improving lives

supporting families

ducating communities

AUTISM SOCIETY NORTH CAROLINA

ANNUAL REPORT 2012



A MESSAGE FROM the Board Chair and Chief Executive Officer

For over 40 years, the Autism Society of North Carolina has improved the lives of individuals with autism, supported families affected by autism, and educated our communities about the needs of people with autism.

In North Carolina, one in 70 children born has autism. This is higher than the national average of one in 88. We recognize that families affected by autism face financial, physical, and emotional hardships, and more resources are needed than ever before. As the leading statewide resource organization serving people across the autism spectrum and throughout their lifespans, we are committed to meeting the needs of our families now and in the future.

There is much to celebrate as we look back on 2012. I would specifically like to thank the following donors who have made our successes this year possible:

- Ray Evernham and the Evernham Family-Racing for a Reason Foundation pledged \$300,000 to launch IGNITE, a unique program that addresses the needs of adults with high-functioning autism or Asperger's Syndrome.
- Gregg and Lori Ireland and the Ireland Family Foundation pledged \$100,000 over the next three years to make it possible for our families to have licensed clinical leadership for behavioral management.
- The John Rex Endowment contributed over \$76,000 to build the capacity of ASNC's leadership staff to obtain major gifts to support our mission.
- The MetLife Center for Special Needs Planning has been a generous sponsor of the Annual Conference and the Triangle Run/Walk for Autism for the last several years, contributing over \$12,000.

Thanks to our donors, we were able to launch new and creative programs and innovative ways of providing vital services. A few important highlights from this year include: the grand opening of IGNITE; the expansion of direct service options throughout the state; additional social groups for children, adolescents, and adults; and new vocational training initiatives like JobTIPS, which helps individuals with autism gain meaningful employment.

Although we have much to celebrate, 2012 also brought many challenges. We faced one of the largest structural changes in our service delivery system's history with the shift to managed care. During this time, we worked diligently with policy makers to ensure that the needs of the autism community were understood and considered. We remain focused on helping parents, service providers, and other professionals adjust to the changes.

We are proud of the difference that we made in 2012 for the over 60,000 families who need us. The life-changing programs and supports we provide are unavailable anywhere else. With your continued help, we can do so much more. We look forward to working with you as we improve the lives and prepare for the futures of our loved ones with autism.



Beverly Moore Chair of the Board of Directors



Tracy Shurf

Tracey Sheriff Chief Executive Officer



The Autism Society of North Carolina (ASNC) is the leading statewide resource organization serving people across the autism spectrum throughout their lifespan. We understand the challenges of the autism community because we work with individuals on the autism spectrum and their families every day. We reach out to families after they learn their child has autism and work alongside them to ensure that their child reaches his or her full potential as an adult.

The Autism Society of North Carolina has a statewide network of resources that connects individuals with autism and their families to life-changing programs and supports unavailable anywhere else. We train teachers, medical professionals, and direct care staff so that they have the most effective, up to date autism research and methodologies. Our goal is to provide opportunities across the lifespan so that individuals with autism live life to the fullest.

OUR STRATEGIC PRIORITIES

Advocacy We connect families with resources, assist with school issues, educate families through workshops, help individuals navigate the services system, and host local support groups. We also give those with autism a voice in public policy by building relationships at the state legislature and other policy making entities.

Training and Education We focus on evidence-based best practices that empower self-advocates, families, and professionals. We also work to increase understanding and acceptance of people with autism in the community.

Services ASNC is a direct care service provider, and a recipient of the highest level of accreditation by the Council on Quality Leadership for exemplary service provision. Individuals with autism receive a variety of residential, recreational, vocational, and community-based services that are designed to meet their needs, interests, and strengths.

WHERE WE WORK

We have twelve offices throughout the state, supporting North Carolinians in all 100 counties.



OUR MISSION

The Autism Society of North Carolina is committed to providing support and promoting opportunities that enhance the lives of individuals within the autism spectrum and their families.

