

NEW HAMPSHIRE PROJECT ATTAIN

Access to Trauma-informed Treatment and Assessment for Neurodivergent and/or Gender-expansive youth



New Hampshire Resources

IDD/ASD

NH Center for START Services

<https://www.communitybridgesnh.org/services/start-services/>

START provides services for individuals ages 6 throughout their lifespan who have developmental disability and co-occurring mental or behavioral health concerns.

UNH NH-ME LEND

The mission of NH-ME LEND is to prepare leaders to enter the field of maternal and child health in order to improve the lives of children with neurodevelopmental disabilities and their families, with particular attention to the needs of children with ASD.

New Hampshire Family Voices

New Hampshire Family Voices has a [lending library](#) on many developmental concerns and will send books, videos, etc. by mail with a postage-paid return envelope. They also have a specific focus on [Austim](#) for parents and caregivers. 800-852-3345 x 4525

Parent Information Center

PIC provides resources on and helps to answer any of your questions about special education. Staff can be reached by email (info@picnh.org) or by phone at 603-224-7005.

NH Family Ties- Parent to Parent NH

Offers support, insight, and education to NH families with children with disabilities and/or special medical needs. 1-800-698-5465

Institute on Disability/UCED at UNH

The Institute on Disability provides a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people with disabilities and their families and is New Hampshire's University Center for Excellence in Disability (UCED).

Disability Rights Center-NH

This organization provides information, advocacy, and legal advice/support on matters such as SSI, insurance coverage, school plans, etc. 1-800-834-1721; advocacy@drcnh.org

ABLE NH

Advocates Building Lasting Equality in NH advocates for the civil and human rights of children and adults with disabilities. They promote full participation by: improving systems, connecting families, inspiring communities, and influencing public policy. info@ablenh.org

Special Needs Support Center

SNSC is an organization in the Upper Valley (NH and VT) that is working to create a community where people with special needs, across the spectrum and throughout the life span, can live their best lives. This organization provides direct services, camps and support groups.

Association for Autism and Neurodiversity (AANE)

The Massachusetts based network provides individuals, families and professionals with information, education, community, support and advocacy.



GENDER

[Gender Diverse Care Coalition NH](#)

The Gender Diverse Care Coalition of New Hampshire is a group of providers across specialties whose mission is to expand access to gender affirmative care through training, consultation, resource sharing and advocacy. They maintain a list of transgender, non-binary, and gender diverse affirming resources in NH and surrounding states. The Coalition also maintains updated information regarding the process of legal document change in NH.

[New Hampshire Outright](#)

New Hampshire Outright (formerly Seacoast Outright) was created as a resource for LGBTQ+ youth, and now offers services to the whole state. NH Outright provides educational programs, annual Pride celebrations, and youth and parent support groups. Their mission is to create a safe space for youth to explore the topics of gender and sexuality in a welcoming and understanding environment.

[Outright VT](#)

Outright VT is a similar organization and offers in person and online programs for youth, families and schools. They host camps, support groups and events.

[PFLAG NH](#) **[PFLAG \(National\)](#)**

Through our core values of meeting people where they are and collaborating with others, PFLAG seeks to realize our vision through: Support for families, allies and people who are LGBTQ; Education for ourselves and others about the unique issues and challenges that LGBTQ people face; Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

TRAUMA

[Dartmouth Trauma Interventions Research Center](#)

The Dartmouth Trauma Interventions Research Center (DTIRC) pursues innovation in the services and treatment for children, youth, and families affected by adversity, trauma, and loss. DTIRC is located within Dartmouth-Hitchcock Medical Center's Department of Psychiatry and the Geisel School of Medicine at Dartmouth. All Center initiatives are funded through grants, contracts, and endowment funding.

[Center for Trauma-Responsive Practice Change](#)

The Center provides training and consultation around trauma-informed practices across settings including schools, mental health agencies, child welfare, police and first responders. They have a special focus on providing Child Parent Psychotherapy training and learning collaboratives.

