







A Message from the Board Chair and Chief Executive Officer

For more than 43 years, the Autism Society of North Carolina has helped individuals with autism across the state to live more fulfilling lives. Together with our donors and volunteers, we have advocated, educated, trained, and served not only people with autism but their families and their communities.

In North Carolina, one in 58 children will be diagnosed with Autism Spectrum Disorder. This is higher than the national average of one in 68. As the prevalence rate continues to rise, we recognize that families affected by autism increasingly face financial, emotional, and day-to-day hardships. More resources are needed than ever before.

This year, we requested targeted feedback for our strategic planning. We heard about the need for quality training and public policy based on evidence-based practices for children and adults with autism. We heard about the need for more crisis resources and about various regional needs. Thanks to our donors, we were able to launch new and creative programs and to incorporate innovative ways of providing these vital services. A few important highlights from this year include:

- Under the leadership of Dr. Aleck Myers, our Clinical Director, the **expansion of licensed staff** and Board Certified Behavior Analysts positioned ASNC as a clinical leader in the field. We continued to be the best provider of services for individuals with autism.
- The expansion of direct services and the opening of IGNITE and an office in Mecklenburg County increased access to services throughout the state for more children, adolescents, and adults.
- **Growth in our job training initiatives** and the creation of an Employment Supports Department **led to more individuals with autism gaining meaningful employment**.
- Crisis response is now recognized as one of the greatest needs for people with autism in North Carolina. ASNC has the opportunity to advise and consult with several decision-making entities about how to best work with and prevent crises for individuals with autism.

We would like to thank specifically the donors who made some of these initiatives possible. Thank you, Ray Evernham and the Evernham Family Racing for a Reason Foundation for supporting IGNITE, and Gregg and Lori Ireland and the Ireland Family Foundation for supporting our clinical leadership. Without their financial assistance, the growth in these areas would not have been achievable.

Although ASNC accomplished much in 2013, it was also a year of change. We led efforts to ensure that the needs of the autism community were at the forefront of policymakers' minds throughout the transition to Managed Care Organizations for Medicaid waiver services and during the debate over autism insurance legislation.

As the leading statewide resource organization serving people across the autism spectrum throughout their lifespans, we are committed to meeting the needs of our families now and in the future. We are proud of the difference that we made in 2013 for more than 18,000 individuals who received direct services and for the additional 175,000 who learned how to support individuals with autism through our outreach efforts.

The life-changing programs and supports that we provide are unavailable anywhere else. And with your continued help, we can do so much more. Together, we can give our loved ones with autism a better future.

Beverly C. Moore

Tracey Sheriff
Chief Executive Officer

Tracy Shu



One Resource. Unlimited Opportunities.

The Autism Society of North Carolina (ASNC) is the leading statewide resource organization serving people across the spectrum throughout their lifespans. 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, their families, and their communities to life-changing programs and supports unavailable anywhere else. ASNC leads the field clinically and prides itself on being the best provider of services for individuals with autism. We train our staff on evidence-based best practices, and as a clinical leader in our state, we widely share our expertise with others. Our goal is to provide opportunities across the lifespan so that individuals with autism live full and meaningful lives as contributing members of society.

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.

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.

Our Strategic Priorities

Training and Education

We focus on evidence-based best practices that empower self-advocates, families, and professionals. We educate the community by training teachers, medical professionals, and direct-support staff so they have the most effective, up-to-date treatment methodologies. We also increase the understanding and acceptance of people with autism in the community.

Direct-Care 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. We provide a variety of residential, recreational, vocational, and community-based services that help the individuals we serve reach their maximum level of independence.





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 individuals reach their maximum level of independence and achieve their lifelong goals and dreams. While we strive to help everyone be as independent as possible, many individuals served by ASNC have very significant lifelong needs. Individuals with autism receive a variety of residential, recreational, vocational, and community-based services that are designed to address social deficits in areas such as communication skills and independent living. This year, we made it possible for more than 1,800 people to live at home and in their communities as contributing members of society with full and meaningful lives.