I M P R O V I N G L I V E S

The Autism Society of North Carolina specializes in providing high quality direct care services that meet the unique needs of individuals with autism. We offer expertise in home, work, and community settings to help the individuals that we serve reach their maximum level of independence. This year, we made it possible for 1,648 people to live at home and in their communities, become contributing members of society, and live full and meaningful lives.

Highlights

- Over 1,100 attended Camp Royall to play, learn new skills, and make friends through Summer Camp, Winter Day Camp, Mini-Camp Weekends, Adult Retreats, and Family Fun Days.
- Over 500 adults received job training, learned personal care and daily living skills, and participated in community activities.
- Over 170 teenagers and adults practiced interpersonal skills and bonded over common interests in Social Skills Groups.
- Twenty-five adults experienced community living while receiving support and supervision in their daily activities through our eight Supported Living Homes.
- Three after school programs helped youth ages five through seventeen learn daily living skills, build social skills, and participate in therapeutic recreational activities.
- Small businesses offered supported employment for adults with autism.

Outcomes After receiving services from ASNC, families overwhelmingly indicate an increase in their child's expressive communication and social interaction. And those families who experienced camp said that their child developed a broader range of activities and increased their level of independence, while the rest of the family enjoyed needed respite time.



Camp Royall BRINGS HOPE FOR A BETTER LIFE

Michelle and Dale Cannon have three boys on the autism spectrum: Dean, age 12, Joshua, age 10, and Shea, age 8. Dean and Joshua are experienced Camp Royall campers, but until recently, their parents were afraid to send Shea. He has challenging behavioral issues and barely speaks.

"While Dean and Joshua have enjoyed Camp Royall, I was concerned that Shea may not be able to have the same experience," said Michelle. "Even for us, it is very difficult to take Shea out in public, let alone do anything that might be socially engaging for him. But the amazing staff at Camp Royall welcomed Shea and met his needs. He had a wonderful first experience and has returned twice since then!"

Shea also developed a strong connection with his counselor, who provided 1:1 care to him for the entire week. This was the first time Shea had ever allowed anyone to be close to him, other than his parents. He showed new confidence in his ability to be independent, and, even more importantly, learned new words to express himself.

"Over the years, I have come to realize that it is hard to find a comfortable place for our children in the real world," said Michelle. "Without question, Camp Royall provides us with an oasis of hope that means more to our family than we can ever express."



While at camp, Shea learned to sleep through the night - something he had never done before. This skill, which most families take for granted, has significantly improved the Cannons' quality of life.

Rolling Up Their Sleeves TO MAKE A DIFFERENCE

DONOR SPOTLIGHT Premiere Communications and Consulting's approach to charitable giving is holistic: they select a local nonprofit that they feel has maximum impact, and they become a year-round partner. As part of their support of ASNC in 2012, they participated in events, funded sponsorships, and worked to improve the safety and efficiency of our camp facility.

At the 2012 Triangle Run/Walk for Autism, Premiere Communications and Consulting formed the leading fundraising team, raising over \$23,000. In addition, the organization sponsored the race, supplied a generator, and provided volunteers to serve as course marshals. Employees recruited clients to join their team, and they ran and walked alongside them. Premiere Communications and Consulting is a steadfast supporter of Camp Royall. Last spring, they participated in the Camp Royall Classic, a golf tournament which funds scholarships to Camp Royall. They also made a point to visit summer camp on Fridays, where they ate lunch with the campers, got to know them personally, and cheered them on at the talent show.

"One of our proudest accomplishments was the time investment we made prior to the opening of camp," says Jeff Woodlief, President and CEO of Premiere Communications and Consulting. "Our team provided the equipment to clean the camp before the campers arrived. We also rewired the camp offices and added data ports and new phone lines. We want to be a part of giving the children that come to Camp Royall the life changing experience they deserve."

