupational therapists, Speech-language pathologists, Audiologists, Neurologists, and other medical specialists; Specialists in developmental and behavioral pediatrics; Developmental specialists; and Psychologists. Also provides services and training for professionals working in this field.

Dr. Margaret Bauman

drbaumancalclinic@gmail.com

Riverside - (840) 236-8026

Dr. Margaret Bauman is an internationally renowned pediatric neurologist, Autism expert, and pioneering researcher whose work has shaped the modern understanding of Autism for more than three decades. A true leader in the field, Dr. Bauman is widely respected for both her groundbreaking scientific contributions and her deep commitment to compassionate, thorough, family-centered care. Dr. Bauman consults in California for 4 weeks per year. Her evaluations include a records review, observation, examination, assessment using DSM criteria, and standardized assessment tools such as CARS. She is available with scholarship funding and on a private pay basis.

Inland Empire Autism Assessment Center of Excellence

autismassessment4ie.org/

San Bernardino and Riverside - (909) 799-3777

Inland Empire Autism Assessment Center of Excellence is an evaluation-only, nonprofit organization that provides the gold standard in Autism and neurodevelopmental evaluations administered through a Comprehensive Diagnostic Evaluation (CDE) process. A CDE evaluation includes a team of experts in neurology, neuropsychology, occupational therapy, and speech-language pathology, resulting in definitive diagnoses, recommendations, and referrals. Locations in San Bernardino and Riverside County. Ages 1- 21 years old. Insurance Accepted: Inland Empire Health Plan (IEHP), Loma Linda Risk Management, and private pay.

Rady's Children Health (formerly Children's Hospital Orange County)

<https://choc.org/autism-neurodevelopmental/assessment-diagnosis/>

Orange - (714) 997-3000

Assessments are offered at the Thompson Autism and Neurodevelopmental Center for children ages 1-6. An assessment is typically done within a one-day visit. If they are diagnosed with ASD, they will coordinate treatment, family educational and support programs, and provide input to help your school create an individualized education plan (IEP). Accepts Medi-Cal for diagnosis.

Consultation Services for Medical Providers

California Child and Adolescent Mental Health Access Portal (Cal-MAP)

<https://cal-map.org/>

(800) 253-2103 – medical professionals only

Cal-MAP (California Child and Adolescent Mental Health Access Portal) is a free, statewide behavioral health consultation and training program designed specifically to support primary care physicians caring for patients ages 0–25.

Think of it as having a child psychiatrist, psychologist, and care coordinator on speed-dial—to help you manage youth mental and behavioral health needs within your practice. Cal-MAP provides:

- Same-day provider-to-provider psychiatric consultations (phone or e-consult)
- Guidance on screening, diagnosis, and medication management for common pediatric mental health conditions such as Autism, ADHD, depression, anxiety, eating disorders, substance use, disruptive behavior disorders, and more
- Free CME/CEU-eligible mental health trainings
- Resource navigation for referrals and local supports (via social workers)

Project ECHO:

<https://www.profoundautism.org/research/the-research-we-fund/echo-autism-intense-behaviors/>

ECHO Autism: Intense Behavior aims to increase access to best-practice assessment, diagnosis, and treatment for people with Autism and intense behavior, including severe emotional dysregulation, self-injurious behaviors, and physical aggression towards others. This group meets twice a month for child and adolescent psychiatrists, general psychiatrists, and other prescribing clinicians, including developmental and behavioral pediatricians and neurologists.

Crisis Teams with Autism Experience

During an Autism-related crisis, families may choose to access crisis services instead of a traditional law enforcement response when safety permits. Crisis services are designed to support individuals who may be overwhelmed, dysregulated, or experiencing a behavioral or emotional emergency. Teams are trained in de-escalation, communication differences, and sensory sensitivities, with a focus on calming the situation and keeping everyone safe. Using crisis services can help ensure your autistic loved one is treated with understanding, dignity, and appropriate support during a difficult moment.

It's important to familiarize yourself with these resources before an emergency, so you know who to call, what to say, and what to expect (who may respond, hours of availability, and level of Autism specific experience).

What to Say When Calling 911 or a Mobile Crisis Line:

- "Hi, I'm calling because a family member with Autism is in crisis right now. They are not violent, but they are very overwhelmed and have trouble regulating. We need behavioral health support and de-escalation, not a law enforcement response."
- "Can you send a mobile crisis team or a clinician who has experience working with autistic individuals?"
- "I need help with an Autism-related crisis. This is a behavioral health emergency, not a criminal situation."
- "My family member has Autism and/or an intellectual or developmental disability and may not respond well to commands or loud voices."
- "If available, we are requesting a behavioral health response team—such as CBAT in Riverside County or CCRT/COAST in San Bernardino County."

Riverside County

Cal-FURS – foster children (California Family Urgent Response System)

<https://www.cal-furs.org/>

1 (833) 939-3877

Text: (833) 939-3877

24/7 phone hotline staffed with caring counselors trained in conflict resolution and de-escalation. Provides current and former foster youth and their caregivers with immediate, trauma-informed support when needed—County Mobile Response and Stabilization Teams and in-home de-escalation, stabilization, conflict resolution, and support services.

Pacific Clinics' Neurodevelopmental Center

pacificclinics.org/center-for-divergent-connections/

Upland - (909) 266-2810

Email: centerfordivergentconnections@pacificclinics.org



Provides crisis stabilization services for both counties through traditional services (017) and the Self-Determination program. Coming soon: Mobile crisis for all Regional Center clients in Riverside County (launch by Jan 2027).

Riverside County Crisis Helpline

(951) 686-HELP (4357) – This number is an alternative to 988 and connects you with Riverside County's 24/7, free, and confidential support. Trained counselors can dispatch Mobile Crisis Response Teams (clinical therapists + behavioral health specialists) to your location.

Riverside University Health System

www.rcdmh.org

CARES Line - (800) 499-3008

Riverside - (951) 509-2499

Perris - (951) 349-4195

24/7 Mental Health Urgent Care. "Referral Center- phone assistance only* Crisis intervention, psychiatric assessments, recovery management, medication services, case management, and dual-diagnosis treatment.

Riverside County Mobile Crisis Response Team

ruhealth.org/behavioral-health/crisis-support-system-care

(951) 686-HELP

24/7 field-based crisis response teams consisting of Clinical Therapists, Behavioral Health Specialists, and Peer Support Specialists working collaboratively with Law Enforcement, Emergency Department personnel, and community members to divert individuals in a behavioral health crisis to the appropriate level of needed care. Mobile Crisis Response Teams can reduce the need for inpatient hospitalizations and decrease the time that Law Enforcement and Emergency Department Personnel spend with individuals in a behavioral health crisis. They work with individuals of all ages and backgrounds.

Community Behavioral Health Assessment Team (CBAT)

In Riverside County, families can also request a CBAT if they live in a participating city. Riverside County CBAT includes two specially trained law enforcement officers and two County clinical therapists who respond together to mental health-related calls. The therapist leads behavioral health assessment and support, while officers provide safety oversight. These services are not 24/7 and typically operate Mon – Fri 7 am – 4 pm. You can request a CBAT team by calling 911 or your local law enforcement non-emergency number and asking for a CBAT team.

When calling, say: "This is a mental health/behavioral health crisis. If available, we are requesting a Community Behavioral Health Assessment Team (CBAT).

CBAT services are available in the following jurisdictions:

- Riverside Police Department
- Banning Police Department
- Beaumont Police Department
- Cabazon Sheriff
- Cathedral City Police Department
- Hemet Police Department
- Hemet Sheriff
- Indio Police Department
- Jurupa Sheriff
- Lake Elsinore Sheriff
- Menifee Police Department
- Moreno Valley Sheriff
- Murrieta Police Department
- Palm Desert Sheriff
- Perris Sheriff
- Temecula Sheriff

San Bernardino County

San Bernardino County uses Community Crisis Response Teams (CCRT) and COAST-style clinician law enforcement partnerships, coordinated through the Department of Behavioral Health (DBH). Please note that it is best to contact these resources directly rather than go through 911. The dispatcher may determine that Law Enforcement assistance is needed when:

- There is concern about immediate danger to the individual or others
- A weapon is reported or suspected.
- A criminal issue is involved.

Community Crisis Response Teams (CCRT)

(909) 421-9233

Designed to support individuals experiencing mental health, behavioral, or emotional crises, including autism-related crises. Teams focus on de-escalation, safety, and connection to care. While they may not have experience with Autism, they are intended as an alternative or supplement to traditional law enforcement responses when appropriate. Available countywide by region (East Valley, West Valley, High Desert). Contact CCRT by dialing between 7 am and 10 pm daily.

San Bernardino County Mobile Crisis Response (not for Autism but for mental health concerns)

(800) 398-0018

(909) 420-0560

24/7/365 behavioral health service that supports individuals experiencing mental health emergencies, suicidal or homicidal thoughts, psychosis, depression or anxiety, and drug- or alcohol-related crises. Services are available 24/7 and focus on assessment,

de-escalation, and connection to care. Service in English and Spanish and includes assessments and referrals to appropriate behavioral health care services.

Community Outreach and Support Teams (COAST)

Pairs trained behavioral health clinicians with law enforcement to respond to calls involving mental health or behavioral health concerns. COAST teams are knowledgeable about communication differences, sensory needs, and strategies to reduce escalation—making them especially helpful during autism-related crises. The COAST programs are available in the following areas:

- **COAST – Fontana**
Responds to calls involving mental health and behavioral health needs, providing assessment, crisis stabilization, and linkage to services.
- **COAST – Ontario**
Monday–Friday, 8:00 a.m. – 5:00 p.m.
Participation must be **initiated by an on-scene officer** responding to a call. When available, COAST clinicians assist with evaluation, de-escalation, and referrals to appropriate support.
- **COAST – San Bernardino City**
Supports individuals and families during behavioral health or mental health crises within the City of San Bernardino, with an emphasis on safety, stabilization, and connection to ongoing care.
- **COAST – San Bernardino County Sheriff's Department**
Provides crisis response services in unincorporated areas of San Bernardino County and contracted cities, working alongside Sheriff's deputies to address mental health-related calls.

Day Service Models for Those with Behaviors

For individuals with Autism who have behaviors and complex support needs, traditional day programs may not always reflect a person-centered fit. Group settings, fixed schedules, sensory demands, and standard staffing ratios can sometimes increase stress or limit a person's ability to feel safe, regulated, and engaged. Behaviors are often a form of communication or a response to unmet needs, environments, or expectations.

Person-centered, creative approaches focus on understanding the individual's strengths, preferences, goals, and support needs, and then designing services around them—rather than expecting the person to adapt to a system. Flexible and individualized support can reduce barriers, honor dignity and choice, and help individuals participate meaningfully in daily activities while supporting health, safety, and long-term quality of life.

We have provided some suggestions, but creativity and flexibility are often essential to building supports that are truly person-centered. What works best will depend on the individual's strengths, needs, goals, and what helps them feel safe, regulated, and successful.

Self-Determination Program

The Self-Determination Program (SDP) is a Regional Center option that gives families more choice and control over their loved one's services. Instead of being limited to Regional Center vendors, families receive an individual budget. They can hire their own providers—people they trust and who truly understand their child's medical, behavioral, or communication needs. SDP can be especially helpful for someone with complex needs because it allows families to build a support team that fits their child's needs, choose trained staff, set up flexible schedules, and create services that may not exist in the traditional system. However, it's important to know that SDP takes a lot of time and energy from parents. Families are more involved in planning, hiring, supervising, and organizing services. For some, this extra work is worth it because SDP provides more flexibility and a better overall fit for their loved one's unique needs.

Tailored Day Services (TDS)

Tailored Day Services (TDS) is a flexible Regional Center option for adults seeking a more personalized alternative to a traditional day program. Instead of a set schedule or group format, TDS provides 1:1 support and a schedule built around the person's goals, strengths, and needs. Services can focus on employment preparation, college support, community access, volunteering, life skills, or paid internships, depending on what the individual wants to work on. TDS can be especially helpful when a loved one has behavioral, medical, or support needs that make traditional day programs difficult. With TDS, families can:

- Use 1:1 staffing, which provides more supervision, consistency, and individualized support.
- Create a schedule that fits the person's energy, sensory profile, medical appointments, or regulation needs, instead of requiring full-day participation.
- Build support around specific goals—such as community safety, communication skills, job exploration, or structured routines.
- Customize activities to reduce overwhelming and increase success in real-life settings.
- Ensure health and safety needs are included directly in the plan.

