MISSION STATEMENT
The Autism Society of North Carolina (ASNC) provides support and promotes opportunities that enhance the lives of individuals within the autism spectrum and their families.

VISION STATEMENT
ASNC is a leading resource in North Carolina for connecting people who live with autism, and those who care about them, with resources, support, advocacy and information tailored to their unique needs.

ASNC strives to create communities throughout the state in which people on the autism spectrum and their families are empowered, supported and fully embraced by their community.

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For more than 40 years, the Autism Society of North Carolina (ASNC) has been the leading autism advocacy organization in our state and a national model for serving people with Autism Spectrum Disorder (ASD) and their families.

From the beginning, our organization has involved individuals with ASD, families, professionals, providers, and policy makers in a collaborative effort to ensure that the needs of individuals on the spectrum are met across their lifespan. While we may not all face the same challenges, ASNC has always presented a unified voice for our community. We continue to use this approach today as we work to advance the interests of the autism community.

The 40 year mark is often a milestone for individuals to assess their accomplishments and set new goals. Our 40 year anniversary was a catalyst for us to examine all that we do and define a comprehensive plan for the future of ASNC. This involved a thorough evaluation and assessment of the needs of the autism community. The result of this process defined three core areas of focus that are of high need in the community and closely align with our mission: advocacy, training and education, and direct services. This report includes a detailed examination of these priorities.

We faced a difficult financial climate in 2010. The economy impacted many businesses, but especially nonprofit and human service organizations. Despite this adversity, we are proud that ASNC was able to prosper and serve our community without interruption.

The Autism Society of North Carolina has remained a mission-focused, parent and community oriented organization during one of the worst economic periods of our lives. As we look to the future and plan for impending change, we are proud that we are financially sound, provide meaningful outcomes to families, and have a strategic plan that will guide us in the years to come. Our board and staff are deeply committed to providing quality services and innovative approaches to meeting the emerging needs of the autism community.

In closing, we would like to thank the thousands of people that make the Autism Society of North Carolina a success, including our board, donors, community sponsors, corporate partners, volunteers, and staff. We are inspired by the passion of our supporters, humbled by the caliber of our team, and driven to make a difference in the lives of those we serve. We look forward to working with you to improve the lives of all individuals on the autism spectrum.

Martina K. Ballen
Chair of the Board of Directors

Tracey Sheriff
Chief Executive Officer
Advocacy

Advocacy is the heart of the Autism Society of North Carolina, and we have a long history of success. We are the only autism-specific advocacy organization in North Carolina.

Advocacy for Families
Through our Advocacy for Families, staff Parent Advocates connect one-on-one with parents, professionals, individuals with ASD, and bilingual families. Parent Advocates provide information and referral services, conduct training workshops, and help families and self-advocates to navigate local and state service systems.

ASNC employs 16 Parent Advocates throughout the state who provide local expertise and support. Their accomplishments this year include:

• Responding to over 16,000 calls for help and information.
• Attending nearly 1,000 parent or Individualized Education Program (IEP) meetings.
• Providing over 80 educational workshops to parents and over 130 presentations to community groups.

ASNC also has over 45 active Chapters, three Affiliates, and seven Support Groups across the state. These groups provide an opportunity for parents who face similar challenges to offer each other encouragement, share resources, learn practical solutions for autism-related concerns, and have a place where they feel accepted and understood.

Public Policy Advocacy
Public Policy Advocacy includes the organization’s efforts to protect current support systems and expand opportunities for individuals on the autism spectrum and their families. We maintain a year-round presence at the state Legislature and ongoing relationships with state agencies and policy makers to keep them informed about the needs of our community and to help them make informed decisions.

With an $800 million state budget shortfall in 2010, the key concern was how lawmakers would fill this budget gap without cutting critical services to people with autism and other developmental disabilities.

Through ASNC’s grassroots advocacy efforts on the local and state level, we educated lawmakers about people with autism and their families; not only their needs, but also their strengths and what is possible for the quality of their lives when given appropriate treatment and support.

