

# *The University of Washington Autism Center*

## **Clinical Services for for Young Adults with Autism Spectrum Disorders**

Services are available for individuals up to 25 years of age and these services are offered in both the Seattle and Tacoma clinics.

Seattle Clinic  
CHDD Building  
Box 357920  
Seattle, WA 98195  
206-221-6806

Tacoma Clinic  
1900 Commerce St.  
Box 358455  
Tacoma, WA 98402  
253-692-4721

### *Services include*

- ❖ Diagnostic Assessment
- ❖ Individual Counseling/Psychotherapy
- ❖ Young Adult Transition Group
- ❖ Training and consultation for other agencies that serve young adults with Autism Spectrum Disorders.



### **Possible issues to be addressed include:**

#### **In Individual Therapy**

**Social Skills - Relationships**

**Emotional Regulation – Mental Health Issues**

#### **In Young Adult Transition Group**

**Work Life - Educational and Career Planning/Related Skills**

**Home Life - Independent Living, Health & Safety, and Transportation**

**Social Life – Conversation Skills, Relationships, and Leisure Activities**

**Coping with It All – Stress Relief, Organization, Planning , and Prioritization**

**Individuals can participate in one or all of the four sections of the group.**