Integrated Resource Institute (IRI)

Chino - (909) 497-2322

<https://www.irioc.org/>

From advocacy leadership at the state and national level to heartfelt stories of individual progress, this year's report affirms IRI's mission: to build a world where everyone, regardless of ability, can contribute, grow, and thrive through the dignity of work.

Traditional Behavioral Day Program Services

Traditional Behavioral Day Program Services may participate in tasks and activities to support daily living, learn new skills, engage in behavioral management, volunteering, and receive vocational training. Program services are typically delivered at a 1:3 staff-to-client ratio, with the potential to reach 1:1. Some, but not all, can assist with eating and toileting concerns at varying levels of support. A Board-Certified Analyst (BCBA) or a Behavior Management Consultant is required to provide at least 2 hours per person per month, or, on average, semi-annually, and can be prorated based on an individual's part-time attendance. Direct service staff will complete a 40-hour, behavior-focused training program as outlined by the Behavior Analyst Certification Board's RBT 40-hour Training Requirements.

Opportunities and services at each site vary by program, and it is strongly recommended that you visit each program to ensure it is an appropriate fit for you. Do not just show up at these locations. You may need to have your service coordinator make the appointment. Individuals interested in these services should have an IPP goal for this type of service.

Arroyo Development Center

<https://arroyods.wordpress.com/contact-information>

Pomona - (909)622-7117

Has a 3:1 ratio, with a potential 1:1 ratio to consider. Staff pick up participants from home and can assist with toileting needs. Vendor: HP5773.

Basic Occupational Training Center (BOT)

Corona - (951) 268-3185; Vendor: HJ0994



Perris - (951) 657-8028; Vendor: HJ0115
Riverside - (951)788-2349; Vendor: HJ0489
<https://botbmod.com/>

3:1 Ratio of staff to clients only, may assist with toileting or eating. Another vendor will need transportation services.

In-Roads Creative

Menifee – Vendor: HJ2798
Rancho Cucamonga – Vendor: HJ0985
<http://www.in-roads.net/behavior-management-programs/>

OPARC

www.oparc.com
Walnut - (909) 895- 8170; Vendor: HP5260
San Bernardino - (909) 890-5919; Vendor: HJ0915
Upland - (909) 920-5204

3:1 ratio for all participants. OPARC offers transportation services and accepts outside vendors. Can assist with toileting needs.

Social Vocational Services

Palm Springs - (760) 322-6023; Vendor: HJ0906
Riverside - (951) 657- 8028; Vendor: H69068
San Bernardino - (909) 255-8161
<https://socialvocationalservices.org/>

3:1 and 1:1 available on a case-by-case basis. Participants will need transportation service through the IRC to the program. Can assist with toileting needs.

Supporting Unlimited Potential

Moreno Valley - (951) 214-6833 Vendor: HJ2674
<https://www.supincservices.com/>

Dentists

Anesthesia and Dental Procedures for Children and Adults with Autism

Many children and adults with ASD may need to be put under anesthesia for dental procedures. Medical insurance typically covers general anesthesia for dental treatment when the person is under age 7 or has a disability; however, it usually only covers this in a hospital setting or an outpatient surgical center. There are two of these currently in the Inland Empire: the Loma Linda Koppel Special Care Dentistry Center and the Redlands Dental Surgery Center. Both are considered outpatient surgery centers. Kaiser Permanente can also arrange for in-hospital anesthesia for dental procedures.

Inland Regional Center may also assist with the cost if your loved one requires dental work but requires anesthesia due to behavioral or medical challenges that make regular dental visits difficult or unsafe. The procedure must be performed in a hospital, surgical center, or dental office that meets the safety standards for anesthesia.

- Ask your Regional Center Service Coordinator for help with the process.
- Talk to your dentist – Let them know your loved one may need anesthesia.
- The dentist will prepare a treatment plan and explain why anesthesia is necessary.
- The dentist or provider will submit a request for approval to Medi-Cal or the Regional Center.
- You may need to provide medical records or other documents that demonstrate the necessity of anesthesia.

Baker Pediatric Dental Care

<https://www.bakerpediatricdentalcare.com/>

Tustin - (951) 506-1666

Pediatric dentistry. Treats special needs children and adults. General anesthesia is administered on site (Tustin location only). Most PPO plans and Medi-Cal are accepted.

Children's Choice Dental Care

<https://www.mychildrenschoice.com/>

Glendora – (626) 914-7645

Moreno Valley – (951) 968-5437

San Bernardino – (909) 927-5437

Pediatric dentistry serving children and young adults (ages 20 and under), including patients with special needs. General anesthesia is available for dental procedures. An initial consultation with the dentist is required before treatment. Most PPO insurance plans and Medi-Cal are accepted.

Children's Dental Surgery Center

<https://childrensdentalsurgerycenter.com/>

Santa Ana - (714) 432-7337

Pediatric dentistry serving children with special needs ages 2–12. Primarily provides restorative dental care. General anesthesia is available. Patients are seen mostly by referrals. Most PPO plans and Medi-Cal are accepted.

Corona Dental Specialists

<https://www.coronadentalspecialists.com/>

Corona - (951)371-8833

General and pediatric dentistry. Serves special needs, children, and adults. General anesthesia is available for on-site dental procedures. Most PPO plans are accepted.

Dentistry 4 Kids of Corona

<https://dentistry4kids.com/locations/corona/>

Corona - (951) 371-5200

Pediatric dentistry. Serves children up to 18 years old; older children if the patient is a current client. General anesthesia is available on-site for more complex procedures and needs—physical exam clearance required (on a case-by-case basis). Most PPO plans and Medi-Cal are accepted.

Dr. Dale Springer

<https://www.drstringer.com/>

Riverside - (951)787-0602

Oral and Maxillofacial Surgery. Serve special needs and adults. Has hospital privileges at Loma Linda Hospital and Kaiser Permanente. Most PPO plans, Kaiser Permanente, and Medi-Cal are accepted. By referral only (primary dentist).

Dr. Diana Zschaschel

<https://www.ladentaldayspa.com/>

Los Angeles - (310) 854-6102

Serves children and adults—initial consultation with Dr. Zschachel. General anesthesia is available on-site. Must be medically cleared—major PPO (dental) plans accepted.

Dr. Hilo

<https://www.hilodent.org/>

Diamond Bar - (909) 276-4404

General and Pediatric Dentistry. Treats children and adults with Autism, Cerebral Palsy, and Developmental Delays. General anesthesia on-site. Most PPO plans and Medi-Cal are accepted.

Dr. Richard Kunihiro

Upland - (909) 985-5117

Serves children and adults. Hospital dentistry is available at Kaiser Fontana for more complex medical or extensive dental needs. Still, the patient must have Kaiser medical insurance, be in San Bernardino County, and be assigned to KP Fontana. No IV/Oral sedation in the office. Most PPO plans and Medi-Cal are accepted.

Dr. James Richardson, DDS

www.babyteethdoc.com

Corona - (951) 735-2011

Pediatric dentistry serving children and young adults. General anesthesia is available for dental procedures. An anesthesiologist visits the office once a month to provide anesthesia services, and the practice also holds Kaiser privileges at Summit Surgery Center in Corona for outpatient dental surgeries. Most PPO plans and Kaiser Permanente insurance are accepted.

Dr. Justin A. Shuffer, DDS

<https://www.drjustinshuffer.com/index.html>

San Dimas - (909) 599-0283

Dr. Shuffer currently has surgical privileges at Children's Hospital Orange County and Kaiser Permanente (Fontana) to treat children with special needs and those requiring extensive surgery. Most PPO plans are accepted.

Drs. Stephen Lee, DDS, and Elan Lee, DDS

www.stephenleedds.com

Poway - (858) 748-3384

General and Pediatric Dentistry. Treats children and adults. Most PPO plans and Medi-Cal are accepted. Hospital dentistry is available at Rady's Hospital for children and adults (ages 37 and younger).

Dr. Perri Putrashan

Indio - (760) 347-2402

Pediatric Dentistry. Serves children up to age 12. The dentist is an anesthesiologist, and general anesthesia is available on-site. Most PPO plans and Medi-Cal are accepted.

Dr. Tina Azin

www.azinorthopedo.com

Rancho Santa Margarita -(949) 709-5437

Pediatric dentistry. Serves the special needs of the population aged 18 years and younger. General anesthesia is available at the Mobisurg Center (Laguna Hills) outpatient center. The general anesthesia option is available every other month. Most PPO plans are accepted.

Elements Dentistry

<https://elementsdentistry.com/>

Fountain Valley - (714) 831-0503

General and pediatric dentistry serving both children and adults. General anesthesia is available on-site with an anesthesiologist or at the Mobisurg Center in Laguna Hills for patients with Kaiser insurance. Most PPO plans are accepted.

Elevated Dentistry

<https://www.elevateddentistrylv.com/>

La Verne - (626) 682-0288

Serves adults and children. Sedation options, including general anesthesia, are



available on-site. Most PPO plans are accepted. Vendored with San Gabriel Regional Center. In-home dentistry is also available.

Healthy Smiles-Alta Med

<https://www.altamed.org/find/facility?specialties=Dentist&f%5B0%5D=county%3A234>

Santa Ana - (714) 537-0700

Serves children and adults: IV sedation and General Anesthesia. Straight Medi-Cal accepted only. More complex or extensive medical needs are referred to CHOC Hospital. Care coordinators assist with the CHOC process.

Indio Surgery Center

<https://www.indiosurgerycenter.com/>

Indio - (760) 396-5733

Pediatric dentistry serving children ages 2-12. General Anesthesia is available for on-site dental procedures. Most PPO plans and Medi-Cal are accepted. By referral only (from the primary dentist). Must have medical clearance from the primary physician for more complex needs.

Just for Kids Pediatric Dentistry

<https://www.jfkpedoriverside.com/>

Riverside - (951) 248-0567

Pediatric dentistry serving the special needs population through age 14. The general anesthesia option is available on-site for those aged 10 and younger. Most PPO plans and Medi-Cal are accepted.

Kids Dental Castle and Orthodontics

<https://www.kidsdentalcastleca.com/>

Pomona - (909) 741-7052

General and pediatric dentistry. Offers specialized services, including all aspects of pediatric dentistry and orthodontic treatments, with general anesthesia/IV available. Treats the special needs population from 6 months to adulthood. Most PPO plans and Medi-Cal are accepted.

Little Smiles of Eastvale

<https://www.littlesmilesofeastvale.com/services/special-needs>

Eastvale - (951) 456-4646

Pediatric dentistry serving children with special needs up to age 13. General anesthesia is available on-site. Most PPO plans and Medi-Cal are accepted.

Little Smiles Pediatric Dentistry, Orthodontics, & Adult Dentistry

<https://www.drjittlesmiles.com/index.php>

Yucaipa - (909) 794-4909

Pediatric dentistry serving special needs patients 13 years and under. General anesthesia is available for those under 13 years of age. Most PPO plans are accepted. Medi-Cal is accepted for patients under 16.



Loma Linda Koppel Special Care Dentistry Center

<https://dentalclinics.llu.edu/koppel-center>

Loma Linda - (909) 558-4663

Serves children and adults for cleanings, extractions, fillings, crowns, and general dentistry. Most PPO plans and Medi-Cal are accepted; Kaiser and Delta Dental are not. General anesthesia is available for general dental work.

Mobisurg

<https://mobisurg.com/>

Laguna Hills - (949) 367-0800

Pediatric and Specialty Surgery Center staffed by pediatric anesthesiologists, committed to providing a safe, supportive environment for all patients—especially children and those with special needs. Serves patients 18 years of age and younger. Accept referrals and work with dentists who have privileges at the facility. In-network with Blue Cross and Kaiser Permanente. Other PPO plans accepted (out-of-network); please call to verify.

North County Dental Surgery Center

<https://ncdsctr.com/>

San Marcos - (760) 294-6208

The surgery center provides care for patients with special needs aged 18 and under. General anesthesia is available for individuals requiring more complex or specialized treatment. Most PPO plans and Medi-Cal are accepted.