In the end, our advocacy efforts with legislators were successful in:

• Restoring $40 million for funding for community-based services for people with autism and other developmental disabilities.
• Preventing freezes or additional cuts to core Medicaid services for people with developmental disabilities.
• Introducing legislation to expand private health insurance coverage to include individuals with autism.
• The unanimous passage of legislation that requires a corporal punishment “opt out” option for students with disabilities.
On a hot day in June 2009, Jesse walked into our office asking for help. He was a 23 year old man with autism and he was legally blind. He was courteous and polite. He was light-hearted and smiling. He was homeless. He had no money, no job, no food, and his parents were deceased. Homeless shelters were an uncomfortable place for him, and he preferred living on the streets. His entire life was in his backpack.

This began our journey and friendship with Jesse. We helped him apply for food stamps and housing. This was not an easy task because he did not have his birth certificate, social security card, or any kind of identification. These are documents that government agencies require when someone applies for aid, and Jesse had none.

Jesse had been denied Social Security and Medicaid. We knew these benefits were a crucial pathway to a home, and Jesse needed a place to live. We spent hours on the phone with Social Security, trying to help Jesse navigate a very complicated system.

We hunted down school records and medical records for his application for Social Security. We contacted a local eye care center and they generously donated an eye exam so that we could prove that Jesse was legally blind.

With each passing day, it was heartbreaking to know that Jesse was still homeless. We were frustrated when an application was rejected because it lacked a signature or required further documentation. We had no way to contact Jesse, and this delayed the process. The entire office worked as a team to stay updated on what paperwork we needed from Jesse so that anybody could help him the next time he dropped by the office. Through an anonymous donation, we were able to get Jesse a cell phone so that we could keep track of him as he moved from place to place and call him when we needed him.

On cold winter days, when we couldn’t get in touch with him, we worried. All of the Parent Advocates are parents of a child with autism. He may be an adult, but he is someone’s child.

In March 2010, nine months after Jesse first appeared at our door, Jesse received Social Security and Medicaid. Thankfully, his life was about to change. He got an apartment, so he was no longer homeless. He received medical and dental care. He got glasses to help with his vision. The next time we saw Jesse, he looked like a new person. He was wearing new clothes, had gained some weight, and he looked healthy.

Jesse’s transformation as he moves to the next phase of his life has made us very proud. He is trying to find a job, and we are doing our best to help him.

We are humbled by Jesse and his circumstances. We are grateful that we have the opportunity and the resources to have a positive impact on his life.
Training & Education

Training and Education is critical to our mission because it empowers self-advocates, families, and professionals who serve the autism community.

While there is more awareness of autism than in the past, additional education is needed for school system employees, medical professionals, service providers, and other community members. In addition, continued early intervention training is critical, since intervention prior to 36 months of age is associated with improved prognosis over the lifespan.

In 2010, we partnered with community organizations across the state to increase understanding of autism and stress the uniqueness of each individual on the spectrum. Our training department provided over 56 trainings to over 2,000 professionals in the following areas:

Early Intervention
Teachers and other childcare professionals attended full day or multi-day workshops on best practices in Early Intervention for children under age 5. Attendees were taught proper methods to assess children and develop behavioral targets specific to the children they support.

Our trainers also consulted with classroom teachers, professionals, and parents, and collected data on treatment effectiveness.

“This training has changed how I communicate to children with autism and their families. I really understand the impact and importance of our relationship now.”

“Dynamic, personable and knowledgeable presenters! They were very engaging and explained difficult information and technical content easily for the audience to absorb and use. This filled many gaps for me to take home to work with my son and his providers.”

Health Care
Medical professionals were educated on the basics of autism and how to make medical appointments less stressful for patients with autism. Due to demand, several variations of this training were developed, including addressing sensory needs in the medical setting, preparing for a medical appointment, and preparing for a dental appointment.

“This was a great class. Even though I have worked in the field for years, I feel refreshed with new ways of interacting with people with autism.”

Community Outreach
A variety of training sessions were offered to community professionals including police, firefighters, EMS, and other first responders, as well as recreational workers and other professionals who interact with people on the spectrum.

“Definitely stimulated my thinking, and I will be refocusing my work now that I have had this training to better benefit people with ASD.”

Annual Conference
Over 500 parents and professionals attended our Annual Conference, which featured information about autism issues throughout the lifespan. A Pre-Conference workshop for professionals focused on teaching social interaction skills.