SUPPORTING F A M I L I E S

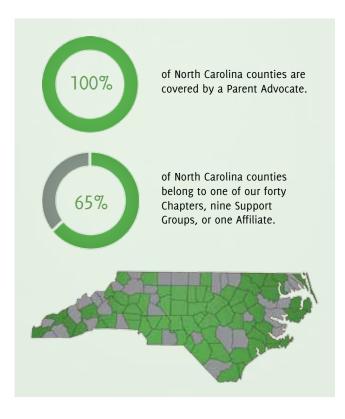
The Autism Society of North Carolina is the only resource in the state that connects families with information and support that is specifically tailored to their unique situation. Parent Advocates are often the first person that parents talk to after receiving a diagnosis, and they are able to guide families through the process of how to best help their child.

Fifty Chapters and Support Groups provide families who face similar challenges an opportunity to encourage one another, share experiences and solutions, and have a place where they feel welcome, accepted, and understood.

Highlights

- Over 6,000 people received one-on-one mentoring and problem solving from Parent Advocates.
- Over 1,000 parents of children with autism and professionals who work with families and children received training on understanding autism and how it affects the family.
- More than 300 parents learned how to develop education plans for their children and work more productively with the school system.
- Parent Advocates attended 550 meetings to assist parents with newly diagnosed consultations, guide and troubleshoot through school issues, or to resolve crisis.
- Parent Advocates led workshops for 1,734 people.
- Nearly 10,000 families received support from our Chapters and Support Groups.

Outcomes The Autism Society of North Carolina empowers families by helping them to understand their options, learn best practices, and connect with community resources. We help families care for their child at home and in the community, therefore decreasing the number of individuals with autism who are unnecessarily institutionalized. We create meaningful collaboration between parents and schools for the benefit of each child and family.



Families are Guided through Complex Situations WITH COMPASSION AND EXPERTISE

Jennifer lonescu first approached one of our Parent Advocates just after her son Cory had been diagnosed with autism. He was starting kindergarten, and Jennifer was struggling with the task of putting together an Individualized Education Program (IEP) for him.

Our Parent Advocate and Jennifer worked together to develop an educational plan that best met Cory's needs. A few years later, Jennifer ran into a stumbling block at Cory's school. Although his IEP specified that he required one-on-one support, the school did not provide someone for him. We were able to work with the family and school administrators to ensure that Cory received the appropriate level of support.

Most recently, Jennifer contacted us with another school issue. She had been informed that Cory would be placed into a classroom that was not appropriate for his academic needs. Our Parent Advocate helped Jennifer to organize her records to better showcase Cory's capabilities, and she coached Jennifer on his rights under federal law.

"Having a Parent Advocate with me at the meeting was more than I could ask for," said Jennifer. "I am a single mother and I didn't have anyone to turn to. I will never be able to adequately express the difference the Parent Advocate program made in my life and in the life of my child. It is not only their kindness and support, but also their autism expertise that makes them so valuable."



"I was so lost not knowing the IEP procedures and my rights as a parent. If I hadn't had a Parent Advocate help me, I don't know what would have happened to my son."

PROVIDING UNCONDITIONAL SUPPORT for Those Who Need It Most

DONOR SPOTLIGHT For years, the Autism Society of North Carolina has worked tirelessly to coordinate efforts across the state for the passage of autism insurance legislation. **John Burress** has been an important leader in this effort. In order to ensure the effectiveness of autism insurance legislative efforts around the country, John provided the funding necessary to complete the first actuarial study of the effects of including autism services in health care insurance.

John knows families with autism, and he understands the emotional, physical, and financial demands that come with raising a child with special needs. He has been a generous supporter of the Autism Society of North Carolina over the past several years. His recent gift was unrestricted, with John's only request being that it be used to meet our greatest needs. This type of gift is critical for an organization like ours that strives to respond to the changing needs of families and often is a last resort for those in crisis.

John is the recipient of the Autism Society of North Carolina's President's Award, which is our most prestigious award given for outstanding vision, leadership, and advocacy in the autism community. His genuine desire to promote inclusion and his passion for volunteerism make him a key partner in our efforts to support North Carolina families.

