

**OUTAOUAIS DIRECTORY OF SERVICES  
FOR PERSONS WITH A  
PERVASIVE DEVELOPMENTAL DISORDER (PDD)  
AND THEIR FAMILIES**



**April 2006**

**An electronic version of this document can be downloaded from  
[www.traitudunionoutaouais.com](http://www.traitudunionoutaouais.com)**

## INTRODUCTION



Services to persons with a pervasive developmental disorder (PDD) and their families should be diversified and cover a wide range of options, given the frequently major variations in the level of support needed. In the Outaouais, this diversity of service options comes from the collaboration of several organizations. As symbolized by the cover page illustration, where the different pieces fit together to form a whole, each organization and institution collaborates to form a functional PDD network.

In this same spirit of collaboration, the organizing committee of the 2006 Autism Awareness Week developed and published this directory, which provides the public with as accurate and current a picture as possible\* of the organization of services in the Outaouais for persons with autism or another PDD and their families.

The directory is divided into three sections, in order to better illustrate the “access to services procedure”. The first section briefly explains PDDs. The second deals with screening measures and the diagnostic process, and this leads to orientation to the services network, which is presented in the third section.

### **ORGANIZING COMMITTEE FOR THE OUTAOUAIS AUTISM AWARENESS WEEK 2006**

(directory development committee)

- Francine Charron from the Centre Hospitalier Pierre-Janet (CHPJ),
- Rachel Maheu from the Pavillon du Parc,
- André Baril from the Unité Régionale de Loisir et de Sport de l'Outaouais (URSLO),
- Lise Bourdeau from the Commission Scolaire Coeur-des-Vallées (CSCV),
- Raynald Poulin from the Université du Québec en Outaouais (UQO), psychoeducation
- Marie-Line Laroche, trainee from the Cité Collégiale,
- Jocelyne Sylvestre, director of Trait d'Union Outaouais Inc. (TUOI),
- Jean-Marie Berthelot from **Autisme et TED OUTaouais (ATOUT)**,
- Brigitte Vincelette from the Office des Personnes Handicapées du Québec (OPHQ),
- Alain Lamarche, APICO
- Sylvie Rozon from the Cité Collégiale, post-diploma certificate in autism,
- Claire Gagné from the Centre de Santé et Services Sociaux de Gatineau (CSSSG) and
- Isabel Thériault, project officer for Autism Awareness Week.

\* Please notify us of any errors or changes by sending an e-mail to: [tuoi@bellnet.ca](mailto:tuoi@bellnet.ca)

# SECTION 1: DEFINITION OF PDDs

Drawn from a text by Ginette Boulanger (Boulanger, FQATED).

PDDs are described in the childhood and adolescence sections of the DSM-IV, which is a diagnostic and statistical manual of mental disorders. PDDs include five disorders:

- Autism;
- Unspecified PDD;
- Asperger's syndrome;
- Childhood disintegrative disorder;
- Rett syndrome.