Park Pediatric and General Dentistry

<https://parkdentalhb.com/>

Huntington Beach - (714) 841-4990

Pediatric and General Dentistry. Infants, Toddlers, Adolescents/Teenagers, Children with Special Healthcare Needs, Behavioral Disorders, Mental Disabilities, and Physical Disabilities. Hospital dentistry is available at CHOC or Mobisurg Surgery Center, in network with Delta Dental PPO and Cigna PPO.

Pediatric Dental Care- Dr. Corina Ramirez, DDS

<https://www.drcorinaramirez.com/services/special-needs-dentistry/>

San Dimas - (909) 305-0642

Dr. Corina Ramirez, DDS, is a special needs dentist with certified Touch Points Training for children with Autism Spectrum Disorder. Serves children aged 12 years and younger. General anesthesia is available on-site. Most PPO plans are accepted, and Medi-Cal is accepted for those 6 years old and younger.

Poiset and Associates

<https://poisetandassociates.com/>

San Diego - (858) 492-9977

Pediatric dental practice serving children with special needs ages 11 and under. Patients may continue receiving care beyond age 11 if they were established with the practice before turning 11. General anesthesia is available. For patients with complex medical conditions, disabilities, or circumstances that require advanced care, hospital-



based dentistry is available at Rady's Hospital. Most PPO insurance plans and Medi-Cal are accepted.

Premier Palm Dental

Garden Grove - (714) 537-7562

<https://www.premierpalmdental.com/>

General dentistry serving patients of all ages. Provides safe in-office sedation four days per week, as well as general anesthesia administered by board-certified anesthesiologists. Most PPO plans and Medi-Cal are accepted.

Rady's Pediatric Dental Clinic

<https://www.rchsd.org/programs-services/dental-surgery/>

San Diego - (800) 788-9029

Surgery services have more than 40 affiliated providers for pediatric dental procedures, including general dentists, pediatric dentists, oral and maxillofacial surgeons, and consulting orthodontists. Serves infants, young children, adolescents, and children with special healthcare needs who have extensive dental disease or dentofacial surgical needs requiring dental treatment or surgery under general anesthesia.

Redlands Dental Surgery Center

<https://www.redlandsdentalsurgerycenter.com/>

Redlands - (909) 335-0474

Serves children and adults. Exclusively treats patients who require general anesthesia. Each case is evaluated individually; the provider frequently sees patients with conditions such as asthma and sleep apnea, so eligibility depends on each patient's medical history and clearance from their primary physician. Most PPO plans, Medi-Cal, and IEHP Direct—provided the patient is not assigned to Kaiser or Molina—accepted. □

Smile Builders

<https://sdsmilebuilders.com/>

San Marcos - (760) 480-6700

Pediatric dentistry provides care for children with special needs up to age 14. Offers nitrous oxide, conscious sedation, and general anesthesia. General anesthesia cases are performed at the adjacent North County Dental Surgery Center. Most PPO plans and Medi-Cal are accepted. Services available in English and Spanish.

Sensory Smiles Children's Dentistry

<https://www.sensorysmileschildrensdentistry.com/>

Rancho Cucamonga - (909) 755-5111

Pediatric dentistry. Trained and certified to care for children and adults with sensory sensitivities, Autism, disabilities, and high-anxiety needs. Dr. Sara's advanced training in hospital dentistry for adults enables her to continue treating adult patients with special needs—offering restorative care, sedation, and seamless care without transitioning to general practice. General Anesthesia is available on site. Major PPO plans accepted.

SoCal Kidz Pediatric Dentistry

<https://socalkidzdentistry.com/>

Long Beach - (562) 600-6555

Serves the special needs population up to age 21. General Anesthesia option available. Medical clearance from the primary physician is required for those with complex needs. Most PPO plans and Medi-Cal are accepted.

SuperKids Dental

<https://www.superkidsdental.net/>

Montclair - (909) 616-5050

Pediatric dentistry. Treats the special needs population, ages 1-21. General anesthesia is available. Most PPO plans and Medi-Cal are accepted.

UCLA School of Dentistry

<https://dentistry.ucla.edu/patient-care/clinic-locations/westwood-clinics/special-patient-care-hospital-dentistry>

Los Angeles - (310) 825-6510

Hospital dentistry is available for individuals with special needs aged 13 and older. Most PPO plans and Medi-Cal are accepted.

Epilepsy/Seizures

Epilepsy is significantly more common in children with Autism than in the general population. While children without Autism have about a 2–3% chance of developing epilepsy, research shows that children with Autism have up to a 30% chance of developing the disorder (Golnik & Maccabee-Ryaboy, 2010). Seizures can look very different from person to person—there are multiple types, including generalized seizures (which affect the whole brain) and focal seizures (which affect specific areas). Some seizures may involve noticeable convulsions, while others can appear as brief staring spells or subtle movements, making them harder to detect.

Akami Pediatrics - Dr. Chris Arca

<https://akamaipediatrics.com/>

Riverside - (951) 498-3661

Board-certified child neurologist, epileptologist, and pediatrician. Offers Autism diagnosis, seizure/epilepsy management, and well-child examinations. Provides personalized, compassionate care focused on general pediatrics, development, and neurology.

Inland Empire Brain Experts Corp.- Dr. Muhammad F. Salim, MD

<https://www.inlandempireneurology.com/>

Riverside - (951) 339-1005

Board-Certified Neurologist (Child & Adult Neurology, Epilepsy). Dr. Salim is a highly skilled neurologist, certified in both child and adult neurology, with a special focus on epilepsy. Dr. Salim works with patients of all ages, from newborns to seniors, treating each person with compassion and respect.

Loma Linda Epilepsy Center

<https://lluh.org/neurology/our-services/epilepsy-center>

Loma Linda - (909) 558-2880

Level 4 center by the National Association of Epilepsy Centers (NAEC) for providing the highest level of care for patients with complex epilepsy. Their care team includes leading adult and pediatric epileptologists with clinics in Loma Linda, Riverside, and San Bernardino.

Rady Children's Health: formerly Children's Hospital of Orange County - Dr. Maija-Riikka Steenari, Neurology

<https://choc.org/medical-staff/neurology/maija-riikka-steenari-md/>

Orange - (714) 462-1837

As a pediatric neurologist and epilepsy specialist, Dr. Steenari's clinical interests include neurometabolic diseases, infantile spasms, Lennox-Gastaut syndrome, refractory epilepsy, intracranial monitoring, and epilepsy surgery. Her research interests include understanding epileptic disorders, such as infantile spasms and Lennox-Gastaut syndrome, investigating different treatment options in patients with refractory epilepsy, and quality of life in patients with epilepsy.

UCLA Pediatric Level 4 Epilepsy Center- Westwood Pediatrics

<https://www.uclahealth.org/medical-services/pediatric-neurology>

Los Angeles - (310) 825-0867

Board-Certified Pediatric Neurologist and Pediatric Epileptologist with close collaboration with the UCLA Center for Autism Research & Treatment (CART).

UCSD Health - Dr. David Lee

<https://providers.ucsd.edu>

San Diego - (858) 857-7000

David J. Lee, MD, PhD, is a board-certified neurologist who treats seizures and epilepsy, including epilepsy that does not respond to medication. As an associate professor in the Department of Neurosciences, Dr. Lee conducts epilepsy research and trains medical students, residents, and fellows at UC San Diego School of Medicine.

West Coast Neurology- Dr. Jyes Querubin

<https://www.westcoastneurology.com/doctor-feed/jyes-querubin-md>

Pasadena, Arcadia, and Pomona - (626) 598-3797

Dr. Jyes Querubin is a Board-Certified Pediatric Neurologist, Board-Certified Pediatric Epileptologist, and WCN Pediatric Program Co-Director. Dr. Querubin has a passion for caring for children and provides excellent care for those with neurological conditions. Her clinical interests include pediatric epilepsy and Autism. Her research interests have included genetics in neurologic disorders such as epilepsy.

Functional Medicine

These are non-mainstream treatments used *alongside* standard medical or behavioral care. They typically have mixed or emerging evidence.

Mission Pediatrics

<https://www.missionpediatrics.com/>

Riverside, Perris, San Bernardino, and Redlands - (951)779-1670

CustomerService@MissionPediatrics.com

Integrative Care Clinic provides a monthly Supportive Wellness Program that brings together resources from multiple disciplines to support children with complex medical, developmental, and behavioral needs. Group meets once a month and is open to families; however, if you are not an active patient of their practice and require prescriptions, you will need to work through your primary care provider. Mission Pediatrics also provides daily wellness support recommendations—including leucovorin (folic acid), Vitamin D, multivitamins, probiotics/prebiotics, and omega-3 fatty acids—as well as optional sleep support strategies such as melatonin, magnesium, sound therapy, and aromatherapy.

Schaepper Psychiatry- Dr. Mary Ann Schaepper, MD, Med, DFAPA

livelifeboldgroup.com/child-adolescent-mert-tms

Redlands - (951) 271-0397

info@livelifeboldgroup.com

MeRT, a form of Transcranial Magnetic Stimulation (TMS), uses gentle, brain-mapped magnetic pulses to target specific areas of the brain. Some families pursue MeRT-TMS hoping to improve regulation, attention, or communication, but research in Autism—especially for individuals with significant needs—is still limited, and results vary widely. Treatment remains experimental, not included in standard Autism guidelines, and not covered by insurance. Families considering MeRT-TMS should consult trusted medical professionals, review the potential risks and benefits, and ensure treatment takes place in a safe, clinically supervised setting.

Rossignol Medical Center - Dr. Dan Rossignol, MD, FAAFP, FMAPS

<https://rossignolmedicalcenter.com/>

Aliso Viejo - (321) 259-7111

Dr. Dan Rossignol is a board-certified family physician who has been practicing integrative and functional medicine. He has a special interest in Autism spectrum disorders, PANS/PANDAS, cerebral palsy, and related neurological and developmental disorders, as well as medically complex children and adults.

Gastroenterologist (GI)

Children and adults on the Autism Spectrum can experience chronic stomach and digestive problems, including constipation, diarrhea, bloating, frequent stomach aches, GERD (acid reflux), and, in some cases, ulcers or ulcerated esophagus. Research shows that nearly half of autistic individuals have some form of gastrointestinal (GI) difficulty, with constipation being the most common concern, followed by abdominal pain and diarrhea. These issues can affect more than just physical health—they often influence behavior, sleep, appetite, and overall regulation. When someone is in pain or discomfort, they may show it through increased anxiety, irritability, meltdowns, self-injury, food refusal, or changes in sleep, especially if communicating discomfort with words is difficult. Because of this, finding GI doctors experienced with complex Autism is essential for identifying underlying medical issues and ensuring compassionate, accessible care.

Dr. Brynie Collins

www.pedsgidoc.com

Encino - (818) 905-6600

Dr. Brynie Collins is a board-certified Pediatric Gastroenterologist specializing in the care of infants, children, and young adults with gastrointestinal, liver, and nutritional disorders. Her outstanding academic training has enabled her to become an expert in the diagnosis and treatment of digestive disorders and preventive medicine. In addition, Dr. Collins has unique training in caring for children with Autism and related GI disorders.

CHOC Health Center - Dr. Bassam Younes

<https://choc.org/medical-staff/gastroenterology/bassam-younes-md/>

Corona – (714) 509-4099

Orange -1(888) 483-5670

Dedicated to treating and researching all gastrointestinal disorders, Dr. Bassam Younes is involved in numerous research projects. He serves as a coinvestigator in several multicenter studies evaluating the efficacy and safety of new drug treatments for pediatric patients with Crohn's disease; he is involved in a study evaluating interfaced treatment for inflammatory bowel disease and is involved in CHOC's research on anti-interleukin-5 therapy for eosinophilic esophagitis.

Kaiser Permanente- Anaheim Kraemer- Dr. Erica Duh

Anaheim

<https://healthy.kaiserpermanente.org/southern-california/physicians/erica-duh-1748430#medical-group-link-section>

Accepting new patients. Available by referral only.

Kaiser Permanente Tustin Executive Center - Dr. Phyllis Agran

Tustin - (714) 734-5500

As a recognized expert in pediatric gastroenterology, Dr. Phyllis Agran has practiced in the Orange County community for more than 30 years. She has worked in collaboration with Margaret Bauman, treating patients with an Autism diagnosis and presenting with non-traditional symptoms of gastrointestinal issues. She is board-certified in both general pediatrics and pediatric gastroenterology and nutrition (American Board of Pediatrics). She participates in maintaining the certification program. Dr. Agran is a member of the



North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHN). She is a professor emeritus in the Department of Pediatrics at the UC Irvine School of Medicine.