“This was my first ASNC conference to attend and I was impressed with both the compassion and professionalism of the staff.”

Staff Development
ASNC staff members receive continuing education on autism. Camp Royall counselors attend an extensive seven day training workshop on strategies specific to the camp environment.

“The best part of the training was the impact that the lectures had on the hands-on exercises and shadowing- it was all fresh in our minds and made me so much more aware of the depth of the communication and behaviors shown.”
Services

The Autism Society of North Carolina is a direct care service provider, accredited by the Council on Quality Leadership for exemplary service provision. In 2010, over 380 individuals with ASD received the following services through our five regional offices:

• Home and Community Support: Training that helps an individual with autism develop skills to live as independently as possible.
• Personal Care Services: Training on personal skills such as community living activities, eating, bathing, dressing, personal hygiene, and mobility.
• Community Participation: Training on recreation, employment, and leisure activities.
• Supported Employment: Adult training to develop job skills, find and keep a job, and maintain appropriate relationships at work.
• Respite: Periodic relief for the primary caregiver(s) which can be provided in the individual’s home or in an out-of-home setting.

Highlights of 2010 service offerings include:

• Nine Supported Living Homes for over 25 adults with ASD.
• Three Day Programs for over 45 adults with autism which offer instruction in all areas of daily living, art lessons, compensatory education, and community-based opportunities.
• Two Small Businesses which offer supported employment for adults on the spectrum.
• A variety of Adult Recreational Groups, including supper clubs, social skills training classes, art lessons, and music lessons.
• Three After-School Programs for school-age children that focus on social and recreational skills in the community.
• The largest nonprofit ASD-specific bookstore in the country. We stock over 600 titles and sell over 10,000 books annually.

In addition to direct care services, we also expanded our programs at Camp Royall during 2010. Camp Royall is the largest and oldest camp for individuals with autism in the world. Camp Royall is accredited by the American Camp Association.

• We provided 10 weeks of summer camp for 313 individuals on the spectrum, ages 4-63.
• Over 180 people joined our Family Fun Days.
• Over 40 campers participated in our new year round programs, including Mini Camp Weekends, High Functioning Autism Adult Retreat Weekends, and Winter Holiday Day Camp.
Bobby’s Story

Bobby Meredith receives services from the Autism Society of North Carolina. His story, and his family’s courageous journey to help him, is told below.

Bobby Meredith was born a healthy, happy baby to Dwight and Deb Meredith in Atlanta, Georgia. He grew up just like his older brother until he was about 15-18 months old. At that point, he started forgetting the alphabet, and he lost skills such as counting and the ability to play interactive games. As the regression progressed, Bobby eventually became nonverbal. After several doctor’s appointments, Bobby received an Autism Spectrum Disorder (ASD) diagnosis.

During his childhood, Bobby developed Pica, a disorder which causes persistent and compulsive eating of nonfood items. He also experienced incontinence, grand mal seizures, self injury, and destructive and self stimulating behaviors. The daily routine in the Meredith home was clean up, prevent, clean up, prevent, clean up.

Since they had no support services and no help outside of Bobby’s school, Deb and Dwight learned to “tag team” Bobby, taking turns providing relief for each other. However, once he reached puberty, the situation worsened. Since Bobby couldn’t express his problems, aggression became his form of communication. As he aged and grew, he started to overpower his parents, endangering himself and the family.

Given the lack of local options, Dwight and Deb decided they needed to change their situation. In 2005, they moved to Greensboro to be closer to family and to find more support for Bobby.

The Merediths connected with the Autism Society of North Carolina’s local Parent Advocate, Judy Smithmyer, whom they later described as a “beacon of hope and direction for us.” Judy provided real, practical advice and suggested steps to get the best help for Bobby. She also taught them to apply for the Community Alternative Program for persons with Mental Retardation or other Developmental Disabilities (CAP-MR/DD), a Medicaid Waiver program. Before they met Judy, Dwight and Deb did not know what services existed or anything about the CAP program.

Judy also encouraged Dwight and Deb to get involved with the local Guilford County Chapter. Dwight and Deb took Judy’s advice and attended a Chapter meeting. The Merediths discovered they could go to Chapter meetings and not feel that they were “on Bobby duty.” Dwight says, “we could be ‘us’ with no teaching moments. We could be around people who accepted us and Bobby. It was a place where we were welcomed… ASNC allowed us to break the cycle of no social life. Our family found and has a community to be involved with now.”

