



How to Get an  
**Autism Spectrum Disorder  
(ASD) Evaluation**  
for Your Child

Getting your child evaluated for Autism Spectrum Disorder (ASD) can be difficult and takes time. Here is information to help you get the right diagnosis and services for your child. It is important to work with your child's doctor and other providers to make sure your child gets the support they need to do well.

## Getting a Medical Diagnosis of ASD

### • **Developmental and Behavioral (DB) Pediatrics**

Your child's doctor needs to refer you to a specialist. Waitlists are common.

SPECIALISTS:

**CHLA Behavioral Health Institute (Los Angeles)**

323-361-6102

**CHLA Boone Fetter Clinic for Autism Treatment (Los Angeles)**

Call 323-361-6102 for a virtual evaluation.

**Grotenhuis Pediatric Clinics - Developmental and Behavioral Pediatrics (Santa Barbara)**

805-879-4240

**UCLA Mattel Children's Center (Los Angeles)**

310-825-0867

**Valley Children's Healthcare (Madera)**

559-353-3000 | 559-353-6425

### • **Neurology (for Medi-Cal patients only)**

Your child's doctor needs to refer you.

**Grotenhuis Pediatric Clinics - Neurology**

805-879-4240

*Please note while neurologists can give an official ASD diagnosis, you may need more tests with other providers for services and support.*

# Evaluation Services by Health Insurance

## • Medi-Cal

### **CenCal (Santa Barbara and San Luis Obispo Counties)**

1. Call CenCal Behavioral Health and request an ASD evaluation by a psychologist 1-877-814-1861.

### **Gold Coast (Ventura County)**

1. Get a referral from your child's doctor to see a Gold Coast psychologist.
2. You must follow up with Carelon at 1-855-765-9702.

## • Private Insurance

Ask your child's doctor for help:

1. Get a referral from your child's doctor to see a psychologist. Or call the Member Services number on your insurance card and ask for a referral to a psychologist.
2. Call the psychologist and find out if there is a copay and if they offer a sliding scale.
3. If you must pay first, get a superbill with dates, diagnosis codes, and treatments to send to your insurance. Your insurance may reimburse a portion of what you paid.

## • Self-Pay

You can directly contact UC Santa Barbara (UCSB) Koegel Autism Center

EMAIL: [autism@ucsb.edu](mailto:autism@ucsb.edu) | PHONE: 805-893-2049

- Fees vary (they do not take insurance).
- Get a superbill with dates, diagnosis codes, and treatments. Send superbill to your insurance for possible reimbursement.

# More Help: Assessment for Services

## ● **Tri-Counties Regional Center (TCRC)**

**WHO THEY HELP:** Children 0-36 months (Early Start Program) and people over three years old with certain disabilities (Children's Services Program).

**ELIGIBILITY:** Client must have a disability before age 18 that affects three or more major life areas.

### **STEPS TO TAKE:**

1. Contact your local TCRC office and share your concerns about ASD.
2. Describe any signs or behaviors that you feel are different from typical development.
3. Provide any documents from school or doctors.
4. TCRC will check if your child can get services.
5. To qualify, your child must have major challenges in at least three areas like self-care, speaking, learning, moving, directing themselves or living independently.

### **LOCAL OFFICES:**

#### **South Santa Barbara County**

520 E Montecito St., Santa Barbara, CA 93103  
805-962-7881

#### **North Santa Barbara County**

1234 Fairway Dr., Santa Maria, CA 93455  
805-922-4640

#### **San Luis Obispo County**

1146 Farmhouse Ln., San Luis Obispo, CA 93401  
805-543-2833

## ● School District or County Education Office

**WHO THEY HELP:** Children ages three years and older.

**STEPS TO TAKE:**

1. Write a letter and request an evaluation at school to get an Individualized Education Plan (IEP). Outpatient Clinic Social Workers can help with the letter if needed.
2. Schools must respond within 15 days of your written request.
3. If your child hasn't been tested for ASD, the school will collaborate with a psychologist or licensed provider for evaluations.
4. The school will inform you if your child qualifies, and an IEP meeting will be set.
5. At the IEP meeting, results will be discussed, and plans for school supports will be made.