Loma Linda Gastroenterology- Dr. Khyati Mehta, MD

<https://lluh.org/provider/mehta-khyati>

Loma Linda and Upland – (909) 558-3904

Pediatric gastroenterology. In addition to her board certifications in general pediatrics and pediatric gastroenterology, she has been a diplomate of the American Board of Lifestyle Medicine since 2020.

Loma Linda Gastroenterology- Dr. Mallory Cohen

<https://lluh.org/provider/cohen-mallory>

Loma Linda – (909) 558-3904

Pediatric Gastroenterology.

Rady Children's Health-Dr. Ken Grant

<https://choc.org/medical-staff/gastroenterology/kenneth-grant-md/>

Orange – (714) 462-1837

Dr. Grant specializes in the treatment and management of pediatric gastrointestinal disorders. He holds leadership roles supported by his expertise in clinical informatics. Dr. Grant's clinical interests include nutrition, growth and development, Autism, and inflammatory bowel disease. Dr. Grant leads the CHOC Inflammatory Bowel Disease Program and engages in numerous research efforts, including drug trials, care models, research on disparities, and population health.

Rady Children's Specialists of San Diego - Dr. Lillian Choi

<rchs.org/doctors/lillian-choi-md/>

San Diego – (858) 966-4003

Dr. Chio specializes in Gastroenterology, Hepatology, and Nutrition.

Inpatient Intensive Programs with Autism Experience

College Hospital Cerritos Developmental Delay Services (DDMI)

<https://chc.la/developmental-delay-services-ddmi/>

(800) 352-3301

College Hospital's DDMI Wings consist of multidisciplinary treatment teams dedicated to improving the quality of life of patients with developmental disabilities, Autism Spectrum Disorders (ASD), and mental health issues. College Hospital Cerritos offers two distinct units, designed to treat adults and youth separately in a secure environment. Youth: Medi-Cal partial reimbursement may be available for Medical Necessity. For children 13 years and older. Vendored with the Regional Centers only.

Loma Linda University Behavioral Health

<https://lluh.org/behavioral-health/our-services>

Redlands and Murrieta

Inpatient, partial hospitalization, and intensive outpatient programs. The only inpatient children's program in the region. While they have experience working with individuals with Autism, their programs are designed to treat a wide range of behavioral health needs across children, adolescents, adults, and seniors.

Intensive Outpatient Programs (IOPs) with Autism Experience

Charlie Health

www.charliehealth.com

(866) 805-3691

Charlie Health's virtual IOP features specialized clinical support for neurodivergent clients, including those with Autism, ADHD, or other conditions, along with co-occurring mental health issues. Specialized programs offer a more structured and intensive level of mental healthcare than traditional weekly therapy. The program provides affirming and inclusive treatment that addresses common neurodivergent challenges and helps clients manage their mental health, achieve lasting recovery, and navigate life in a neurotypical world while maintaining their daily routines. Offers virtual IOP, groups, individual therapy, and family therapy. Accepts major insurance.

Moment of Clarity

<https://momentofclarity.com/locations/orange-county-ca/>

Santa Ana - (949) 997-1677

Treats individuals with mental health disorders and Autism, including those with addiction issues—several treatment options available for mental illness, from weekly therapy sessions to intensive inpatient treatment. Outpatient mental health treatment in Orange County provides comprehensive care for those who require more than weekly sessions but prefer to reside at home. Includes therapeutic options, medication management, and holistic services tailored to each person's unique needs. Outpatient treatment program utilizes several modalities, including Individual Therapy, Group Therapy, Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, and EMDR Therapy. Accepts many private insurances – no Medi-Cal.

UCLA Health Resnick Neuropsychiatric Hospital ABC Partial Hospitalization Program

<https://www.uclahealth.org/hospitals/resnick/partial-hospitalization-intensive-outpatient/child-adolescent-partial-hospitalization-intensive/abc-partial-hospitalization-program-php>

Los Angeles – (310)825-0415

UCLA ABC Partial Hospitalization Program (PHP) is a highly structured, daytime treatment program for children ages 6–12 that offers intensive support for emotional, behavioral, and developmental challenges, including Autism. It provides a therapeutic school-day environment with a high staff-to-child ratio, along with services such as individual therapy, behavioral interventions, academic support, occupational and recreational therapy, social skills groups, and parent training. Families also receive hands-on support through family therapy and guidance on transitioning back to school or community settings.

Mental Health Providers with Experience with Complex Care

Charlie Health

www.charliehealth.com

(866) 805-3691

A specialized program for neurodivergent individuals offers a more structured and intensive level of mental healthcare than traditional weekly therapy. Delivered virtually, the program provides affirming and inclusive treatment that addresses common neurodivergent challenges and helps clients manage their mental health, achieve lasting recovery, and navigate life in a neurotypical world while maintaining their daily routines. Charlie Health's virtual IOP features specialized clinical support for neurodivergent clients, including those with Autism, ADHD, or other conditions, along with co-occurring mental health issues. Offers virtual IOP, groups, individual therapy, and family therapy. Accepts major insurance.

Dr. Isidor Ward

Irvine – (714) 742-6235

Dr. Isidor Ward practices Child & Adolescent Psychiatry and evaluates patients using various procedures to accurately assess their symptoms. Cash pay.

Inland Psychiatric Medical Group - Adam Brasket, NP

www.inlandpsych.com

Locations throughout the Inland Empire

(909) 289-4075

Spravato Treatment, Adult psychiatry, Child and Adolescent Psychiatry, Geriatric Psychiatry, Group Therapy, Telepsych, Marriage Family Therapists, Gender Affirmation Evaluations, Transcranial magnetic stimulation (TMS), Licensed Clinical Psychologists, and Memory Clinic. Treats ages 5 yrs - adults. Accepts IEHP and private insurance (not straight Medi-Cal).

Loma Linda University Behavioral Health Institute - Dr. Tyler Cottrell

San Bernardino – (909) 382-7100

<https://lluh.org/provider/cottrell-tyler>

Dr. Cottrell graduated from the Western University of Health Sci College of Osteopathic Medicine of the Pacific in 2017. He specializes in Child & Adolescent Psychiatry and Psychiatry. Dr. Cottrell is affiliated with Loma Linda University Children's Hospital.

Maria E. Moya, MD

<https://eisenhowerhealth.org/provider/?action=detail&dataRef=227&consent=on>

Indian Wells

Dr. Maria Elena Moya, MD, is a health care provider. Her specialties include Psychiatry and Child & Adolescent Psychiatry. She speaks English and Spanish.

Modern Parenting Solutions - Rebecca Ballinger, PsyD

www.modernparentingsolutions.org

Redlands – (909) 326- 2562

Child/Adolescent, Behavioral Issues, Coping Skills, Parenting, Trauma, Processing Parents' Divorce, Social Difficulties, Low Self-Esteem/Self-Confidence, Self-Harm/Suicidal Thoughts/Urges. Accepts Blue Shield, MHN, IEHP, Magellan Health, Kaiser (out-of-network)—court-approved parenting classes. Ages – Preteens/Tweens (11-13), Adolescents/Teenagers (14-19); appointments are also available through the website.

Oasis Behavioral Health

www.starsinc.com/riverside-county/oasis-coachella-center/

Coachella – (760) 541-8520

Individual therapy, group therapy, and family counseling, case management, Rehabilitative/skill-building services, and medication management. Accepts Medi-Cal only. Birth-21years old.

Pacific Clinics - The Center for Divergent Connections

<https://www.pacificclinics.org/center-for-divergent-connections/>

Upland - (909) 266-2810

Uses the power of interpersonal neurobiology, trauma-informed care, and neurodiversity-affirming practices to provide treatment, training, and research to the disabled community. Private pay for school-age, teens, and adults.

Quality Life Group, Psychiatric and Psychological Services- Dr. Richard Kotomori

<http://qualitylifegroup.com/>

Riverside - (951) 684-2627

Experience with adults and children with ASD—medication management. Accepts Blue Cross, Blue Shield PPO, and Magellan, Cigna ONLY FOR A PSYCHIATRIST, Health Net, IEHP (Medi-Cal or Medicare managed through IEHP), Managed Healthcare Network, or United Behavioral Health Services- OPTUM. Please call if your plan is not listed.

Renewing Hope Family Counseling Center

Jose Campos

<https://www.renewinghopeinc.com/my-name-is-jose-campos-and-yes-that>

Riverside – (951)465-3664

Jose is a Licensed Clinical Social Worker (LCSW) with 10 years of experience in providing therapy for various mental health conditions. Jose believes in the dignity of people and that professional support should empower individuals and families to build on their strengths, develop healthier coping skills, and move toward meaningful, lasting change.

Rosalina Becerra, LCSW

Victorville – (442) 284-0588

Licensed Clinical Social Worker (LCSW) who has worked in the mental health field for over 15 years. She provides individual, couples, and family counseling utilizing a variety of therapeutic modalities to address concerns with depression, social adjustments,



trauma, and relational issues, utilizing CBT, trauma-focused, and attachment-based modalities. Accepts IEHP/Medi-Cal, Medi-Care, and private pay.

Schaepper Psychiatry- Dr. Mary Ann Schapper, MD, Med, DFAPA

<https://livelifeboldgroup.com>

Redlands – (951) 271-0397

Child, Adolescent, and Adult Psychiatry. Provides comprehensive, collaborative, and inspiring mental health services for clients and loved ones across the lifespan. Extensive experience with complex Autism and developmental disabilities—private pay.

The Psychological Group - Dr. Christopher Cooper, Ph.D., Clinical Psychologist

<https://thepsygroup.com>

Riverside – (951) 231-1525

Comprehensive assessment of cognitive, emotional, academic, and neuropsychological functioning, behaviors, and social relationships. Provides neurodevelopmental evaluations for Intellectual Disabilities and Autism Spectrum Disorders. Provides individual and family therapy based on evidence-based cognitive behavioral treatment.

Valenta Mental Health

www.valentaonline.com

(909) 771-8023

Telehealth

Adjustment Disorder Therapy & Treatment, Adverse Life Events Treatment, Anger Management Treatment for Teens, Anxiety Disorder Treatment, Bipolar Disorder Treatment, Body Image & Self Esteem Issues Therapy, Collegiate Mental Health Programs, Depression Treatment & Recovery Treatment, Eating Disorders Treatment, Major Depressive Disorder Therapy, Mood Disorders, Post-Traumatic Stress Disorder (PTSD) Treatment, Prenatal & Postpartum Depression Treatment, Stress Management, Suicide Prevention, Self-Harm, and Suicidal Ideation Treatment. Treats individuals aged 12 years old - adults (Case by Case for ASD individuals). Accepts Anthem Blue Cross, Kaiser, Tricare, and other major insurance providers. Accepts IEHP for 19 yrs. old and under only.

Mental Health Treatment for Young Children

A child's emotional and mental well-being begins early—often before birth—and develops rapidly during the first years of life. Some children are exposed during pregnancy to substances, illness, significant stress, or untreated mental health conditions. Others may experience medical complications, disruptions in caregiving, or other early-life stressors. These experiences can affect how a child's brain and nervous system develop and how they respond to the world around them.

For young children, stress and trauma are experienced through the body and relationships. As a result, early challenges can sometimes look like Autism or intensify Autism related traits, especially in areas such as regulation, sensory processing, communication, and behavior.

Children with prenatal exposure or early adversity may:

- Have difficulty calming their bodies or emotions
- Be more sensitive to sensory input
- Become overwhelmed more easily
- Struggle with sleep, behavior, or transitions

Mental health support for young children is not traditional talk therapy. It is developmentally appropriate, relationship-based, and trauma-informed, recognizing how early experiences shape behavior, emotions, and stress responses. This type of care supports both the child and their caregivers, focusing on safety, trust, predictability, and connection.

Trauma-informed care meets children where they are, adapts to their sensory and emotional needs, and avoids approaches that feel overwhelming or punitive. By building regulation, strengthening relationships, and honoring each child's unique experiences, trauma-informed support helps children feel safe, understood, and supported as they grow.