EDUCATING COMMUNITIES

The Autism Society of North Carolina offers training through group classes, individualized consultations, and coaching sessions. Workshops for parents and caregivers offer practical guidance for caring for and effectively supporting individuals with autism. We also provide clinical trainings to a variety of professionals and community groups, including government entities, teachers, direct service providers, medical practices, and first responders.

We maintain a year-round presence at the state legislature to keep policy makers updated on the latest autism findings and the needs of the local autism community. And we engage in ongoing public education initiatives through our comprehensive website, printed and electronic publications, media outlets, and statewide awareness events.

Highlights

- Over 700 teachers from preschool to secondary schools developed better skills to work with students with autism.
- More than 175 professionals who work with children under the age of three received Early Intervention Training.
- Nearly 400 healthcare, child care, and library professionals learned how to best care for and interact with individuals with autism.
- More than 240 first responders developed skills to care for people with autism in emergency situations.
- Nearly 500 professionals received clinical training in their field.
- Over 600 participants received community awareness training.

Outcomes Increased public awareness of autism has helped North Carolina to have a lower average age of diagnosis than the national norm. Research has shown that the earlier a child is diagnosed and can receive treatment, the less their cost of care will be over time and into adulthood. Clinical training for professionals increases the capacity and quality of care for individuals with autism in our state.



EMPOWERING PROFESSIONALS to Provide the Highest Quality of Care

Dr. David Olson of Raleigh Pediatric Dentistry specializes in dentistry for infants, children, adolescents, and patients with special healthcare needs. A few years ago, Autism Society of North Carolina trainers offered to provide an on-site workshop to enhance patient care. The workshop prepares practitioners for positive interaction with patients who have autism and gives straightforward, proactive strategies to be implemented in the medical setting.

One of the most effective techniques in treating individuals with autism is using visual supports to help the patient understand the procedure. Autism Society of North Carolina trainers provided cue cards for staff to show patients the progressions of events during their medical appointment.

"The training was helpful to our entire staff," said Dr. Olson. "We still use these handouts in the office, and we give them to parents to use prior to the visit so that the patient knows what to expect before they even get here."

Raleigh Pediatric Dentistry was a proud sponsor of the Triangle Run/Walk for Autism this year.

"Since our specialty is serving patients with special needs, we share many of the same goals with the Autism Society of North Carolina," said Dr. Olson. "We were so impressed with their outreach to the medical community that we wanted to give back to their organization."



"The training helped our receptionist understand the importance of scheduling appointments during the time of day when the patient is most receptive. Our medical staff learned to ask about special sensory, behavioral, and communication needs."

PROVIDING EXPERT INSTRUCTION to Improve Behaviors

DONOR SPOTLIGHT Gregg and Lori Ireland founded the Ireland Family Foundation to support autism research and direct services for adults on the autism spectrum. The foundation recently pledged \$100,000 over three years to fund a Clinical Director position for the Autism Society of North Carolina. This new position was designed to give families affected by autism increased access to clinical expertise in behavioral planning and management.

We were thrilled to fill this position with Dr. Alexander Myers, who has over thirty years of experience working with individuals with autism. In his most recent position as the Director of the Murdoch Developmental Center, Dr. Myers worked with families in crisis whose children experienced severe behavioral challenges to ensure structured programming and improvements to their children's lives.

Dr. Myers will oversee our training department to ensure that the most effective and up-to-date research and methods are incorporated into the curriculum. In addition, he will work with various advisory committees ranging from education to health and human services to best represent the complex needs of individuals with autism.

Many families affected by autism struggle with significant behavioral challenges. The Ireland Family Foundation recognized this area of critical need and took action to help us further build our expertise in this area. This is an incredible benefit to the individuals, families, and professionals that we serve.