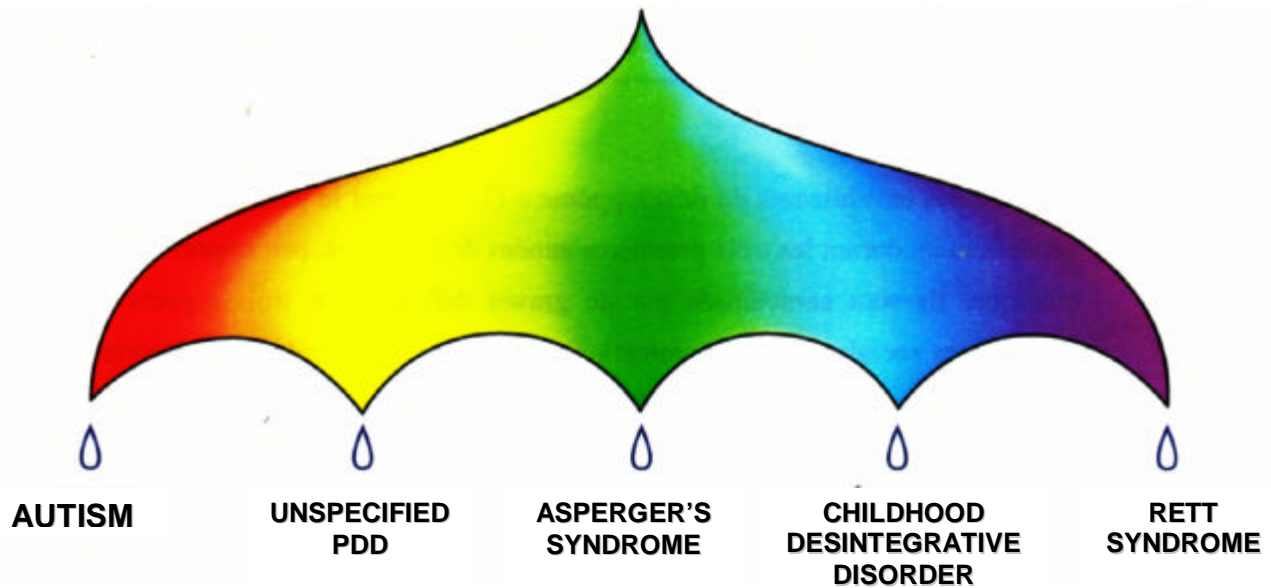
These disorders are classed together under the PDD "umbrella", as illustrated by the figure on the next page (FQATED, 2005).

## CHARACTERISTICS

PDDs, which are neurological in origin, show up during the first years of life. Messages transmitted to the brain by the senses are not received correctly or are interpreted incorrectly. The result is a confused understanding of life and one's environment, which will affect the individual's overall development.

These problems can vary in intensity or present differently, depending on the particular disorder. Certain persons with a PDD may have an associated mental disability and/or epilepsy. According to currently available data, the incidence ratio for *all* PDDs is 60 for every 10,000 persons and it is four times more frequent in boys. PDDs can be found in all areas of society and in every country.

## PDD UMBRELLA



### TO PRESENT A PDD PROFILE, A CHILD MUST HAVE:

- **serious impairment in communication skills:** delayed development or total absence of spoken language, or stereotyped use of language (echolalia\* for example);
- **impaired social interactions:** serious difficulties in interacting with others; marked difficulty in interpreting emotional and social signs, non-verbal language, visual contact; marked difficulty in perceiving and understanding the feelings of others and thus in adapting their reactions to social situations;
- **repetitive and stereotyped patterns of behaviour and restricted interests and activities:** interests limited to a few activities or to stereotyped or repetitive activities; attachment to apparently inflexible habits and rituals; stereotyped and repetitive motor mannerisms (for example, clapping or twisting hands or fingers, complex movements of the whole body), etc.

The characteristics used as a basis for diagnosing each of the PDDs are divided into these three categories. Distinctions in the characteristics presented by individuals, their combination, the severity of their manifestation, age at which they appear, their stability or worsening, are factors that will incline the diagnosis toward one or other of the five pervasive developmental disorders.

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\* Echolalia is a repetition of a message heard: the words of another person, or a melodic content (theme songs of T.V. commercials, for example). It may occur within seconds of hearing the message (immediate), or several hours or days later (deferred).

# Some manifestations of autism and PDDs

- BY GINETTE BOULANGER 1994



Is fascinated by turning objects



Has no fear of real dangers



Has difficulty making contact with others



Inconsistent results from precise or large movements



Has difficulty making eye contact



Is hyper-active or hypo-active



Plays obsessive games



Bursts out laughing for no apparent reason



Appears to be hearing impaired



Resists hugs



Has crying fits  
Becomes disconsolate for no apparent reason



Resists conventional teaching methods



Presents language anomalies (echolalia<sup>5</sup>, absence of language)



Prefers to isolate him/herself



Appears not to feel pain



Resists changes in routine



Expresses needs by gestures



Has an exaggerated attachment to certain objects

<sup>5</sup> Automatic repetitions of interlocutor's words.