When Bobby was approved for CAP services, Dwight and Deb interviewed ASNC as a potential service provider. The Merediths were pleased that Chris Liga, ASNC’s Triad Services Regional Director, took the time to get to know them, get to know Bobby, and learn how the Merediths operate as a family. Chris used a person-centered approach to ensure that the right team was in place to support Bobby.

The next step was to prepare a plan of care. Dwight and Deb made a list of skills that Bobby will need to function in the world, then broke the list down to fundamentals in order to build a framework for his skill development. The final plan included 36 goals that Bobby and his team would work on daily. The team would measure and evaluate progress by meeting monthly to chart progress for each goal. If the team saw no change in three months, they would reevaluate.

“In order for CAP to be effective, you’ve got to change the nature of the person with autism, not babysit. We don’t want a babysitter for Bobby, that’s not what the CAP program is about. We insist that our workers are doing the goals. We are in race and we don’t have a day to lose. We
are working on goals every minute of every single day,” explains Dwight.

Bobby gradually began to have more positive experiences and exposure to the community. One major challenge was to teach Bobby the concept of patience and time. Before working with his team, he understood the world as a string of events that are happening “right now.” When things didn’t go his way, he experienced an “end of the world” meltdown. Learning that activities have sequences made the world predictable and understandable. He began to accept the concept of “not now, but later,” which greatly improved his frustration level.

Bobby attended summer camp at Camp Royall when he was 12 years old. Deb and Dwight had reservations, because prior to Camp Royall, Bobby had only spent two nights away from his parents. The experience was a success, and a week after his return from camp, Bobby started using the toilet for the first time. Bobby has now attended camp for three summers, and his parents say that each year, he returns with new abilities.

Talking is still a goal for Bobby, but he has a limited vocabulary and is able to communicate with an augmented speaking device. Deb says, “The change we have seen in Bobby has changed his life. It has changed our life.” As Bobby progresses, possibilities are opening up for him, including vocational training and employment.

“Thanks to the Autism Society of North Carolina’s Greensboro Services Office, Camp Royall, and Guilford County Chapter, we don’t feel trapped, helpless, or hopeless anymore. That is what the Autism Society of North Carolina did for us.”

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**Summary for Fiscal Year 2009-2010**

(July 1, 2009- June 30, 2010)

**Revenue**

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Program Activities</td>
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<tr>
<td>State of NC</td>
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<tr>
<td>Donations and Grants</td>
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<tr>
<td>Books, Merchandise, Other</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
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**Expenditures**

<table>
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<tr>
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<td>Fund Raising</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
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</table>
The Autism Society of North Carolina wishes to acknowledge and thank our donors for their contributions during the past year. All money raised by ASNC stays in North Carolina and provides support and promotes opportunities to enhance the lives of North Carolinians with Autism Spectrum Disorder. We have made every effort to provide a complete and accurate list of our generous donors of $100 and above from December 1, 2009 through December 31, 2010. If there is an error or omission, please let us know so we can correct our records.

$25,000 and Above

Carolina Brewmasters
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Fox 50
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Kim and Scott Weiner

$10,000-$24,999

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Credit Suisse
IBM Employee Services Center
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The Knightly Order of the Fiat Lux
Starbucks
United Way of the Greater Triangle
Susan and Ivan Popkin
Nancy and William Stanback

$2,500-$4,999

Anonymous
The Athlete’s Foot
Asheville.com/Hendersonville.com
Carolina Back Institute
Chandler Construction Services
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PhRMA
RTI International
Showside Grill & Bakery by Contagious Confections
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United Way of Pitt County
WakeMed Health & Hospitals
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Amy and Ken Soderstrom
Jean and Patrick Timberlake
Marie and Richard Wicks

$1,000-$2,499

Ameriprise Financial PAC Match Program
The Anne Arundel Scottish Festival
Asheville Savings Bank
ATO-XI Foundation, Duke University
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UPM Raflatac
Village Draft House
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White Memorial Presbyterian Church
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York Properties/505 Associates
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$500-$999