Highlights

- Over 1,150 individuals attended Camp Royall
 to play, learn new skills, and make friends through
 Summer Camp, Afterschool programming,
 Mini-Camp Weekends, Adult Retreats, and
 Family Fun Days.
- Over 600 children and adults gained daily living skills, worked on their communication and socialization skills, and learned how to participate in community activities of their choice through one-to-one staffing and consultation coordinated in our regional offices across the state.
- Over 100 teenagers and adults practiced interpersonal skills and bonded over common interests in Social Skills Groups.
- Over 70 individuals received support in obtaining and maintaining employment through collaborations with businesses, community colleges, Vocational Rehabilitation, and community groups.
- Forty-one children ages five through 17
 participated in afterschool programs, learning
 daily living skills, building social skills, and
 participating in therapeutic recreational activities.
- Twenty-five adults were able to continue living in the communities of their choice while receiving 24-hour support and supervision through our eight Supported Living Homes.

Outcomes

As a result of the Autism Society of North Carolina's direct-care services, individuals with autism remained healthy, safe, and able to live successfully in their communities. Through therapeutic recreational and skill-building programs, children and adults with autism learned functional communication, appropriate behavior, and independent living skills to the degree possible. As individuals reached adulthood, we helped them to become employed and live on their own. For those with the most significant needs, we provided residential services so they could live in their own communities.

Direct-care services outcomes:



of parents were satisfied or very satisfied



of participants increased independence



of participants increased communication skills*





^{*}Significant outcome because it addresses the core deficits of autism.

Growing at Camp Royall

Alex Mathewson's home outside Sanford has its own aboveground pool, but before last summer, the 7-year-old never had friends over to swim. Alex, who is on the autism spectrum, didn't want other people splashing him, he didn't want to share his toys, and he certainly didn't want anyone touching him.

Then in July, Alex spent a week at Camp Royall, where he went in the pool several times a day, playing with fellow campers. His grandmother Theresa Mathewson, who is his guardian, said she couldn't believe it when Alex's camp counselor called on the first day with the news. And that's not all that was "phenomenal" about Alex's week at Camp Royall, Mathewson said. "Alex felt safe, Alex felt secure, and he felt ready to try new things," she said.

At school, Alex is in a mainstream classroom and can face ridicule for his different behavior. At Camp Royall, "he felt special, but not different. Everyone was Alex," she said. "That had to be phenomenal to feel sameness. It increased his confidence a million-fold."

Camp Royall outcomes:



of campers had an excellent experience



of campers tried new activities



of parents felt they received much-needed respite





Donor Spotlight: The Evernham Family

The Evernham Family Racing for a Reason Foundation partnered with ASNC to launch IGNITE, which enables adults with highfunctioning autism or Asperger's Syndrome to enjoy a better quality of life as valued members of the communities in which they live and work. The Evernham family recognized that their son Ray J was fortunate to have proper counseling, steady employment, and a family support network. However, many of his peers did not, nor did

they have daily interaction with others who share the challenges of being an adult with autism in the real world. IGNITE is a program that grew out of this need and became a reality in 2013 in the Charlotte/Lake Norman area.

Ray Evernham and the Evernham Family Racing for a Reason Foundation have contributed over \$300,000 to make IGNITE possible, and this year launched AmeriCarna LIVE to support the program. The event featured nearly 400 cars and more than 2,000 fans who came out to see classic, custom, and celebrity cars. AmeriCarna LIVE raised more than \$46,000 to make it possible for IGNITE members to gain confidence, learn skills leading to independence, become employed, make friends, and feel positive about their future. Recently, an IGNITE member shared, "I'm a lot more confident now – I make friends more easily and am generally more outgoing. I've learned a lot about how to get and keep a job. I got my driver's license and am driving myself places. I'm in college, and most of all, I have a place where I know I can feel safe."

IGNITE outcomes:

of reporting parents said that they see in their adult child an increase in the number of friends, job preparedness, self-confidence, interest in trying new things, social skills, ability to go out on their own, and ability to use public transportation. The parents also cited a positive focus on the future and a reduction in anxiety levels.



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© IGNITE photo courtesy of Jackson Sween. autismsociety-nc.org • 05



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. Autism Resource Specialists help families navigate the various service systems, learn how to apply methods of intervention with their children at home, resolve school and treatment issues, and teach their children to be safe. Families receive help to address adult issues of employment and residential needs while planning for their children's needs beyond their own lives. Autism Resource Specialists are often the first people parents talk to after receiving a diagnosis, and they are able to guide families through the process of how to best help their children in crises.