# SECTION 2: SCREENING, DETECTION AND DIAGNOSIS

Observation of the characteristics associated with PDDs is therefore important, as this is how the diagnosis is made. Moreover, screening should be done rapidly, as the most effective current treatment for autism is early education intervention (starting as soon as possible after the diagnosis), or intensive behaviour intervention. Unfortunately, intervention rarely starts before three years of age, as very few children are diagnosed before preschool age.

English researchers affirm, however, that a screening test called CHAT (Checklist for Autism in Toddlers) presented on the next page can help physicians detect autism in toddlers, with the result that educational programs can be started earlier. The test, which was initially developed and tested in 1992, has recently undergone a large-scale verification that confirmed its effectiveness.

The three essential CHAT tests are:

**“Protodeclarative pointing”**, pointing at an object to draw the child’s attention to this object, not for the purpose of having him take it, but simply show an interest in it;

**“Follow a point”**, or the fact that the child turns to look in the same direction as an adult;

**“Pretend play”** (symbolic play).

## CHECKLIST FOR AUTISM IN TODDLERS (RIMLAND, 1996 IN FQATED, 2001-2006)

Test to be done at 18 months to measure development

### SECTION A: Ask parent

1. Does your child enjoy being swung, bounced on your knees, etc.? **(Y/N)**
2. Does your child take an interest in other children? **(Y/N)**
3. Does your child like climbing on things, such as up stairs? **(Y/N)**
4. Does your child enjoy playing peek-a-boo/hide-and-seek ? **(Y/N)**
5. Does your child ever PRETEND, for example, to make a cup of tea using a toy cup and teapot, or pretend other things? **(Y/N)**
6. Does your child ever use his/her index finger to point, to ASK something? **(Y/N)**
7. Does your child ever use his/her index finger to point, to indicate INTEREST in something? **(Y/N)**
8. Can your child play properly with small toys (e.g. cars or bricks) without just mouthing fiddling or dropping them? **(Y/N)**
9. Does your child ever bring objects over to you (parent) to SHOW you something? **(Y/N)**

### Section B: Direct observation

- A) During the appointment, has the child made eye contact with you? **(Y/N)**
- B) Get child's attention, then point across the room at an interesting object and say 'Oh look! There's a (name a toy!)<sup>i</sup> Watch child's face. Does the child look across to see what you are pointing at? **(Y/N)**
- C) Get the child's attention, then give child a miniature toy cup and teapot and say "Can you make a cup of tea?" Does the child pretend to pour out tea, drink it, etc.?<sup>ii</sup> **(Y/N)**
- D) Say to the child 'Where's the light?', or 'Show me the light'. Does the child POINT with his/her index finger at the light? <sup>iii</sup> **(Y/N)**
- E) Can the child build a tower of Lego bricks? (If so how many? \_\_\_\_\_Number of bricks? \_\_\_\_\_) **(Y/N)**

i To record YES on this item, ensure that the child has not simply looked at your hand, but has actually looked at the object you are pointing at.

ii If you can elicit an example of pretending in some other game, score a YES on this item.