FINANCIAL POSITION July 1, 2011 - June 30, 2012

| REVENUE | | | |
|-----------------------------|--------------|------|--|
| Programs | \$10,651,787 | 70% | |
| State of NC Contract | \$3,313,767 | 22% | |
| Donations and Other Grants | \$1,146,494 | 7% | |
| 🔲 Books, Merchandise, Other | \$201,030 | 1% | |
| Total: | \$15,313,078 | 100% | |
| | | | |
| | | | |

EXPENSES Programs \$13,448,845 88% Administration Fundraising Total: \$15,269,279 100%



ASSETS

| Current Assets Property and Equipment Other Assets | \$1,263,462 \$3,500,402 \$1,030,516 | 22% 60% 18% |
|--|---|-------------------|
| Total: | \$5,794,380 | 100% |
| LIABILITIES | | |
| Current Liabilities | \$1,228,232 | 85% |
| Long-Term Liabilities | \$222,396 | 15% |
| Total: | \$1,450,628 | 100% |
| TOTAL NET ASSETS | \$4,343,752 | |

All of the money that we raise stays in North Carolina, with 88 cents of every dollar donated going directly to programs for individuals with autism.

Our entire Board of Directors proudly supported our mission through their time, talents, and contributions.

The Autism Society of North Carolina is also supported by:



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The Autism Society of North Carolina would like to acknowledge and extend our heartfelt thanks to our donors. We have made every effort to provide a complete and accurate list of our generous donors of \$250 and above from January 1, 2012 through December 31, 2012. If there is an error or omission, please contact Beverly Gill at 919-865-5056 so we can correct our records.

PREPARING For the future

As the rate of autism prevalence continues to rise, so too will the needs of families affected by autism, the professionals who serve them, and the communities where they live and work. At the Autism Society of North Carolina, we are constantly evaluating upcoming challenges and determining how we can best meet them.

While much attention is rightly focused on the importance of early diagnosis, early intervention, and educating children with autism, the reality is that children with autism become adults with autism. Unfortunately, the availability of appropriate services, supports, and opportunities for individuals with autism dwindles as children transition to adulthood.

With roughly half a million children with autism reaching adulthood in the U.S. in the next decade, ASNC is leading the effort to increase their opportunities for an improved quality of life. Our Annual Conference, *Autism Grows Up*, focused on preparing for adulthood, including family transitions, living and working in the community, and the goal of independence. Our trainers enhanced their workshop offerings to include important topics such as transition planning, preparing for college, and guardianship considerations, and they expanded the JobTIPS vocational skills development program. And at the end of 2012, the Evernham Family-Racing for a Reason Foundation made it possible for us to open a new program, IGNITE, which will serve as a peer-to-peer community center for adults with high functioning autism or Asperger's Syndrome.

Like typical adolescents and adults, many of the individuals that we serve are eager to pursue higher education, gainful employment, and meaningful relationships. By expanding our services to adults, we are ensuring that individuals on the spectrum have the opportunity to fulfill these dreams.

JOB TRAINING BECOMES THE KEY to Employment and Independence

Alex Griffin has an Associate's Degree in Computer Programming from Wake Technical Community College. At age 28, he speaks fluent Japanese and has regularly volunteered his computer skills at numerous organizations throughout Raleigh. His credentials helped him to land numerous job interviews, but none of them turned into offers for paying positions.

Driven to find a job and live on his own, Alex enrolled in the JobTIPS program offered through ASNC in partnership with Do2Learn. JobTIPS is a vocational training program that emphasizes the development of social skills critical to identifying, applying for, securing, and maintaining employment. The group facilitator provides coaching and feedback for job interviews, encourages peer interaction, and helps members develop a broader community network.

"One of the most important things I learned is how to network," said Alex. "I had been taking an Aikido class, and I took the opportunity to talk to other people in the class about my job search. One thing led to another, and I was asked to bring in my resume."

Alex was hired as a computer programmer at North Carolina State University, where he has worked now for a year. He has his own apartment and is successfully living independently.



"I went in for an interview where, for the first time, I felt like I nailed it."



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