Be Authentic Family Therapy

www.beauthenticfamilytherapy.com

Upland - (909) 618-0257

Art Therapy, Cognitive-Behavioral, Existential/Humanistic, Family Systems, Person-Centered, Play Therapy, Psychodynamic, Sand play, Solution-Focused Brief Therapy for Anxiety or Fears, Child or Adolescent Issues, Depression, Loss or Grief, or Trauma and PTSD. Children 4 years and older; couples, families, and individual adults. Accepts IEHP, out-of-network provider for other insurance.

Carolyn E Wylie Center for Children, Youth & Families

<https://wyliecenter.org/>

Riverside – (951) 683-5193

Individual and Family Therapy, Group Treatment, and in-home Early Mental Health Treatment Services for children 2 through 6 years of age with significant behavior



problems. Mental Health Services for women with Perinatal Mental Health disorders. Accepts Medi-Cal and IEHP. Treats ages 2-21.

Citrus Counseling Services

<https://ccs-cares.org/>

Redlands – (909) 793-1078

Various, NCTI, Trauma Informed Care, approved to provide supervised visitations, PCIT, PC-CARES, Thera play, Floor time, Promoting First Relationships, Watch, Wait & Wonder, Play Therapy, Dyadic Art Therapy, Infant Massage, Transdisciplinary Team, Telehealth, Eye Movement Desensitization and Reprocessing Therapy (EMDR), the Trauma Resiliency Model (TRM), the Community Resiliency Model (CRM), Trauma-Focused Cognitive Behavior Therapy (TF-CBT), and Equine Assisted Therapy. Ages 0-8 (Early Childhood Services), 9- adults (Adult and Family program), on a case-by-case basis.

Desert/Mountain Children's Center

www.dmchildrenscenter.org

Apple Valley - (760) 955-3601

Big Bear - (909) 866-2165

Yucca Valley - (760) 369-3130

Hybrid services. Works with prenatally drug-exposed children, infants, high-risk children, and adolescents (those at risk of suicide, either coming out of the psych hospital or at risk of psychiatric hospitalization). Specializing in working with trauma as well as with youth of all ages and developmental delays. Most assessments are done via telehealth. Treatment is provided in person or via telehealth, depending on the situation. Birth to 21 years of age. Accepts Medi-Cal, IEHP, Tricare, Pacific Care, Molina, and cash on a sliding scale for services provided.

Erika Lazo, LCSW

<https://calmhappykids.com>

Riverside – (951) 599-8383

Erika Lazo, LCSW, specializes in supporting children (birth to age 8) through play-based, developmentally informed therapy. She creates a warm, supportive environment where young children can express feelings, build emotional regulation skills, and work through early childhood challenges in ways that feel natural and engaging to them. Erika partners closely with parents to strengthen attachment, reduce stress at home, and support healthy social-emotional development. Accepts IEHP.

Rady Children's Health, Autism Discovery Institute (ADI)

[Children's Hospital Autism Institute | Rady Children's Health](#)

Murrieta - (858) 966-7453

Diagnostic developmental evaluations by a clinical psychologist for children 18 months to 18 years of age. Cognitive Behavioral Therapy (CBT) for preteens and teens. Teen social skills group (PEERS). ABA parents coaching for children ages 18 months to 14 years old. BCBA-led social skills groups for children 4-8 years old. Accepts Tricare, UBH/Optum, Anthem Blue Cross, and self-pay for diagnostic evaluations, Cognitive Behavioral Therapy (CBT), and teen social skills groups (PEERS). Accept most insurance for ABA Parent Coaching and BCBA-led social skills groups.

Rady Children's Hospital, Developmental Evaluation Clinic

<https://www.rchsd.org/programs-services/developmental-evaluation-clinic/>

Murrieta – (858) 966-8300 x 261058, Allison Scofield, Care Coordinator

Diagnostic developmental evaluations by a clinical psychologist for children 0-5 yrs 11 months. Early mental health treatment services for children ages 2-5 years 11 months, including individual and caregiver-mediated therapies (e.g., PCIT, PC-CARE, play therapy, trauma-informed therapy), social skills groups, and art therapy. Caregiver support groups run simultaneously alongside social skills and art therapy groups. Accepts Medi-Cal plans for Riverside County residents for all services (diagnostic evaluations, early mental health treatment). Accept some commercial insurance (Tricare, UBH/Optum, Anthem Blue Cross) and self-pay for diagnostic evaluations.

San Bernardino County SART Centers -Children (0-6 years old)

Citrus Counseling Services, Redlands – 909-793-1078

Desert Mountain Children's Center, Apple Valley – 760-552-6700

Desert Mountain Children's Center, Yucca Valley - 760-369-3130

Desert/Mountain Children's Center, Big Bear Lake - 909-866-2165

West End Family Counseling Center, Ontario - 909-983-2020

Victor Community Support Services, San Bernardino – 909-890-5930

Offers high-level, short-term (6–12 months) intensive services when behaviors pose a health and safety concern (Not ABA); especially helpful for children who have trauma exposure. Examples of areas include Aggressive Behavior, Speech Problems, Short Attention Span, Prenatal Exposure to Drugs and/or Alcohol, Infants that are difficult to comfort, Sleep difficulties, and Excessive tantrums. Can refer for services to SART through Children and Family Services, Preschool Services, your pediatrician, or you may self-refer to the center nearest to you. Services are covered with combined funding between Medi-Cal, MHSA, and First 5 San Bernardino. Accepts Kaiser and single-case agreements with other health insurance companies.

Non-Public Schools

A Nonpublic School (NPS) is a specialized, state-certified school that works with public school districts to serve students with disabilities whose needs cannot be met in a traditional school setting. NPS programs provide smaller classes, highly trained staff, and intensive behavioral, educational, and therapeutic supports. An NPS placement is usually considered after the public school has tried multiple supports and placements, but the student still struggles to learn or remain safe.

Oak Grove Center

<https://oakgrovecenter.org/>

Founded in 1989, Oak Grove Center is a nonprofit residential, educational, and Treatment Center (with multiple campuses) for at-risk and special needs youth. Oak Grove's mission is to rebuild the lives of at-risk children and their families through educating, healing, restoring relationships, building character, and instilling hope. Serving more than 800 children and teens each year, Oak Grove offers a wide spectrum of services: residential care, education, wraparound services, sports and the arts, programs for Autism and independent living, partial hospitalization, outpatient services, addiction recovery and relapse prevention programs, and more. Two campuses in the Inland Empire:

- Murrieta - 24-hour residential, educational, and therapeutic treatment center. It has three dormitories housing up to 76 children and teens ages 8-18, and it also houses a K-12 non-public school complete with a baseball field, gymnasium, Autism sensory room, and cafeteria. Campus offers struggling youth many options and benefits to support their treatment, including a library, a music and dance studio, an organic garden, a playground, a bunny petting zoo, an on-site therapy and nurse station, and much more.
- Perris- WASC-accredited nonpublic school operating under the umbrella of the Oak Grove Center. Established in 2006, OGR provides five self-contained classes serving students ages 5-22 years old with emotional disturbance, learning disabilities, developmental disabilities, and Autism. Students are transported daily to and from school by facility vehicles, their families, the residential care program, or their home district.

Port View Preparatory

portviewpreparatory.com

Ontario – (909) 460-8140

Port View Prep is a non-public school that serves students, ages 5 to 22 years, with Autism Spectrum Disorder, developmental disabilities, behavior challenges, and/or unique learning needs. Programs are tailored to individual student needs, and we also meet prospective students to determine whether they would benefit from our educational approach. Unless students are privately placed at Port View Prep, admission is contingent upon the IEP team's decision to include Port View Prep as part of the offer of a Free Appropriate Public Education (FAPE).



Spectrum Center- Chino Hills – CVUSD Alternative Education Center

<https://www.spectrumschools.com/location/chino-hills-cvUSD-alternative-education-center/>

Chino Hills – (909) 628-1201; extension 5343

Grades 8th to 12th. Students learn in a structured environment that uses research-based practices, data-driven decision-making, and effective behavior-management systems. The school also offers inclusion opportunities, vocational training, and community-based instruction to support real-world skill development and transition planning. Social-emotional learning is woven into daily lessons through MTSS, PBIS, restorative practices, trauma-informed approaches, mindfulness, and pro-social skill building, all designed to promote engagement, coping skills, self-awareness, connection, and academic success.

Neurology

Akami Pediatrics- Dr. Chris Arca

<https://akamaipediatics.com/>

Riverside - (951) 498-3661

Board-certified child neurologist, epileptologist, and pediatrician. Offers Autism diagnosis, seizure/epilepsy management, and well-child examinations. Provides personalized, compassionate care focused on general pediatrics, development, and neurology. They're dedicated to building strong relationships with families to ensure every child receives the attention and support they need.

Dr. Margaret Bauman

Riverside - (840)236-8026

drbaumancaliclinic@gmail.com

Dr. Margaret Bauman is an internationally renowned pediatric neurologist, Autism expert, and pioneering researcher whose work has shaped the modern understanding of Autism for more than three decades. A true leader in the field, Dr. Bauman is widely respected for both her groundbreaking scientific contributions and her deep commitment to compassionate, thorough, family-centered care. Dr. Bauman consults in California for 4 weeks per year. She is seen through scholarships and private pay.

Loma Linda University Pediatric Subspecialty Clinics - Dr. Priscilla Chee

<https://lluh.org/provider/chee-priscilla>

San Bernardino – (909) 835-1810

A pediatric neurologist who specializes in epilepsy, seizures, and headaches in children.

Loma Linda University Medical Center - Dr. Standord Shu

<https://lluh.org/provider/shu-stanford>

San Bernardino - (909) 835-1810

He specializes in diagnosing and treating neurological and developmental conditions in children, including Autism, cerebral palsy, developmental delays, epilepsy, movement disorders, traumatic brain injury, and other neurodevelopmental disorders. His practice includes advanced treatments such as Vagus Nerve Stimulation. He sees patients at the Loma Linda University Pediatric Subspecialty Clinics in San Bernardino.

Progressive Neurology & Sleep Medicine Associates - Dr. Pei Simon Liu, M.D., M.S

<https://progressiveneuroandsleep.com/team/pei-simon-liu-m-d-m-s/>

Redlands and Riverside - (951) 785-7190

Progressive Neurology & Sleep Medicine Associates is a Neurology and Sleep Medicine provider. Treats adult and pediatric patients with neurologic and sleep issues, including diagnoses and treatments for Tremors, Sleep Apnea, Multiple Sclerosis, Dementia, Epilepsy, Headaches, Neuromuscular disorders, and other neurological disorders. Also perform neurologic testing, including EMG and Nerve conduction studies, EEG, and sleep studies with and without C-PAP.

Rady Children's Hospital-San Diego - Dr. Anuja Jindal, MD

rchsd.org/doctors/anuja-jindal-md-mph/

San Diego – (858) 966-5819

Dr. Anuja Jindal is a pediatric neurologist and specialist in neurodevelopmental disabilities at Rady Children's Hospital-San Diego and an assistant clinical professor in the Department of Neurosciences at UC San Diego School of Medicine. Dr. Jindal's primary clinical practice focuses on neurodevelopmental disorders, and she is passionate about providing multidisciplinary care to children and their families. She is the director of the multidisciplinary Tuberous Sclerosis Complex clinic and sees patients with general neurological conditions.

Rady's Children's Hospital-San Diego- Dr. Sailaja Golla, MBBS, MD

<https://choc.org/medical-staff/neurology/sailaja-golla-md/>

San Diego – (714) 462-1837

Dr. Golla is a Pediatric neurologist with additional subspecialty training in Neurodevelopmental Disabilities and Autism. She is board-certified by the American Board of Psychiatry and Neurology in both Pediatric Neurology and Neurodevelopmental Disabilities. She has National and International expertise in the field of Autism; she currently practices at the Thompson Autism and Neurodevelopmental Center at CHOC and is the director of the Fragile X Clinic at Thompson Autism and Neurodevelopmental Center.

Riverside Medical Clinic-Dr James Nelson

<https://riversidemedicalclinic.com/doctors/24109-2/>

Riverside - (951) 683-6370

Dr. James Nelson is a pediatrician specializing in Neurology with Special Qualification in Child Neurology. He has been practicing for more than 20 years. Dr. James Nelson accepts Aetna, Cigna, Blue Cross, UnitedHealthcare, and other insurance plans.