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 welcomed, accepted, and understood.

Highlights

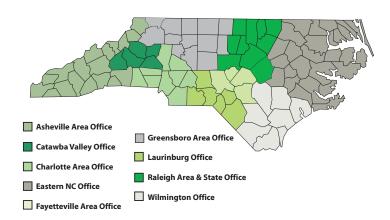
- Over 6,100 people received one-on-one mentoring and problem-solving from Autism Resource Specialists.
- More than 650 family members learned to better understand autism and what they could do to support someone with autism in the community.
- More than 200 parents learned how to develop education plans for their children and work more productively with school systems.
- Autism Resource Specialists attended 650
 meetings to assist parents with consultations
 just after diagnosis, guide them through
 school issues, or resolve crises.
- More than 16,000 families received support from our Chapters and Support Groups with outreach to underserved populations.
- Autism Resource Specialists assisted individuals through 238 crisis events.

100%

of North Carolina counties are covered by an Autism Resource Specialist

Outcomes

The Autism Society of North Carolina empowered families by helping them to understand their options, learn best practices, and connect with community resources. We helped families care for their children at home and in the community, therefore decreasing the number of individuals with autism who are unnecessarily institutionalized. With our support, families received the necessary assistance to help individuals with autism remain healthy, safe, and living successfully in the communities of their choice.



Autism Resource Specialists' encounters resulted in at least one of the following immediate outcomes: provided information; provided referral and connection to resources; provided problem-solving assistance, provided listening and support; provided education and training; met directly with family or person with ASD individually or with an outside entity.

95%



"It is anything but easy to know where to turn, what to do, since a child with autism doesn't come with a handbook. In a manner of speaking, the Autism Society of North Carolina has been this for our family."

Offering Support at Every Turn

Dawn Boyer says all parents of children with autism worry about the same thing. "When I am gone, what will happen to my child?"

Dawn's son with autism is 18, and she has reached out to the Autism Resource Specialists many times throughout his life. They have helped her family find resources for everything from full evaluations to social skills groups. Now that her son Jake has reach adulthood, "they laid out a road map that made the complicated process of applying for disability benefits painless and simple," Dawn said.

She is also looking forward to attending ASNC's workshops on guardianship, the journey to adulthood, and residential options. These educational programs are offered regularly throughout the state to families, guiding them as they make choices about how to continue caring for their loved ones with autism as they mature into adulthood.

Dawn explained, "It is anything but easy to know where to turn, what to do, since a child with autism doesn't come with a handbook. In a manner of speaking, the Autism Society of North Carolina has been this for our family. It is the one resource where families can go to get the help they need."

Donor Spotlight: MetLife Center for Special Needs Planning

For the past three years, MetLife Center for Special Needs Planning has been the title sponsor for the Autism Society of North Carolina's Annual Conference, which is the largest annual gathering of self-advocates, parents, and professionals in the state. The sponsorship by MetLife Center for Special Needs Planning over the years has made it possible for conference participants to increase their understanding of best practices so they are better equipped to teach their child or student.



The best outcomes for individuals on the autism spectrum are achieved when families and professionals work together. With the sponsorship of MetLife Center for Special Needs Planning, we have been able to provide leading experts in the field as speakers – including professionals, parents, and self-advocates – to share a variety of perspectives and provide hope for the future of our loved ones with autism. The center's sponsorship has also provided scholarships for self-advocates and families who would otherwise be unable to attend.

"Being able to attend the conference and learn how I can help my daughter is an incredible gift," said one mother who received a scholarship. "I'm often overwhelmed by the challenges that having a child with autism presents; in this case, I'm overwhelmed because I never thought I would have this opportunity to help my child."



The Autism Society of North Carolina focuses on teaching evidence-based best practices that empower individuals with autism, their families, and the professionals who serve them to promote healthy lifestyles, safety, and independent living. We also work to increase understanding and acceptance of people with autism in the community. Our autism-specific clinical training for individuals with autism, caregivers, professionals, educators, provider agencies, first responders, and medical professionals has improved and saved lives.