National Resources

IDD/ASD

[ASAN: Autistic Self Advocacy Network](#)

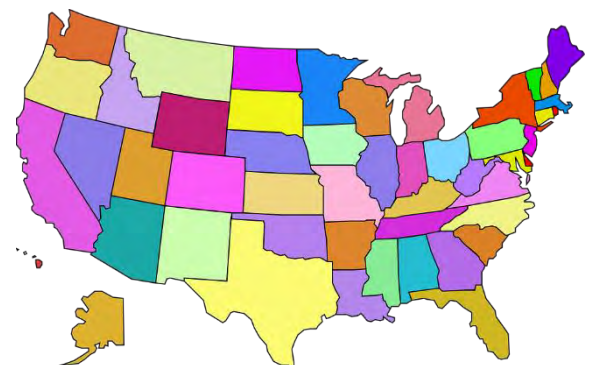
The Autistic Self Advocacy Network seeks to advance the principles of the disability rights movement with regard to autism. ASAN believes that the goal of autism advocacy should be a world in which autistic people enjoy equal access, rights, and opportunities.

[Autistic Women and Nonbinary Network](#)

AWN is committed to disability justice, gender & racial equity, neurodiversity & trans liberation with a focus on transformative and restorative justice in disability spaces. AWN provides support to disabled and autistic BIPoC & LGBTQIAP+ people, including support groups and financial support.

[Autism and Developmental Disabilities Monitoring Network](#)

The Autism and Developmental Disabilities Monitoring (ADDM) Network is a program funded by CDC to collect data to better understand the number and characteristics of children with autism spectrum disorder (ASD) and other developmental disabilities living in different areas of the United States.



[LYDIA X. Z. BROWN](#)

Disability Rights Advocate. Website has resources, writing, and a blog. Specific focus on people of color with disabilities.

[Organization for Autism Research](#)

For school providers: *Kit for Kids* program is designed to teach elementary and middle school students about their peers with autism.

[Autism Crisis Support](#)

This is a website with suicide prevention resources specifically for autistic people, created by autistic people.

Others that come highly recommended:

<https://www.thrivingautistic.org/> (UK based)

<https://motherloadsleepspecialist.com/> Neurodivergent friendly sleep specialist

<https://ausometraining.com/> Autistic led Neurodiversity training

[NeuroBears training on autism for autistic youth](#)

<https://www.autisticrealms.com/> resource for schools/ educators, includes resources for autistic burnout

GENDER

[National SOGIE Center](#) (Sexual Orientation, Gender Identity and Expression)

The National SOGIE Center, provides a centralized site for accessing resources on providing culturally responsive care to children, youth, young adults with diverse SOGIE and their families across systems. The Center also provides training, technical assistance, and implementation support on creating culturally responsive systems.

[LGBTQ Family Acceptance Project](#) (affiliated with SOGIE Center)

The Family Acceptance Project® focuses on reducing risk and promoting well-being among LGBTQ children and youth by increasing family support. Their website brings together resources for both LGBTQ youth and families to help parents and caregivers to access accurate information about their children's sexual orientation and gender identity and for both youth and parents to find supportive resources that validate diverse identities.

[The Trevor Project](#)

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people. Website also includes research, advocacy, and educational tools. [2024 National Survey on LGBTQ Youth Mental Health](#)

[WPATH Standards of Care](#) for the Health of Transgender and Gender Diverse Individuals

The World Professional Association for Transgender Health promotes the highest standards of health care for individuals through the articulation of Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People. The SOC are based on the best available science and expert professional consensus.

Others that come highly recommended:

<https://www.transfamilysos.org/>

<http://www.transyouthequality.org/>

<https://transfamilies.org/>

<https://www.somosfamiliabay.org/resources/> - for Spanish-speaking families

<https://www.genderspectrum.org/>

<https://serendipitydodah.wordpress.com/>

TRAUMA AND ADVERSITY

[National Child Traumatic Stress Network \(NCTSN\)](#)

Our mission is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States. Website has handouts, resources and training for providers, community and family members. [12 Core Concepts for Understanding Traumatic Responses in Children and Families](#)

[PACEs Connection Resources Center](#)

PACEs Connection connects those who are implementing trauma-informed and resilience-building practices based on ACEs science. The network's members share their best practices and resources.

Center for Disease Control and Prevention (CDC) [“About ACEs”](#)

Describes ACEs, problems associated with ACEs, and prevention strategies.

[Positive Childhood Experiences and HOPE](#) (Healthy Outcomes from Positive Experiences)

HOPE combines a public health approach to preventing child abuse with a broader understanding of how children grow to become strong, healthy, and resilient adults. The HOPE National Resource Center, led by Dr. Robert Sege, is based out of Tufts Medical Center in Boston with staff all over the country.