UC San Diego Health- Dr. Andrew Hannawi, MD

<https://providers.ucsd.edu/details/1194179135/neurology>

San Diego - (858) 657- 8540

He is a board-certified neurologist who specializes in the treatment of Autism and other neurodevelopmental disabilities. He sees patients with Asperger syndrome, developmental disabilities including tuberous sclerosis, Rett syndrome, tic disorders, learning or intellectual disability, cerebral palsy, childhood traumatic brain injury, and other related genetic or metabolic disorders.

UCSD Health - Dr. David Lee, MD

<https://providers.ucsd.edu>

San Diego - (858) 857-7000

David J. Lee, MD, PhD, is a board-certified neurologist who treats seizures and epilepsy, including epilepsy that does not respond to medication. As an associate professor in the Department of Neurosciences, Dr. Lee conducts epilepsy research and trains medical students, residents, and fellows at UC San Diego School of Medicine.



UC San Diego Health- Andrea Fuentes, MD

<https://providers.ucsd.edu/details/1003342585/neurology>

(858)657- 8540

Andrea Fuentes, MD, provides comprehensive care for patients with different types of movement disorders, including Parkinson's disease (PD), atypical parkinsonian disorders, essential tremor, ataxia, dystonia, and chorea.

West Coast Neurology- Dr. Jyes Querubin

<https://www.westcoastneurology.com/doctor-feed/jyes-querubin-md>

Pasadena, Arcadia, and Pomona - (626) 598 - 3797

Dr. Querubin is a Board-Certified Pediatric Neurologist, Board-Certified Pediatric Epileptologist, and WCN Pediatric Program Co-Director. Dr. Querubin has a passion for caring for children and provides excellent care for those with neurological conditions. Her clinical interests include pediatric epilepsy. Her research interests have included genetics in neurologic disorders such as epilepsy.

Parent-to-Parent Support

Autism Society Inland Empire

www.ieautism.org

Riverside and San Bernardino Counties – (951) 220-6922

info@ieautism.org

Parent Specialists support families in crisis by providing emotional support, linking them to needed services, and connecting them with local care and resources. They also offer guidance on advocacy with schools and/or agencies and share valuable insights drawn from their lived experience.

National Council on Severe Autism

<https://www.ncsautism.org/>

National organization that focuses on recognition, policy, and solutions for those affected by severe Autism. Offers free podcasts and webinars.

Open Doors Mental Health Parent Support and Training

<https://ruhealth.org/behavioral-health/parent-support-training-program>

Riverside - (951) 358-5862

The Parent Support group is held on the 4th Thursday of each month from 5:30 pm-7:30 pm in person for parents/caregivers of children/youth with mental health, emotional, and behavioral challenges.

Parent to Parent Support Group

<https://www.ruhealth.org/behavioral-health/parent-support-training-program>

Parent Support group held every Wednesday from 10:00 am-11:00 am, virtual, for parents/caregivers of children/youth with mental health, emotional, and behavioral challenges.

Profound Autism Alliance

www.profoundautism.org/

A national organization that offers public policy, educational webinars, podcasts, and resources for this population.

Pediatricians

UCR Health - Adwoa Osei, MD, FAAP

<https://www.ucrhealth.org/provider/adwoa-osei-md/>

Riverside - (844) 827-8000

Dr. Osei specializes in trauma-informed pediatric care, developmental and behavioral pediatrics, and medical education for pediatric students. The clinic offers evaluation and treatment for a wide range of conditions, including Autism, ADHD, intellectual disabilities, learning differences, pediatric depression and anxiety, stuttering, Tourette syndrome, and other developmental and behavioral needs, as well as adolescent care.

Akami Pediatrics - Dr. Chris Arca

<https://akamaipediatics.com/>

Riverside - (951) 498-3661

Board-certified child neurologist, epileptologist, and pediatrician. Offers Autism diagnosis, seizure/epilepsy management, and well-child examinations. Provides personalized, compassionate care focused on general pediatrics, development, and neurology. They're dedicated to building strong relationships with families to ensure every child receives the attention and support they need.

Mission Pediatrics

<https://www.missionpediatrics.com/>

Riverside, Perris, San Bernardino, Redlands - (951)779-1670

Integrative Care Clinic – a specialty clinic overseen by a pediatric intensive care specialist that provides care and support for children with significant health needs. Patient enrollment in this specialty clinic is based on availability.

Riverside Medical Clinic-Dr. Ressia Lee

<https://www.riversidemedicalclinic.com/doctors/lee-ressia-md/>

Temescal Valley - (951) 493-6926

Provides comprehensive pediatric care and is known for her collaborative, team-based approach with families. Clinical interests include asthma management, pediatric heart lesions, and general developmental and preventive pediatric care. Dr. Lee has also contributed to international medical service in Mexico City and volunteered at residential camps for children with asthma and diabetes, reflecting her commitment to children's health both locally and globally.

Valentine Medical Clinic – Dr. Valentine

<https://www.valentinemedicalclinic.net/>

Riverside – (951) 343-1616

Valentine Medical Clinic also provides a wide range of general health care services.

Personal Attendant Services

Personal Attendant Services (PAS) are a service through Regional Centers when your loved one needs more support than you or other programs (such as IHSS) can safely provide. These services are designed for people with developmental disabilities who need hands-on assistance to get through the day.

PAS can be especially helpful if your child has complex behavioral or medical needs, because the support is one-on-one, flexible, and focused on keeping them safe and successful at home and in the community. This might include help with important daily tasks such as eating, bathing, toileting, dressing, grooming, and moving around, as well as anything your loved one needs to stay healthy and safe.

Maxim Healthcare

<https://www.maximhealthcare.com/maxim-healthcare-locations/san-bernardino-ca-regional-office/>

San Bernardino and Riverside - (909) 891-1599

Personal attendance services. A new model (2026) will have employees with 40 hours of Registered Behavior Technician training, which includes behavior support and communication strategies.

Primary Care Physicians

Dr. Benny J. Guzman, MD

Kathryn Kizzar, NP

Chino Hills - (909) 613-0016

Family practice. Dr. Guzman specializes in comprehensive health care for people of all ages.

Dr. Shah's Wellness Medical Clinic & Thyroid Treatment Center- Dr. Hitendra Shah

Diamond Bar - (909) 860-2610

Specialties include Family Medicine and General Practice.

Foothill Primary Care - Dr. Tiffany Quan and Dr. Viet Ta

Rancho Cucamonga - (909) 484-4900

Autism friendly. Dr. Ta is a family practice doctor who sees both verbal and non-verbal adults with ASD. Accepts IEHP and Molina through Medi-Cal.

Kaiser Permanente - Dr. Ravi Bhatia

Redlands- (800) 464-4000

<https://healthy.kaiserpermanente.org/southern-california/physicians/ravi-bhatia-7241752>

Specializes in internal medicine. Board Certified in Internal Medicine.

Loma Linda University, Family Medicine - Dr. Lauren Simon

Loma Linda, CA - (909) 558-6600

Board Certified with the American Board of Family Medicine, Family Medicine. Accepts Medi-Cal.

StationMD

<https://stationmd.com/>

Physician-led telemedicine service designed specifically for individuals with intellectual and/or developmental disabilities (I/DD) and other medically vulnerable populations. Its mission is to deliver high-quality, accessible medical care that supports independence, reduces unnecessary hospital visits, and improves the overall well-being of individuals with I/DD and their caregivers.

Clinicians (physicians, nurse practitioners, and physician assistants) receive specialized training in the complex health needs of the I/DD population, including 25 hours of training through Intellect Ability. Care is provided through an easy-to-use telemedicine platform, and language line services are available for families with diverse linguistic needs. Operates on a subscription-based model, offering unlimited medical consultation calls. When emergency care is needed, clinicians will call the ER in advance to provide essential context and reduce risk during the transition. Accepts private pay, self-determination, and is currently in the process of vendorization with Alta Regional Center to expand services to Californians with I/DD.

UCR Access Clinic-Riverside University Health System

<https://ruhealth.org/medical-center/medical-services/access-clinic>

Moreno Valley - (951) 486-5573

The Access Clinic is a primary care clinic that serves adults with intellectual and developmental disabilities (IDD), including cerebral palsy, Down syndrome, Autism, Angelman syndrome, Fragile X, anoxic brain injury as a child, and other disabling conditions. To access services, a person must be 17 years of age or older; have an Intellectual and Developmental Disability (IDD) that began before age 18 and will continue indefinitely; must be a Regional Center Client, receive Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI); and must have significant limitations in three or more of the following areas: self-care, mobility, self-direction, language learning or economic self-sufficiency. Accepts Medi-Cal, Medicare, and IEHP.

Valentine Medical Clinic - Dr Valentine

<https://www.valentinemedicalclinic.net/>

Riverside – (951) 343-1616

Valentine Medical Clinic provides a wide range of general health care services.

Respite

Respite is a Regional Center service that gives families a break while making sure their loved one is cared for in a safe, comfortable setting. Respite can happen at home or in a licensed community home, depending on what works best for your family. It helps caregivers rest, recharge, and continue supporting their child.

Regional Center will determine the number of hours you are authorized for, so be sure to let your service coordinator know if there are changes in your life, such as work schedules, stress levels, health needs, or your loved one's support needs — so your hours can be reviewed and adjusted if needed.

There are different models and ways to hire someone to care for your loved one:

In-Home Respite

In-home respite takes place in the person's own home, where routines and surroundings may feel familiar. Respite workers can follow the person's communication style, daily routines, behavior plans, feeding plans, and any other supports the family uses. Families can receive in-home respite through:

- **Agency respite:** The agency sends trained staff.
- **Participant-directed respite:** Families choose and oversee their own workers, with the agency handling payment and enrollment.

Out of Home Respite

Out-of-home respite takes place in a licensed home or residential setting with trained staff. This option is helpful when a family needs a longer or more structured break, or when a person benefits from staff who can provide additional support, such as medical tasks taught by a health professional or help with behavior support strategies.

Crisis Respite

When a family is experiencing an urgent situation — such as exhaustion, a medical concern, or significant stress — Regional Centers can approve short-term, 24-hour respite in a licensed setting. Crisis respite is designed to stabilize the situation and support both the individual and the family.

Respite Service Providers after the Regional Center Authorizes:

24 Hour Home Care

1650 Iowa Avenue, Suite 180, Riverside
(909) 786-4912

<https://www.24hrcares.com/>

Provides many services, including preferred/participant-directed respite, where you can select someone you already trust, and the agency will help with hiring and support.

Inland Respite, Inc.

1250 Corona Pointe Ct., Suite 210, Corona - (951) 353-1261
36943 Cook Street, Suite 102, Palm Desert - (760) 342-2290

<https://inlandrespite.com/>

Inland Respite provides companion and respite services for individuals with developmental disabilities, giving families the chance to take a meaningful break from caregiving. Their team has been supporting families for over 25 years and offers several options to meet different needs. Families can choose routine respite, where Inland Respite helps match you with trained caregivers, or preferred/participant-directed respite, where you can select someone you already trust, and the agency will help with hiring and support. Their programs focus on creating a safe, reliable, and family-centered experience, with caregivers who assist with daily routines, provide supervision, and support your loved one at home in ways that align with your family's values.

In-Roads Creative Programs, Inc.

Main Office: 7955 Webster St., Suite 5, 6 & 7, Highland
(909) 864-1551

<http://www.in-roads.net/respite-services/>

The respite program provides in-home and preferred provider respite services for parents or caregivers in the consumer's home. The services are designed to give a break from providing care for the consumer by allowing the parent/care provider time for themselves. The services are provided on a one-on-one basis in the client's home. The routine respite program offers a staff member from our pool of highly qualified staff. In contrast, the preferred provider program allows the parent/caregiver to choose an individual they are familiar with. Typical services include playing games, watching television, doing homework, and/or reading books.

Safety Resources When Interacting with First Responders

Safety resources are especially important for autistic individuals with complex needs because they help reduce real-world risks and support greater independence. Many autistic people may face challenges such as difficulty recognizing danger, navigating unfamiliar environments, communicating in emergencies, or responding to unexpected situations, which can increase vulnerability to accidents, wandering, or exploitation. Safety support includes clear tools, preparation, and training—providing individuals and families with practical strategies to stay safe while promoting autonomy and confidence.