Highlights

- ASNC staff held 202 in-person training workshops that reached 4,533 people.
 Trainings were held in 42 counties and were available through webinars in all 100 counties.
- Nearly 700 health-care, child-care, and other professionals learned how to best care for and interact with individuals with autism.
- More than 360 professionals received early intervention training.
- Over 350 teachers from preschool to secondary schools developed better skills to work with students with autism.
- More than 120 first responders developed skills to care for people with autism in emergency situations.
- Over 40,000 readers received our semi-annual educational magazine to help them become their children's best advocates.
- More than 175,000 people received information on how to support individuals with autism through our public outreach efforts.

Outcomes

Through the clinical training for professionals such as doctors, teachers, businesses, and first responders, the capacity and quality of care for individuals with autism has increased. This has enabled early diagnosis and intervention, provided preventive care, prevented crisis situations, brought evidence-based practices to classrooms and community providers, increased understanding among businesses providing employment, and provided guidance on how to respond in times of crisis.

We have reduced the impact on emergency personnel and associated costs when individuals with autism are unnecessarily admitted to emergency rooms or institutionalized. In addition, increased public awareness of autism has helped North Carolina have a lower average age of diagnosis than the national norm. Research has shown that the earlier children are diagnosed and can receive treatment, the less their cost of care will be throughout their lives.

Training/Workshop outcomes:

98%

increased their knowledge on the subject material covered 94%

increased their ability to explain and demonstrate information to others



plan to make changes to improve their work with individuals with autism

Surry County Chapter: Training Teachers

Our Surry County Chapter took on a very special educational project this fall. After evaluating the needs in their community through parents, they brought together the ASNC Training Manager and the Surry County Schools EC Director to arrange training and consultation for teachers and teacher assistants. ASNC's Training Manager conducted two in-depth workshops on communication and behavioral strategies that build effective learning environments for students with autism. She also visited classrooms to listen, share ideas, and offer specific suggestions.

The funding for this training was made possible by the Surry County Chapter Walk for Autism. The walk raised an incredible \$32,000 in only its third year. Bridget Soots, one of the Surry leaders, said, "the mainstream teachers need the training the most" because they are not provided some of the resources that EC teachers are. Helping teachers understand children with autism in the regular classroom benefits all the children, she said.



"Having the Autism Society of NC's Training Manager spend a day in my classroom gave me many significant insights into my students and provided me useful suggestions to making my instruction and classroom management the most effective it could be."

> – Mark Fuhrmann, EC Teacher, North Surry High School



"We focus our resources to reduce disparities that limit children's opportunities for optimal health. Strong organizations with clear missions and effective strategies are essential to improving the health and well-being of our vulnerable children. Our support of ASNC has contributed to that goal."

Donor Spotlight: The John Rex Endowment

The John Rex Endowment supports an environment where children and families in greater Wake County live healthy lives. Guided by the belief that all children should reach their full potential, the John Rex Endowment works with the community to support the physical, mental, and emotional well-being of children.

During the past seven years, the John Rex Endowment has invested more than \$400,000 to educate communities on caring for individuals with autism. With their support, ASNC delivered training and resources to medical professionals and parents, and launched a media campaign on understanding the signs and symptoms of autism. The John Rex Endowment also invested in the capacity of ASNC by supporting a new communications, development, and strategic plan.

Through the collective investment, the John Rex Endowment has built the capacity of ASNC to ensure the organization's sustainability and future growth and has made it possible for individuals with autism to receive necessary care and for communities to embrace families affected by autism. "We focus our resources to reduce disparities that limit children's opportunities for optimal health. Strong organizations with clear missions and effective strategies are essential to improving the health and well-being of our vulnerable children. Our support of ASNC has contributed to that goal," said Kevin Cain, president and CEO of the John Rex Endowment.



The Autism Society of North Carolina community includes passionate, committed volunteers, corporate partners, and donors. We extend our heartfelt thanks to our donors who have made it possible for our loved ones with autism to remain healthy, safe, and living successfully in their communities.