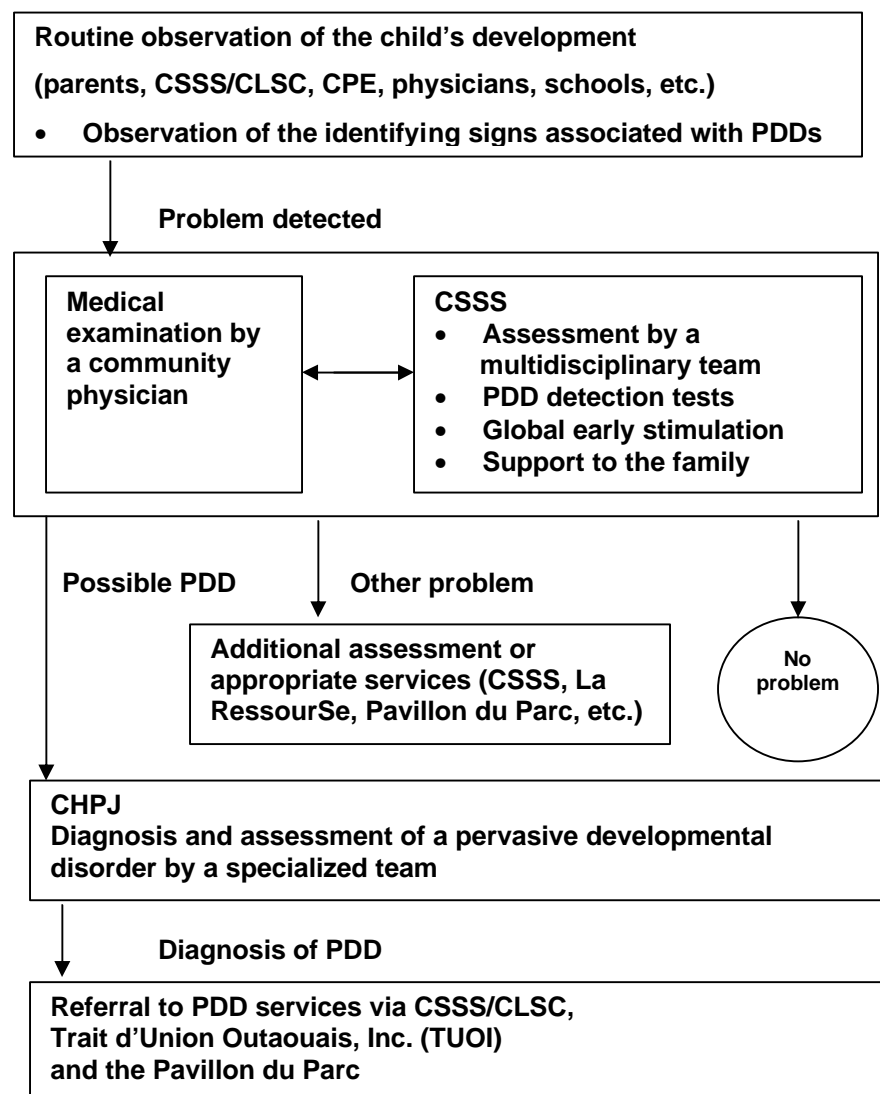
iii If necessary, choose a distant point of interest other than the 'light'. To record YES on this item, the child must have looked up at your face around the time of pointing.

## STAGES IN THE DETECTION AND DIAGNOSIS OF PDDs IN THE OUTAOUAIS (DIAGRAM DRAWN FROM A MSSS TEXT, 2003)

The importance of early screening lies in the fact that it is the starting point of a process that will lead to orientation toward diagnosis and services as soon as possible. The diagnostic assessment process, however, can sometimes be complex in nature, for several reasons. Amongst the factors in question is the heterogeneity of PDD profiles: as we mentioned in the introduction, the level of structure and support needed can vary greatly from one individual to another and from one family to another. The age at which the child is screened will also influence how the process is oriented. Finally, since the organization of services varies according to territory or region, it is difficult to propose a “standard” process for access to services.

**It is important to note that in Québec, access to PDD services can only be obtained through diagnosis by a psychiatrist.**

The following diagram represents the mechanism favoured by the Agence de santé et services sociaux en Outaouais for access to a diagnosis.

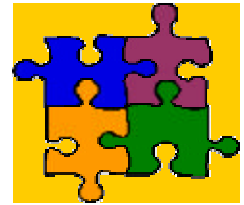


# SECTION 3: PDD SERVICES IN THE OUTAOUAIS

The following pages present the Outaouais organizations responsible for services to persons with autism or other PDDs and their families. Our presentation features first a general description of each of the institutions and organizations, followed by specific information on their PDD services.