- Nearly half (49%) of autistic children have wandered or eloped from a safe place, according to a 2012 Pediatrics study. One-third of those who wander are unable to communicate their name, address, or phone number when found.
- Autistic individuals are seven times more likely to encounter police compared to non-autistic peers.

The Autism Society Inland Empire and Inland Regional Center have played a critical role in addressing these safety needs by training law enforcement, fire, and EMS, connecting families to resources, offering education and tools to prevent emergencies, and partnering with community systems to build safer, more inclusive environments for autistic individuals with complex support needs.

Blue Envelope Program

<https://ieautism.org/the-blue-envelope-program/>

The Autism Society Inland Empire co-created the Blue Envelope Program in partnership with the San Bernardino County Sheriff's Department and Inland Regional Center. This program supports people who may communicate differently during interactions with law enforcement or other first responders, including individuals with Autism, developmental disabilities, and people who are deaf or hard of hearing. The Blue Envelope offers a simple, effective way for individuals to share important information about their communication needs and support, helping make these encounters safer and more predictable for everyone.

This model includes tools for both drivers (the Blue Envelope) and non-drivers (lanyards, stickers, keychains, and seatbelt covers), ensuring that individuals of all ages and communication styles can use the Blue Envelope Program in everyday settings. The program was shaped directly by feedback from individuals and families throughout its development.

2026 Agencies Participating in the Blue Envelope Program in The Inland Empire (as of April 2026)

San Bernardino County

- Chino Police Department
- Fontana Police Department
- Fontana Unified School District Police Department
- Ontario Police Department and Ontario Fire Department
- Redlands Police Department
- San Bernardino Police Department
- Upland Police Department
- San Bernardino County Fire/Office of Fire Marshal (Hesperia and San Bernardino)
- San Bernardino County Sheriff Department Stations include:
Apple Valley, Barstow, Big Bear, Central, Chino Hills, Colorado River, Fontana, Hesperia, Highland, Morongo Basin, Needles, Rancho Cucamonga, Twentynine Palms, Twin Peaks, Victor Valley, Victorville, Yucaipa

Riverside County

- Menifee Police Department
- Riverside Police Department and Fire Department
- Riverside County Sheriff's Department: Cabazon, Colorado River, Hemet, Jurupa Valley, Lake Elsinore, Lake Matthews, Moreno Valley, Palm Desert, Perris, San Jacinto, Southwest (Temecula), Thermal

Coming Soon

- American Medical Response (AMR)
- Rialto Police Department
- San Bernardino County Fire/ Office of Fire Marshal

Emergency Room Passports - Autism Society Inland Empire

<https://ieautism.org/emergency-room-resources/>

The Autism Society Inland Empire Health Passport is a practical, family-centered tool designed to help autistic individuals and those with intellectual and developmental disabilities (IDD) receive safer, more compassionate, and more effective care in medical settings. It provides a quick, easy-to-read summary of a person's communication style, sensory needs, medical history, behavioral support, calming strategies, and preferred approaches to care. Medical providers can use the passport during emergency visits, hospital stays, routine appointments, or behavioral health interactions to reduce misunderstandings, minimize stress, and support patient comfort.

These passports can be used on their own or paired with the Blue Envelope Program, offering an additional layer of recognition and guidance for first responders and healthcare teams. Many local fire departments and EMS agencies have already received specialized training on both tools, helping ensure that autistic individuals and those with complex care needs are better understood and supported during emergencies.

Sleep

Sleep problems are very common with Autism, and they can be especially challenging for families of individuals with profound Autism. Research shows that more than 80% of autistic individuals experience significant sleep disturbances—two to three times higher than in neurotypical peers—such as trouble falling asleep, waking during the night, or rising too early. For those with profound Autism, these issues can be even more severe. One study tracking over 20,000 nights found that disrupted sleep predicted daytime behavior changes in 81% of individuals with Level 3 Autism, affecting mood, behavior, and safety.

Poor sleep doesn't just affect the individual; it can also lead to increased aggression, hyperactivity, and inattention, while placing strain on caregivers and disrupting family routines. In addition, medical conditions like sleep apnea, seizures, and reflux—more common in profound Autism—can contribute to or worsen sleep problems and sometimes mimic behavioral symptoms. Understanding these connections is the first step toward finding practical solutions and improving the quality of life for the whole family.

Sleep problems in individuals with profound Autism can have many causes. Biological factors such as differences in melatonin production, irregular circadian rhythms, and genetic influences often play a role. Medical conditions like sleep apnea, seizures, gastrointestinal reflux, and chronic pain can further disrupt sleep. Sensory sensitivities—such as discomfort with bedding, temperature, or noise—can make settling difficult, while anxiety and behavioral challenges can compound the issue. Because these factors often overlap, addressing sleep problems requires a comprehensive approach that considers both medical and behavioral contributors.

Behavioral support from experienced agencies, such as those listed in this guide, can assist. You can also speak with your primary care physician or pediatrician, who can rule out medical conditions such as sleep apnea, seizures, or reflux.

Children's Hospital Los Angeles-Pulmonology and Sleep Medicine

<https://www.chla.org/pulmonology-and-sleep-medicine/programs-and-services/sleep-center>

Los Angeles - (323) 361-2287

A team of pulmonology and sleep medicine specialists diagnoses and manages a wide range of breathing, lung, and sleep issues, including common and rare sleep disorders in infants and children. Team is especially skilled at diagnosing sleep issues in children who have developmental or medical concerns, such as Autism or Down syndrome. Their Sleep Center is one of the region's largest, most experienced centers for diagnosing sleep disorders in children. It also conducts sleep studies for children who require ventilator support. Requires a physician referral. Major PPO plans and Medi-Cal accepted.

Dr. Gary Feldman- Stramski Children's Developmental Center

<https://www.millerchildrens.memorialcare.org/specialties/stramski-childrens-developmental-center/sleep-disorders-center>

Long Beach - (562)728-5034

Dr. Feldman has been the medical director of the Stramski Children's Developmental Center at Miller Children's & Women's since 2004.

Loma Linda University-Children's Hospital

<https://lluch.org/neurology/our-services/pediatric-headache-sleep-autoimmune-disorders/sleep-disorders>

Loma Linda - (909) 835-1810

Pediatric Neurology for consultation. Treats the following: sleep disorder, sleeping, excessive daytime sleepiness, insomnia, parasomnia, and other disorders. The referring physician must send clinical notes to the department. A sleep study clinic is also available. Must have preauthorization from HMO and PPO plans. Most PPO plans and Medi-Cal are accepted.

Progressive Neurology & Sleep Medicine Associates- Dr. Pei Simon Liu, M.D., M.S.

<https://progressiveneuroandsleep.com/team/pei-simon-liu-m-d-m-s/>

Redlands and Riverside - (951) 785-7190

Progressive Neurology & Sleep Medicine Associates is a Neurology and Sleep Medicine provider. Our providers are here to help adult and pediatric patients with neurologic and sleep issues, including diagnoses and treatments for Tremors, Sleep Apnea, Multiple Sclerosis, Dementia, Epilepsy, Headaches, Neuromuscular disorders, and other neurological disorders. They also perform neurologic testing, including EMG and Nerve conduction studies, EEG, and sleep studies with and without C-PAP.

Rady's Children Health-CHOC Pediatric Sleep Center

<https://choc.org/sleep/>

Orange - (714) 364-4151

CHOC Pediatric Sleep Center focuses on identifying the physical or behavioral factors that affect sleep, including obstructed airways and breathing issues, as well as conditions such as apnea and narcolepsy. Provides specialized treatment, sleep studies, and close follow-up care. Must have a referral from a primary physician. Major PPO insurance and Medi-Cal accepted.

Sleep and CPAC Center

<https://sleepandcpapcenter.com/>

Rancho Cucamonga - (909) 987-3535

Serves adults and children. Sleep diagnostic centers are open 7 days a week. Also provides in-home patient sleep studies, as well as CPAP and Bi-PAP services and supplies for adults. Major PPO and HMO plans accepted (referral required), please call to verify. IEHP also accepted.

UCI Sleep Medicine Services

<https://www.ucihealth.org/medical-services/programs/sleep-services>

Irvine - (714) 509-2230

UCI Health Sleep Medicine specialists have advanced training in a variety of medical



specialties and use leading-edge technologies to diagnose and treat the causes of poor sleep.

UCLA Health- Sleep Medicine

<https://www.uclahealth.org/medical-services/sleep-medicine>

Los Angeles - (310) 825-2631

Leaders in managing and treating all types of sleep disorders, including cutting-edge treatment for insomnia and narcolepsy, offer the full range of care for children and adults, including Pediatric and Pulmonary Clinics. A primary care physician or a community subspecialist must refer patients. UCLA Health accepts most major health insurance plans, including HMO, PPO, and Medi-Cal.

UC San Diego

<https://health.ucsd.edu/care/sleep-medicine/>

La Jolla - (844) 757-5337

Our sleep medicine team includes board-certified doctors in their specialties, as well as nurse practitioners. They use leading-edge technology to collect precise information about a person's sleep movements, behaviors, and breathing patterns. These details help us identify even minor sleep abnormalities. Most PPO plans and Medi-Cal are accepted. Adults only. Referral required from primary physician.

Social Recreation/Social Skills

Finding social recreation opportunities for individuals with complex needs can often be difficult, especially when programs aren't designed with higher levels of support in mind. The Autism Society Inland Empire maintains a general list of social recreation opportunities for individuals with Autism at <https://ieautism.org/social-recreation-resources/>.

In addition, this specific list was created to highlight options that may be a better fit for those with more complex needs, offering families pathways to safe, supported, and meaningful activities in the community.

AAC Connections, LLC

Darlene Hanson

<https://www.aacconnections.org/contact>

Provides comprehensive services to individuals with limited communication, non-speaking individuals, and those who use Augmentative and Alternative Communication. Provides speech and language services to children and adults with Autism and/or developmental differences. Language therapy addresses the individual's receptive and expressive language skills and development.

Adaptive Athlete

<https://www.theadaptiveathlete.com/adaptive-classes>

Upland - (909) 931-2764

Offers adaptive fitness, sports, and gymnastics classes tailored for individuals with physical and developmental disabilities. These inclusive programs are designed to foster a supportive environment where athletes of all abilities can thrive. Classes focus on building strength, improving flexibility, enhancing coordination, boosting balance, and promoting overall well-being.

Autism Society Inland Empire

<https://ieautism.org/social-recreation-resources/ieautism.org/events>

Riverside and San Bernardino Counties- (951) 220-6922

Hosts inclusive events year-round, including jump nights, family and holiday gatherings, summer activities, and sensory-friendly community programs. Also maintains an online social recreation resource guide featuring arts, inclusive events, sports, and other adaptive activities.

Autistically Inclined

<https://www.autisticallyinclined.com/>

(413) 329-6200

Offers three educational programs for parents and professionals to learn how to be effective communication partners, helping your minimally speaking student communicate through text-based tools. Spelling camps are available for



neurodivergent individuals who use text-based multimodal communication, as well as their families.

Fenixia Foundation

<https://fenixiafoundation.org/events>

Fenixia Foundation offers fun, inclusive social outings throughout the Coachella Valley for teens (16+) and adults with disabilities, including neurological and physical disabilities. Events are held monthly and provide opportunities for recreation, friendship, community connection, and confidence-building in safe, welcoming environments. Activities vary—from art museum visits and festivals to game nights, holiday parties, and outdoor adventures—and some events are free.

Special Olympics

<https://sosc.org/region3/>

Special Olympics Southern California provides seasonal sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in sharing gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

Specialized Safety Beds

Safety beds for Autism, also known as secure sleep systems or enclosed beds, are specially designed to prevent falls, wandering, and other potential safety hazards during sleep. They provide a protective barrier around the bed, often with features such as high-padded side rails, escape-proof enclosures, locking mechanisms, mattress covers, and soft padding.

Specialized safety beds for children or adults with Autism who elope can be covered by insurance, Medicaid, or grants, depending on the child's needs and the documentation provided. These beds usually cost over \$5000, but most safety beds—such as The Safety Sleeper®, Cubby Beds, and Safe Place Beds—can be covered if deemed medically necessary and usually require the following:

- **Model Review.** Review models that might work for your loved one; start with the manufacturer. Manufacturers can connect you with a local DME (durable medical equipment) provider who can assist you with the paperwork.
- **Prescription** from a physician.
- **Letter of Medical Necessity** explaining the child's elopement risk, sleep disturbances, or injury potential, as well as how the bed meets the need, written by a member of your loved one's healthcare team. It can be written by a neurologist, occupational therapist, physical therapist, or other provider familiar with writing letters of medical necessity.