Aetna Foundation
Altamont Inspections
Asbury Associates
AtEase
AT&T United Way
Atlantic Medical Imaging
BB&T
The Bed Gallery
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Broome Associated Insurance
Capital City Club
Chris Hendricks Band
Communicopia Marketing Services
Davie County United Way
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Dynamic Video Development
ECS
Elite Exterior Services
Essence Design Studio
FM Talk 101.1
Frill Seekers Bazaar
GlaxoSmithKline Foundation

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66 Partners
A-Air Company
Aber Home Inspections
Allegacy Federal Credit Union
Allstate Giving Campaign
Alpha Theta Omega Chapter
American Express
The Arts Center
Atlanta Bread Company
Autism Education and Research Institute
Balfour Beatty Construction
Bano Italian Boutique
Bayada Nurses
Beavers Family Dentistry
Biscuitville
Blue Ridge Termite and Pest Services
Braveheart Medical Transport
Bridgestone Bandag Tire Solutions
Brogden Middle School
Bronco Development
Burgess Photography
Cakes by Dan
Cape Fear Insurance Associates
Carolina Developmental Pediatrics
Carolina Farm Credit
Carolina Hurricanes Booster Club
Cary Pediatric Center
Cary Urology
Centering on Children
Central Carolina Dental Hygiene Society
Century 21 Brock and Associates
The Chamber Orchestra of the Triangle
Chandie Foundation
Charles Schwab Foundation
Chemol Company
Chick-fil-A at Wilson FSU
Chris Leith
The Clorox Company Foundation
Coastal Insurance and Realty
Coldwell Banker Advantage
The Community Foundation of Louisville Depository
The Complete Caregiver
Consumer Education Services
Country Club of Johnston County
The Crabbly Hatters
Davis Family Chiropractic
Down East Amusement Co.
Duty Tire No. 2
Earth Fare
East Clayton Elementary School
Edward Jones
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Eye Care Associates
Family and Friends of Sara Handlan
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Farmville Middle School
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Fidelity Bank
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First Missionary Baptist Church of Wilson Mills
First School of First Presbyterian Church
Fun Depot
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Gate City Pharmacy
Ghost Riders Motor Cycle Club
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McMillan Rentals
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Melange Health Solutions
Michelakis, Wilharm and Harrington, D.D.S.
Mission Fish Points of Light Foundation
Mosquito Ban USA
National Inclusion Project
National Student Speech Language Hearing Association UNCG
NCRSP-Pitt County Unit
North Carolina Nurses Association
North Carolina State University Athletic Department
North Carolina Theatre
Off’n Running
OLG Staff
Organizational Strategies
Pediatric Possibilities-OT Services
Penn Griffin School for the Arts
Pepsi-Cola Bottling Company
Play Date
Posta Tuscan Grille
Poyner Spruill
Precision Timing Systems
PSA Charities and Fundraising
Quabbin Valley Educational Consultants
R and R Insurance Services
Reedy Creek Golf Course
Renaissance Dental Center
Reynolds and Reynolds
Richard Boles Funeral Service and Cremation
Ride to the Rock
Right Time Kids
Jacob’s Ladder
Rodan + Fields Dermatologists
Roger Pierce/Pierce Construction
RSM McGladrey
RuckerJohns
S & K Swine
San Felipe #9
Scotland Motors
SECO Architectural Systems
Sitter Connection
South Brunswick Islands Woman’s Club
South Johnston High School
Spirit of Youth Senior Citizens Club
Spring Garden Bakery
Stacia Harrington Photography
Storybook Safari
Studio One Networks
Summit Charter School
Taxpro of Southport
Teleflex Foundation
Ten-Seven Ventures
Texas Roadhouse
Thnk Promotional Group
Thomas and Farris
Thomas Drug Store of Dunn
Thompson Financial Group
Town of Carrboro
Triad Coordinated Services
Trotman Elementary School
UNC Research Registry
UNC-CH Aspire Research Program
The UPS Store 3280
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United Way of Forsyth County
United Way of Gaston County
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Vaughan’s Glassworks
Voices Together
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Wake Forest University Baptist Medical Center
Wake Orthodontics and Pediatric Dentistry
Wells Fargo Advisors
Wells Fargo Community Support Campaign
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Wesley Chapel United Methodist Church
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