Resource for LGBTQ+ families: <https://positiveexperience.org/resource/promoting-positive-childhood-experiences-in-lgbtq-families/>

Trauma and IDD:

<https://www.nctsn.org/resources/the-impact-of-trauma-on-youth-with-intellectual-and-developmental-disabilities-a-fact-sheet-for-providers>

<https://www.nctsn.org/resources/children-with-intellectual-and-developmental-disabilities-can-experience-traumatic-stress-for-parents-and-caregivers>

Gender Diversity:

<https://www.nctsn.org/resources/screening-for-the-intersection-of-trauma-with-sexual-orientation-and-gender-identity>

Gender and Autism:

<https://awnnetwork.org/resource-library/>
<https://www.livedexperienceeducator.com/>

LGBTQ+ and IDD:

<https://rainbowguidebook.com/chapters>

Media Resources

Videos

On Neuro and Gender Diversity:

[Trans 101: Neurodiversity](#)
[The Science of Autism and Gender Dysphoria: Sci Guys](#)
[The Neurodivergent Rebel YouTube Channel](#)
[Spectrum: Autistic and Disabled LGBT+ Young People Speak Out](#)

On Calming and De-escalation:

[Calming and De-escalation Strategies- Dartmouth Trauma Interventions Research Center](#)

On Anxiety:

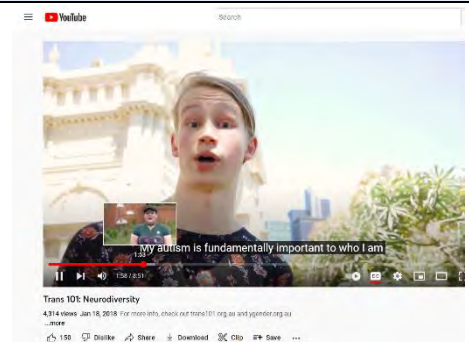
[When Worry Shows Up: How Parents can help Children during Uncertain Times- A Lynn Lyons Presentation](#)

On Stress and Trauma:

[Center on the Developing Child at Harvard, Topic: Toxic Stress Video Series](#)

On Resiliency:

[Center on the Developing Child at Harvard, InBrief: Resilience Series](#)



Podcasts

On Trauma:

Parenting Through Trauma <https://www.treehouseaudioproductions.com/parenting-through-trauma>

LISTEN on [Spotify](#), [Apple Podcasts](#) or wherever you get your podcasts.

On Gender:

We Can Do Hard Things with Glennon Doyle: ALOK: What makes us beautiful? What makes us free?

LISTEN on [Spotify](#), [Apple Podcasts](#) or wherever you get your podcasts.

The Laverne Cox Show: Moving Beyond the Gender Binary w/ ALOK

LISTEN on [Spotify](#), [Apple Podcasts](#) or wherever you get your podcasts.

On Anxiety:

Lynn Lyons Podcast on Anxiety in Children- Flusterclux

LISTEN on [Spotify](#), [Apple Podcasts](#), or wherever you get your podcasts.

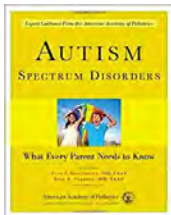
On Autism and Inclusion:

Think Inclusive: Eric Garcia | We're Not Broken: Changing the Autism Conversation Podcast

LISTEN on [Spotify](#), [Apple Podcasts](#) or wherever you get your podcasts.

Books

Autism



[Autism Spectrum Disorder: What Every Parent Needs to Know](#)

By Alan I. Rosenblatt, Paul S. Carbone

Autism Spectrum Disorders: What Every Parent Needs to Know is an invaluable resource for parents and caregivers of children who have been diagnosed with an autism spectrum disorder.



[We're Not Broken: Changing the Autism Conversation](#)

By Eric Garcia

This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language.



[Start Here: A guide for parents of autistic kids](#)

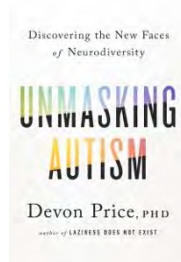
By Autistic Self Advocacy Network

Too often, when parents find out their kid is autistic, they receive negative messages from all sides. Many resources available to parents stigmatize autism and talk about it as something to be “overcome,” not as a part of who an autistic child is. At ASAN, we’ve heard from many parents of autistic children who wish they’d had a better resource to learn about autism — one that cuts through myths and misconceptions and explains autism from an autistic perspective.