# Resources for Autism and Developmental Disabilities

*South Santa Barbara County (Santa Barbara/Goleta)*

## ● Support Services and Resources

### **Tri-Counties Regional Center**

Main Office and Headquarters:

520 East Montecito St., Santa Barbara, CA 93103

*Phone:* 805-962-7881 | *Toll-free:* 800-322-6994

*Fax:* 805-884-7229 | *Email:* [tcrcweb@tri-counties.org](mailto:tcrcweb@tri-counties.org)

[tri-counties.org](http://tri-counties.org)

### **Alpha Resource Center**

4501 Cathedral Oaks Rd., Santa Barbara, CA 93110

*Main phone:* 805-683-2145

*Warmline phone:* 805-452-8789

[alphasb.org](http://alphasb.org)

### **Autism Society**

[autismsociety.org](http://autismsociety.org)

### **Autism Speaks**

[autismspeaks.org](http://autismspeaks.org)

### **Center for Developmental Play and Learning**

4675 Via Los Santos, Santa Barbara, CA 93111

*Phone:* 805-637-5272 | [developmentalplayandlearning.com](http://developmentalplayandlearning.com)

### **UCSB Koegel Autism Center**

Graduate School of Education, UC Santa Barbara

Santa Barbara, CA 93106

*Email:* [autism@education.ucsb.edu](mailto:autism@education.ucsb.edu)

*Phone:* 805-893-2049 | *Fax:* 805-893-2658

[education.ucsb.edu/autism](http://education.ucsb.edu/autism)

## ● **Activities/Camps in Santa Barbara**

### **Best Day Foundation**

- Adventure activities for children with special needs
- [bestdayfoundation.org](http://bestdayfoundation.org)

### **Hearts Therapeutic**

- Therapeutic horseback riding
- [heartsriding.org](http://heartsriding.org)

### **Peer Buddies**

- Peer-informed social skills groups and camps
- [peerbuddies.com/Home.html](http://peerbuddies.com/Home.html)

### **sbSNAP**

- Website with information on local camps and activities
- [sbsnap.org](http://sbsnap.org)

## ● **Applied Behavior Analysis (ABA) Providers**

### **360 Behavioral Health**

4141 State St., Suite E12/13, Santa Barbara, CA 93110

Phone: 661-843-1901 | Fax: 661-775-2705

### **STAR of California—Behavioral and Psychological Services**

4213 State St., Suite #302, Santa Barbara, CA 93110

Phone: 805-683-8060 | Fax: 805-683-8061

[starofca.com/index.php](http://starofca.com/index.php)

### **Santa Barbara Autism Learning Center**

5385 Hollister Ave., Goleta, CA 93111

Phone: 805-725-0649

[the steppingstonesgroup.com/california-autism-services/santa-barbara](http://the steppingstonesgroup.com/california-autism-services/santa-barbara)

*\*Please note that this is not a comprehensive list of all ABA providers available. Please talk with your pediatrician for other options.*

## ● Independent Living/Transition Services

### Independent Living Resource Center

*(for Transition Age Youth)*

423 W. Victoria St., Santa Barbara, CA 93101

Phone: 805-963-0595 | [ilrc-trico.org](http://ilrc-trico.org)

### Pathpoint

902 Laguna St., Santa Barbara, CA 93101

Phone: 805-961-9200 | [pathpoint.org](http://pathpoint.org)

# Resources for Autism and Developmental Disabilities

*North Santa Barbara County (Santa Maria/Lompoc)  
and San Luis Obispo County*

## ● Support Services and Resources

### Tri-Counties Regional Center

#### Santa Maria:

1234 Fairway Drive, Suite A, Santa Maria, CA 93455

Phone: 805-922-4640 | Toll-free: 800-266-9071

Fax: 805-922-4350

#### San Luis Obispo:

1146 Farmhouse Ln., San Luis Obispo, CA 93401

Phone: 805-543-2833 | Toll-free: 800-456-4153

Fax: 805-543-8725

#### Atascadero:

7305 Morro Rd., Suite 101, Atascadero, CA 93422

Phone: 805-461-7402 | Toll-free: 800-322-6994

Fax: 805-461-9479

### Special Needs Project

1000 E. Maple Ave., Lompoc, CA 93436

Phone: 805-962-8087 | Fax: 805-962-5087

Email: [books@specialneedsproject.com](mailto:books@specialneedsproject.com)