\$50,000 + | Visionary

Evernham Family-Racing For A Reason Ireland Family Foundation

\$25,000-\$49,999 | Guardian

Fox 50

Sawmill Taproom

Zipping for Autism Event -Sheena and Jeff Greiner

Julia Bramsen

Mary Louise and John Burress

Nancy and Bill Stanback

\$10,000-\$24,999 | Benefactor

Carolina Hurricanes Hockey Club/ Kids 'N Community Foundation

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\$1,000-\$2,499 | Leader

336 Events

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ASNC-Orange/Chatham County Chapter

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Metrics

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NAI Carolantic Realty

New Hanover Regional Medical Center

Nissan of Clinton

North Buncombe Elementary School North Carolina Community Foundation-Franklin County Unrestricted Fund

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Novant Health, Inc.
Off 'N Running
OnPulse

PCC Occupational Therapy ASSN Pepsi-Cola Bottling Company

Physicians East PA

Pizza Inn of Morehead City, Inc.
Professional Roofing Services, Inc.
Raleigh Pediatric Dentistry
Randal M. Benefield, DDS, PA

Re/Max One Realty
Real Estate Associates, Inc.

Recycles Bike Shop Red T-Shirt Company

Riverside Building Supply, Inc.
Rutherford Sales & Recovery Company

Scentsy

Sela Real Estate Services, LLC
SkyVista Satellite Communications
Spellbound Children's Bookshop
Strauss Law Estate Planning
Surry-Yadkin Electric Membership

Corporation
TE Connectivity

Technical Applications Group LLC

The Daily Reflector

The Deep, Comics & Games, LLC
The Ricky Proehl POWER Of Play

Foundation
T-N-T Carports, Inc.
Top Shelf Containers, LLC
Trexler Services, Inc.
Triangle Embroidery, LLC

Unilever

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WFUBMC Community Physicians

Winget Park PTO
WorkForce Carolina, Inc.

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We have made every effort to provide a complete and accurate list of our generous donors of \$250 and above from January 1, 2013 through December 31, 2013. If there is an omission, please contact Beverly Gill at bgill@autismsociety-nc.org or

919-865-5056.

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Dr. Aleck Myers

We are committed. Together

Financial Position

July 1, 2012 - June 30, 2013

Operating Revenue

Programs	\$11,684,638	71%
State of NC Contract	\$3,316,130	20%
Donations and Other Grants	\$ 1,378,976	8%
Books, Merchandise, Other	\$201,082	1%
Total	\$16,580,826	100%



Operating Expenses

Programs	\$14,812,638	89%
Administration	\$1,355,972	8%
Fundraising	\$467,084	3%
Total	\$16,635,694	100%



Assets

Current Assets	\$2,394,443	36%
Property and Equipment	\$3,412,276	51%
Other Assets	\$848,899	13%
Total	\$6,655,618	100%

Liabilities

Current Liabilities	\$2,657,942	99%
Long-Term Liabilities	\$39,654	1%
Net Assets	\$3,958,022	100%
Total	\$6,655,618	

We rely on donor giving to provide our

high quality programming

to improve the lives of individuals with autism.

As can be seen in the graphs above, our program and service **revenue covers only a portion** of our expenses.

we need annual contributions to bridge the gap.

dollar donated going directly to programs for individuals with autism.

All of the money that we raise stays in North Carolina, with 89 cents of every

The Autism Society of North Carolina is also supported by:



We are growing. Together



In 2013, Gregg and Lori Ireland and the Ireland Family Foundation provided the necessary funding for the Autism Society of North Carolina's Clinical Director. This new position was designed to give families affected by autism increased access to clinical expertise in positive behavioral supports, best practices in interventions, and crisis prevention. We were thrilled to fill this position with Dr. Aleck Myers, who comes to ASNC as a well-known psychologist with a reputation for improving the lives of individuals with autism with severe behavioral challenges.

With the Ireland Family Foundation's support in just one year of clinical leadership, the Autism Society of North Carolina has:

- Provided intensive behavioral consultation, which provides positive behavior intervention plans and behavioral programming for individuals with the most complex needs to prevent crisis and institutionalization through a regionalized behavior support team.
- Consulted with and advised many community partners on clinical process, barriers, and gaps in areas such as adult services, crisis, and residential transitioning and other policies to best meet the needs of children and adults with autism.
- Served on various MCO and state committees.
- Created a statewide Human Rights Committee.
- Improved ASNC's approach to behavioral cases by improving the quality of services and information shared through evidence-based programming.
- Improved internal trainings and clinical quality.

While these accomplishments are impressive, we need to achieve much more. We must continue to demonstrate clinical excellence and set a strong example for others as we demand system change. Through our clinical expertise, our loved ones with autism will have brighter futures.



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