[Loud Hands: autistic people, speaking](#)

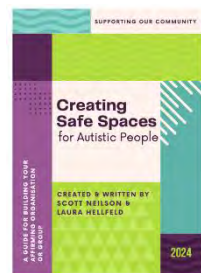
Loud Hands: Autistic People, Speaking is a collection of essays written by and for Autistic people. Spanning from the dawn of the Neurodiversity movement to the blog posts of today, *Loud Hands: Autistic People, Speaking* catalogues the experiences and ethos of the Autistic community and preserves both diverse personal experiences and the community's foundational documents together side by side.



[Unmasking Autism: Discovering the New Faces of Neurodiversity](#)

By Devon Price

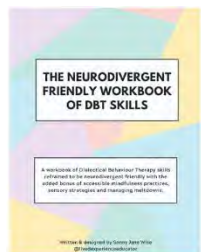
In *Unmasking Autism*, Dr. Devon Price shares his personal experience with masking and blends history, social science research, prescriptions, and personal profiles to tell a story of neurodivergence that has thus far been dominated by those on the outside looking in.



[Creating Safe Spaces for Autistic People](#)

By Scott Neilson and Laura Helfeld

This guide is both for identifying & non-identifying Autistic people to help support developing their groups across a range of settings & activities such as lunch clubs, interest-based groups, community events, play groups, library activities and online gatherings. It is also relevant for schools, universities, healthcare services & therapists who are looking to make a safe space for Autistics.



[The Neurodivergent Friendly Workbook of DBT Skills](#)

By Sonny Jane Wise

Unfortunately, DBT skills aren't always accessible, straight-forward or neurodivergent friendly. That's why this workbook of DBT skills has been reframed to be neurodivergent affirming while incorporating sensory strategies, managing meltdowns, stimming and more. Written and designed by an autistic ADHDeR, you can learn skills and tool using the five sections: Everyday Well-being; Mindfulness; Distress Tolerance; Emotional Regulation; and Sensory Needs.

Gender



[The Transgender Child: Revised & Updated Edition: A Handbook for Parents and Professionals Supporting Transgender and Nonbinary Children](#)

By Stephanie Brill and Rachel Pepper

Authors Stephanie Brill and Rachel Pepper have now thoroughly revised and updated their ground-breaking classic with expanded coverage of gender development, affirming parenting practices, mental health and wellness, medical decision making, legal advocacy, and how best to ensure school success, from preschool through the high school years.



Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children

By Diane Ehrensaft

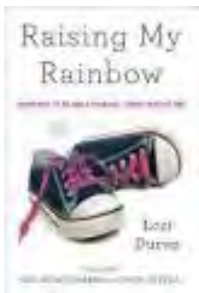
A groundbreaking guide to caring for children who live outside binary gender boxes.



Trans+: Love, Sex, Romance, and Being You

By Kathryn Gonzales and Karen Rayne

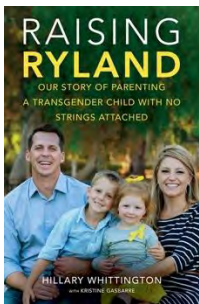
TRANS+: Love, Sex Romance, and Being You is a groundbreaking all-inclusive, uncensored, must-have guide for teens who are living in this world, who identify as transgender, nonbinary, gender non-conforming, gender fluid, or are questioning their gender identity or how they express themselves, and for their cis-allies and advocates.



Raising My Rainbow: Adventures in Raising a Fabulous, Gender Creative Son

By Lori Duron

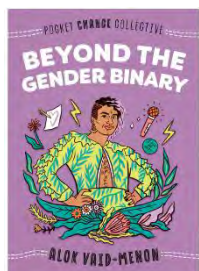
Raising My Rainbow is Lori Duron's frank, heartfelt, and brutally funny account of her and her family's adventures of distress and happiness raising a gender-creative son.



Raising Ryland: Our Story of Parenting a Transgender Child with No Strings Attached

By Hillary Whittington

This powerful, moving story—which has already touched more than seven million through a viral video created by the Whittington family—is a mother's first-hand account of her emotional choice to embrace her transgender child.

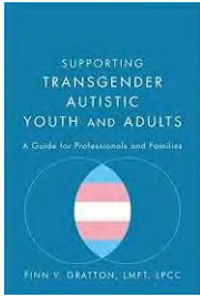


Beyond the Gender Binary

By Alok Vaid-Menon

In this short book Alok Vaid-Menon provides an accessible primer to gender fluidity, showing how a world beyond the gender binary of man and woman creates more freedom for everyone. They equip readers with the knowledge to counter the rise of anti-trans discrimination. This book invites the world to see gender not in black and white, but in full color.