[specialneedsproject.com](http://specialneedsproject.com)

## Alpha Resource Center

4501 Cathedral Oaks Rd., Santa Barbara, CA 93110

Phone: 805-683-2145 | [alphasb.org](http://alphasb.org)

## Autism Society

[autismsociety.org](http://autismsociety.org)

## Autism Speaks

[autismspeaks.org](http://autismspeaks.org)

## Parents Helping Parents (San Luis Obispo)

Phone: 805-543-3277 | [phpslo.org](http://phpslo.org)

## ● Applied Behavior Analysis (ABA) Providers

### 360 Behavioral Health

#### Santa Maria:

2601 Skyway Dr., Suite A1-9, Santa Maria, CA 93455

Phone: 833-227-3454

#### San Luis Obispo:

889 Murray Ave., San Luis Obispo, CA 93405

Phone: 833-227-3454

### STAR of California-Behavioral and Psychological Services

#### Atascadero:

8834 Morro Road, Atascadero, CA 93422

Phone: 805-466-7827 | Fax: 805-468-6031

Director: Ariella Parker, PhD, BCBA-D

### Developmental Specialty Partners

*Provide ABA therapy and psychiatry*

4051 Broad St., Suite 110, San Luis Obispo, CA 93401

Phone: 805-242-1617 | [dsp.health](http://dsp.health)

*\*Please note that this is not a comprehensive list of all ABA providers available. Please talk with your pediatrician for other options.*

## • Activities

### Central Coast Autism Spectrum Center

*Variety of activities for youth and families, including camp expedition, horseback riding, adaptive surf therapy and more.*

75 Higuera St., San Luis Obispo, CA 93401

Phone: 805-763-1100 | [sloautism.org/events](http://sloautism.org/events)

### Santa Ynez Valley Therapeutic Riding Program

195 N. Refugio Rd., Santa Ynez, CA 93460

Phone: 805-691-8161 | [syvtherapeuticriding.org](http://syvtherapeuticriding.org)

### Special Olympics San Luis Obispo County

*(includes Lompoc, Santa Maria)*

265 South St., Suite C, San Luis Obispo, CA 93401

Phone: 805-544-6444 | [sosc.org/sloc](http://sosc.org/sloc)

## • Independent Living / Transitional Services

### Independent Living Resource Center

*(for Transition Age Youth)*

#### San Luis Obispo:

51 Zaca Ln., Suite 140, San Luis Obispo, CA 93401

Phone: 805-462-1162 | [ilrc-trico.org](http://ilrc-trico.org)

#### Santa Maria:

218 W. Carmen Ln., Suite 109, Santa Maria, CA 93458

Phone: 805-925-0015

#### Pathpoint

[pathpoint.org](http://pathpoint.org)

#### San Luis Obispo:

11491 Los Osos Valley Rd., San Luis Obispo, CA 93405

Phone: 805-782-8890

#### Santa Maria:

2450 Professional Parkway, Santa Maria, CA 93455

Phone: 805-934-3537



# My Child's Care Team

Pediatrician: \_\_\_\_\_

Neurologist: \_\_\_\_\_

Other medical specialists: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other mental health provider: (psychiatrist/psychologist)

\_\_\_\_\_

\_\_\_\_\_

Teacher: \_\_\_\_\_

IEP team members: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Therapist (PT/OT/ABA): \_\_\_\_\_

\_\_\_\_\_

Cottage Children's Medical Center Social Worker: \_\_\_\_\_

\_\_\_\_\_

TCRC Service Coordinator: \_\_\_\_\_

Alpha Resource Center (ARC)/Parents Helping

Parents (PHP) Family Support Team: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Grotenhuis Pediatric Clinics**  
5333 Hollister Avenue, Suite 250  
Goleta, CA 93111  
805-879-4240