A strong letter will have the following:

- Describe Specific Safety Concerns and Risks: Has your loved one wandered at night? Turned on appliances? Are they able to recognize danger? Open doors? Go outside unsupervised?
- History: Outlines everything you've already tried to solve the issue (e.g., baby monitors, video cameras, door alarms, behavioral therapy, alarms, sleep aids). Did they work?
- How does this impact daily life: Is sleep deprivation affecting their learning, mood, and participation? Increased behavioral episodes? Is your family life disrupted by having to take shifts to stay awake? Caregiver burnout? How is this affecting other children in the house? The impact on daily life should demonstrate interference with health, development, and family functioning.
- Connect the dots between the problem and the solution.

- **Durable Medical Equipment (DME) provides** submission.

Examples of safety beds include:

Cubby Bed

<https://cubbybeds.com/>

A specialized bed is designed to provide a secure, calming sleep environment. Unlike conventional mattresses, it features an enclosed design, padded walls, and Sensory-Friendly materials to create a soothing, safe space. With blackout features, soft textures, and soundproofing, it helps reduce overstimulation.

Safety Sleeper®

<https://safetysleeper.com/products/200-model-safety-bed-for-children-and-adults?variant=43271341572251>

This bed is designed with reinforced panels and stabilizing options to help withstand heavy use, supporting safety and comfort for individuals with Autism.

zPods

<https://zpodsforsleep.com/>

Spacious sensory sleeping pods designed for teens and adults, crafted from durable materials that prevent ripping, tearing, or breaking. These beds offer customizable features, including adjustable lighting, fan control, and integrated Bluetooth speakers, allowing users to create a personalized sleep environment.

Specialized Car Seats and Accessories

Elopement — or wandering — is a significant safety concern for children with Autism and other developmental disabilities. According to the CDC, about half of children with Autism Spectrum Disorder (ASD) have a history of wandering, often leaving safe environments due to sensory distress, curiosity, or a desire to escape uncomfortable situations. These behaviors can lead to serious risks, including traffic injuries.

While elopement itself is not always classified as a "medical condition," it is increasingly recognized as a behavioral safety risk that may warrant the use of adaptive equipment, such as specialized car seats or harnesses, to ensure safe transportation. These supports are often considered medically necessary when a child's behavior poses a risk to themselves or others during travel.

Medicaid and other insurance providers may cover adaptive car seats if they are justified as medically necessary. This typically requires documentation from a physician or therapist, especially when the child:

- Cannot remain safely restrained in a conventional seat.
- Has behaviors such as escaping or unbuckling that compromise safety.
- Requires specialized positioning due to physical or neurological conditions.

In practice, elopement-related behaviors — such as escaping from a car seat — can be part of the justification for adaptive seating, especially when paired with a diagnosis like Autism or other conditions that affect behavior and safety.

Funding for Specialized or Adaptive Car Seats

- Begin with your medical insurance company. They tend to fund seats as Durable Medical Equipment (DME) for older children (5 years or older) or children with medical needs. If insurance denies funding, Inland Regional Center can investigate other avenues of support.
- For younger children, Inland Regional Center partners with Loma Linda Children's Hospital and other organizations that may have available seats. However, these are available until the grant is completed and are provided after an assessment by a Child Passenger Safety specialist, sometimes the IRC Occupational Therapist, and through 1:1 education with the family and the client.
- For older children who may elope from the car, Inland Regional Center currently has a grant that may provide a specialized harness to keep them safe in the vehicle during travel. These are provided after an assessment with the IRC OT and, sometimes, the Child Passenger Safety Specialist as well.

Some Examples of Adapted Car or Booster Seats to Prevent Escaping:

- [Hercules Prime US \(Thomashilfen\)](#). When a simple seat belt is not enough. Made up to 176 lbs and 51 to 70 inches tall. Includes escape-resistant harness system

- **Hercules Small. US:** This specially engineered special-needs booster seat not only meets current safety standards but is also designed to meet future requirements: up to 110 lbs. and 43 to 59 inches tall.
- **Roosevelt Pediatric Car Seat.** Designed for children with special needs (35–115 lbs). Deep side wings and adjustable head support. 5-point harness with escape-resistant features. Ideal for children who need extra positioning support. Works with **Merritt EZ-Huard Buckle Covers, Chest Clips, and A-Lock Covers.** Designed to prevent the occupant from releasing the buckles.

Accessories That Do Not Need Doctors' Notes or Assessments:

- **BuckleRoo Seat Belt Buckle Guard** – Prevents unbuckling, fits most car seats.
- **G Ganen Buckle Guard** – Locks the seatbelt to prevent escape.

Suicide Ideation for Individuals with Autism

If you or someone you know is struggling with thoughts of suicide, call or text 988 for the Suicide Lifeline. The Lifeline provides 24/7, free, and confidential support for people in distress; prevention and crisis resources for you or your loved ones; and best practices for professionals in the United States. Call or Text **988** from anywhere in the U.S. to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

Riverside County has an alternative to 988: 951-686-HELP (4357)

This number connects you with Riverside County's 24/7, free, and confidential support. Trained counselors can dispatch Mobile Crisis Response Teams (clinical therapists and behavioral health specialists) to your location.

Autism Specific Guidance. If you are autistic (or supporting an autistic person), you can say:

Specific Guidance for Callers:

- "I'm autistic / my loved one is autistic. Please use clear, concrete language and speak slowly."
- "Communication may be delayed or different (echolalia, limited speech, selective mutism, AAC). Please allow extra processing time."
- "We prefer person-first or identity-first language; either is fine; please be respectful."

For individuals who use AAC or text:

- You can chat at 988lifeline.org or text 988/741741.
- Let the counselor know if you need more time to type or if you are using an AAC app/device.

What to Expect from 988 (Autism Awareness):

- Nonjudgmental listening and collaborative safety planning
- De-escalation strategies that respect sensory and communication needs
- Local referrals (mobile crisis teams, urgent care, outpatient therapy, peer support)
- Law enforcement is not automatically involved; it's considered only if there is imminent danger.

Supported Living Services

Regional Centers can currently provide the following services:

- **Supported Living Services (SLS).** Assist adults with developmental disabilities, such as living in their own home or apartment, with the level of support they need. Support may include help choosing a home, daily living assistance, emergency support, managing finances, community participation, and choosing attendants or housemates. SLS is flexible and continues until needed.
- **Enhanced Supported Living Services (ESLS).** An **intensive version of SLS** for individuals who live in a group home or own a place with complex behavioral, mental health, or medical needs who require more specialized staff, higher supervision, trauma-informed support, or stabilization. ESLS is designed for people who have struggled in other settings or are at risk of being placed in a crisis placement.
 - Have not been successful in group homes or standard Supported Living
 - Experience frequent crises that threaten their stability
 - Needs intensive oversight or specialized support to live in the community safely.
 - Needs an alternative to hospitalization or restrictive placement.
 - Examples include individuals with:
 - Severe or frequent behaviors of concern (e.g., aggression, property destruction)
 - Co-occurring mental health diagnoses
 - A history of psychiatric hospitalizations, crisis home stays, or forensic involvement
 - Medical or biomedical issues that complicate behavior or daily living
- **Independent Living Skills (ILS).** Independent Living Skills (ILS) services provide training for adults who want to increase their independence. ILS can be delivered in the home, including a parent's or family member's home. ILS is not hands-on care; instead, it focuses on teaching and coaching adults to build daily living skills so they can live more independently. Examples of skills taught through ILS include:
 - Cooking, meal planning, and grocery shopping
 - Budgeting and money management
 - Managing medical appointments and medications
 - Cleaning, home organization, and laundry
 - Community safety and transportation

Training for Families

Pacific Clinics' Neurodevelopmental Center

pacificclinics.org/center-for-divergent-connections/

Upland - (909) 266-2810

centerfordivergentconnections@pacificclinics.org

Currently working on a vendored training course for specialized needs geared to families and caregivers through Inland Regional Center. Also provides a family crisis stabilization service (vendor code 017). Submit a request to the service coordinator/case worker for services and explain whether you have been rejected or dropped by ABA services, as well as your current needs in the home.

Training & Resources for Medical Professionals

Autism Resource Institute

<https://www.mycme.com/pages/addressing-medical-and-behavioral-complexities-for-patients-with-autism>

The CME/CE series offers healthcare professionals practical, evidence-based education that addresses the medical and behavioral complexities commonly encountered in caring for autistic individuals. The series addresses topics including behavioral challenges, mood dysregulation, sleep disturbances, nutrition and gut-brain interaction, and psychopharmacologic management of co-occurring psychiatric conditions. Emphasis is placed on informed clinical decision-making, individualized assessment and treatment planning, and practical approaches to delivering coordinated, patient-centered care across medical and interdisciplinary practice settings.

California Child and Adolescent Mental Health Access Portal (Cal-MAP)

<https://cal-map.org/>

Cal-MAP is a pediatric mental health care access program designed to increase timely access to mental health care for youth in California. Cal-MAP's team of psychiatrists, psychologists, and social workers provides no-cost consultation, education, and resource navigation to California Primary Care Providers (PCPs) caring for mental and behavioral health concerns in youth 0-25.

Cal-MAP provides free, expert training and real-time consultation to help medical professionals feel more confident treating youth mental and behavioral health needs. Primary Care Providers can connect directly with child psychiatrists, psychologists, and social workers for same-day guidance on diagnosis, medication questions, treatment planning, and complex cases.

Cal-MAP also offers no-cost CME/CEU trainings, including webinars and Project ECHO sessions, giving clinicians practical, evidence-based skills for conditions like Autism, ADHD, anxiety, depression, and more. In addition, Cal-MAP's team provides resource navigation, helping providers connect families with appropriate community supports and referrals.

Cincinnati Children's ECHO Autism: Allied Health Professionals Training for family practice and general pediatrics.

<https://cchmc.cloud-cme.com/course/courseoverview?P=0&EID=54561>

Accredited training for nursing, clinical counselors, social workers, OT, SLP, teachers, and psychologists; APA credits available. Session Topics Include:

- Autism and the Neurodiversity Movement
- Development Engagement
- Communication Supports
- ABCs of Behavior
- Evidence-Based Practices for ASD
- Multidisciplinary Approach to Feeding Challenges
- Co-Occurring conditions
- Supports & Resources

Cleveland Clinic Foundation Center for Continuing Education

<https://www.clevelandclinicmeded.com/online/webcasts/perspectives-autism/default.asp>

Offers online CME-certified series with expert insight into co-occurring conditions and Autism Spectrum Disorders (ASD). Topics addressed include challenges faced by those aging with Autism, gastrointestinal issues such as abdominal pain, constipation, and GERD, which are some common co-morbidities in persons with Autism, and barriers to individualized medical care that persons with Autism encounter.

Harvard University – "Clinical Care for Autistic Adults"

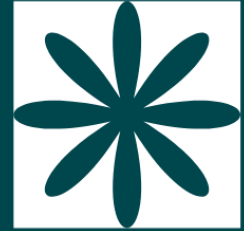
<https://pll.harvard.edu/course/clinical-care-autistic-adults>

Clinical Care for Autistic Adults is a self-paced Harvard Medical School course that equips physicians with practical, evidence-based skills to better support autistic adults in clinical settings. Led by national experts, the course helps clinicians understand the wide diversity of autistic presentations, address co-occurring medical and mental health conditions, improve communication and sensory-friendly care, and navigate transitions, independence, and ADA obligations. It is designed to strengthen confidence and competence in providing personalized, equitable, whole-person care for autistic patients across the lifespan. The site also includes resources on topics related to adults with Autism and healthcare.

NICHE-Dental

<https://www.nichecurriculum.org/niche-dental-overview>

This free, off-the-shelf curriculum provides foundational knowledge about individuals with intellectual and developmental disabilities (IDD), preparing future dental school graduates to care for them. This population is underserved, aging, and faced with oral health as the most unmet health need.



Autism Society Inland Empire
(951) 220-6922
info@ieautism.org
ieautism.org



**Autism &
ID/DD
Community**