Autism and Gender



[Supporting Transgender Autistic Youth and Adults: A Guide for Professionals and Families](#)

By Finn Gratton

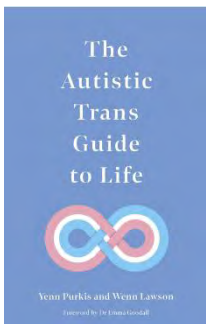
Providing advice on how professionals working with autistic trans youth and adults can tailor their practice to best serve their clients and how parents can support their trans autistic children, this book increases awareness of the large overlap between trans identities and autism.



[Spectrums: Autistic Transgender People in Their Own Words](#)

By Maxfield Sparrow

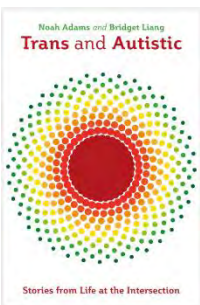
Weaving memories, poems and first-person narratives together, these stories showcase experiences of coming out, college and university life, accessing healthcare, physical transition, friendships and relationships, sexuality, pregnancy, parenting, and late life self-discovery, to reveal a rich and varied tapestry of life lived on the spectrums.



[The Autistic Trans Guide to Life](#)

By Yenn Purkis and Wenn Lawson

This essential survival guide gives autistic trans and/or non-binary adults all the tools and strategies they need to live as their very best self. Blending personal accounts with evidence-based insights and up-to-date information, and written from a perspective of empowerment and self-acceptance, the book promotes pride, strength and authenticity, covering topics including self-advocacy, mental health and camouflaging and masking as well as key moments in life such as coming out or transitioning socially and/or physically.



[Trans and Autistic: Stories from Life at the Intersection](#)

Noah Adams and Bridget Liang

Drawing upon a wealth of interviews with transgender people on the autism spectrum, the book explores experiences of coming out, with self-discovery, healthcare, family, work, religion and community support, to help dispel common misunderstandings around gender identity and autism, whilst allowing autistic trans people to see their own neurodiverse experiences reflected in these interviews.

[List of books by Autistic Authors about being Autistic and LGBTQ+](#)

Trauma and attachment

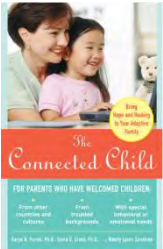


[The Connected Parent: Real-life Strategies for Building Trust and Attachment](#)

By Karyn Purvis and Lisa Qualls

Parenting under the best of circumstances can be difficult. And raising children who have come to your home from “hard places,” who have their own set of unique needs, brings even more challenges. Renowned child-development expert Dr. Karyn Purvis gives you practical advice and powerful tools you can use to encourage secure attachment in your family.

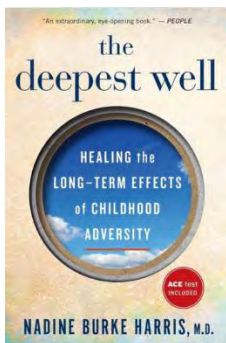
[List of TBRI \(Trust-Based Relational Intervention\) Children's Books- For Children that have experienced trauma](#)



[The Connected Child](#)

By Karyn Purvis and David Cross

A similar book, using the TBRI approach, written primarily for foster and adoptive parents.



[The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity](#)

By Nadine Burke Harris

The stunning news of Burke Harris's research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our *biological* systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in *The Deepest Well* represent vitally important hope for preventing lifelong illness for those we love and for generations to come.



[Raising Kids with Big Baffling Behaviors](#)

By Robyn Gobbel

Parenting and neuroscience expert Robyn Gobbel is here to reveal how all behavior, no matter how baffling, can be explained and remedied. You just need to look past the behavior and understand what's going on inside. Robyn decodes the latest brain science into easy-to-understand principles and metaphors to help you become an expert in your child's behavior. She reveals simple ways to help you regulate and connect with your child, with brain-, body- and sensory-based strategies to overcome day-to-day challenges. She also provides you with the knowledge to understand and regulate your own brain so that you don't flip your lid when your child flips theirs.

Other authors we recommend:

Dr. Dan Siegel
Dr. Bruce Perry
Dr. Gabor Mate
Dr. Bessel van der Kolk
Dr. Peter Levine