



Early Years

GOALS OF OUR WORK

TRAIN youth and families to become EFFECTIVE SELF ADVOCATES with education and support navigating the systems.

PROVIDE information, guidance and UNIQUE SUPPORT to families of persons with disabilities or at risk of having a disability as they access services from the wide array of public, private services and resources.

School Age

FOCUS ON THE FAMILY AS A WHOLE, rather than isolating the person with a disability recognizing that families need the SAME SUPPORTS no matter the age of their child.

Adult or Almost

SUPPORT persons with disabilities to SELF DETERMINE their lives in areas of education, employment, housing and recreation in our community.

To make a referral for any of
these services go to
www.firstwnc.org/refer

● **EARLY INTERVENTION SERVICES** through the Children Developmental Services Agency (CDSA), FIRST offers special instruction under the Infant-Toddler Program which provides supports and services for families and their children, birth to three who have special needs. Our team has expertise in developmental disabilities, autism and social emotional strategies for English and Spanish speaking families. Contact our office or CDSA for services with our team.

● **The SUNSHINE Project** provides consultation services to early childhood educators and caregivers in support of children 0-5 enrolled in a Buncombe County child care program. Utilizing the Pyramid Model framework, we provide education and technical assistance to programs who have identified individual children experiencing challenging social/emotional behaviors, trauma, potential developmental delays, and/or specialized needs. Consultants also assist families of participating children with accessing needed services in the community. To access this program, ask your childcare center, call 828.277.1315 ext. 116 or email sunshine@firstwnc.org.

● **The P.L.A.Y. Project™** coaches parents to provide the recommended 25 hours per week of intensive interventions to their young child with ASD or autistic like developmental delays. This is a research-based intervention with success for many families and their children in our area. This Parent-Mediated Model works monthly over 10 months to coach the parents to work with their child through the developmental stages created by Dr. Rick Solomon. Contact our office for more information by emailing playproject@firstwnc.org.

EARLY YEARS





SCHOOL AGE & UP

● **COMMUNITY PARENT RESOURCE CENTER (CPRC)** is funded by the US Department of Education, Office of Special Education Projects, to train and educate parents about the special education process and accessing community supports. The purpose of our support is to provide information to parents and youth so that they better understand their roles as self-advocates. FIRST offers this program to all families, in English and Spanish, that reside in Buncombe, Haywood and Henderson Counties. Contact our office or email cprc@firstwnc.org.

● **PADRES en ACCION** work with Spanish speaking families who have a child with autism. This program educates families about autism, local community services and how to access them, and provides strategies for improving their child's skill sets. Our promotora has received special training and is native Spanish speaking. Contact Amy at ext. 119 or amy@firstwnc.org.

● **OUTPATIENT THERAPY** provides support to persons and their families to help meet their mental wellness needs. Our clinicians have a variety of expertise and offer trauma informed care. FIRST partners with local graduate programs and acts as an internship site. To learn more about our clinicians, therapies and insurances accepted, check our website firstwnc.org/opt.

● **COMMUNITY NAVIGATOR** and Self Direction **TRAINING for EOR** (Employer of Record) Model. This service promotes self-determination, supports the individual in making life choices, provides advocacy and identifies opportunities for the individual to become a part of their community. Self-directing their NC Innovations Services allows a family to have more flexibility and customization of their programming. For more information call our office or email eor@firstwnc.org.

● **CONSULTATIVE SERVICES** in areas of Behavior, Trauma, Mental Health, Speech Therapy, Occupational Therapy, Nutrition, Recreation and others as needed. We provide short term and targeted services to improve the lives of those in our community. We utilize the team approach in order to collaborate with others in creating a plan of success for all involved. These services are available with Innovations waiver funding or private pay. Make a referral at www.firstwnc.org/refer or call our office for more information.

ADULT OR ALMOST



● **My FIRST Key** is our **Supported Living Program** which enables a person/s to live in their own home assisted by a team member. This service provides direct care staff who assist the individuals with a variety of daily living skills, budgeting, and interpersonal and social skills which will empower the individual to feel more confident and capable of living independently. This service does not include the housing. This is a NC Innovation service, but we can discuss private pay options. Call our office at 828.277.1315 ex 106 for more information.

● **Abilities FIRST** is a new coaching program to support persons with intellectual or developmental disabilities (IDD) in opening a microenterprise. **Abilities FIRST** Micro Enterprise Coach will assist persons to create and run their own viable business without relying solely on a parent or third party (such as a direct care provider) by helping the person or team create the following components: Business Plan, support in finding sources for startup funding, and tools or resources to support the microenterprise owners. Check out our website for more information or email abilites@firstwnc.org to discuss your plans and payment options.



To learn more about any of these services, you can check out our website, firstwnc.org.

Referrals can be made on our site at firstwnc.org/refer and our staff looks forward to discussing your needs.