For an overview of the Outaouais health and social services network, please consult: [www.santeoutaouais.qc.ca](http://www.santeoutaouais.qc.ca)

**AGENCE DE SANTÉ ET SERVICES SOCIAUX DE L'OUTAOUAIS**



The Agency's main functions are to plan, organize, implement and assess the region's health and social services. For this purpose it must work in partnership not only with the institutions and community organizations, but also the citizens and other organizations in the region (municipalities, MRCs, ministries, government organizations, academic circles and socio-economic groups).

The Agency therefore has special responsibilities toward institutions, community organizations and the public:

- to determine health and welfare priorities in accordance with the needs of the population and the objectives of the Ministry;
- to establish regional service organization plans and assess their effectiveness;
- to allocate budgets to the institutions and grants to community organizations and accredited private resources;
- to ensure coordination of resources in the territory and promote their collaboration with the other local development agents;
- to ensure sound management of the human, material and financial resources put at their disposal;
- to establish measures aimed at the protection of public health and the social protection of individuals, families and groups;
- to ensure public participation in management of the network and respect for users' rights.

The Agency is responsible for the PDD concertation table for the Outaouais and for the regional action plan to implement the Ministry's policy on services to persons with PDDs and their families.

**CHILDHOOD PROGRAM AT C.H. PIERRE-JANET: DIAGNOSTIC ASSESSMENT/TESTING OF CHILDREN WHO MAY HAVE A PERVASIVE DEVELOPMENTAL DISORDER**

The aim of the assessment is to make a precise diagnosis of children from 0 to 13 years who may have a pervasive developmental disorder. The results of the assessment will enable us to direct the family to appropriate complementary services. A child with a pervasive developmental disorder may present some of the following characteristics:

- difficulty in establishing visual contact;
- major communication retardation or absence;
- repetitive or bizarre behaviour patterns;
- resistance to changes in routine or crying fits for no apparent reason;
- mannerisms or auto-stimulation;
- particular motor development.

**Referral process:**

The family doctor or pediatrician sends a request for consultation to the childhood program. A nurse then makes an assessment by telephone with the parent of the child who has been referred. If the clinical table resembles a pervasive developmental disorder, a child psychiatrist assesses the child and, depending on the needs, makes a referral to the following professionals: nurse, occupational therapist, psychologist, speech therapist, special educator, social worker.

**Objectives of this procedure**

- to provide a confirmation or negation of the diagnosis of a pervasive developmental disorder;
- to determine the child's learning capacities;
- to inform and support the child's family and direct the child and family to appropriate services.

**Assessment tools**

The child's development is investigated by means of an initial assessment interview that is completed by administration of the ADI-R (Autism Diagnostic Interview-Revised) and the ADOS (Autism Diagnostic Observation Schedule). The ADOS tool provides a summary of the child's functional level in terms of play, communication and social interaction. The assessment procedure may be completed by tests in the psychology, speech therapy and occupational therapy departments. The parents are an integral part of the assessment process and are present at every session to support and encourage their child. They participate in the meeting with the child psychiatrist to finalize the report.

**Childhood program**

Tel.: (819) 776-8055 / (819) 776-8086; Fax: (819) 771-4727

## **ADOPSYCHIATRY: SOCIALIZATION GROUP IN THE ADOPSYCHIATRY DEPARTMENT AT THE CENTRE HOSPITALIER PIERRE-JANET**

The socialization group is for young people from 14 to 18 who have impaired social skills, which they would like to improve through a positive group experience. The group provides participants with an opportunity to learn, practise, develop and apply the skills learned in various living environments (family, school, recreational activities, work). In line with the cognitive, behavioural and kinesthetic approach recommended, two co-leaders direct the group (of about 10 persons), which meets on a weekly basis for 12 consecutive weeks.

### **General objectives**

- to develop better awareness of self and of others;
- to identify, accept and express one's feelings in a more appropriate way;
- to learn better ways of communicating and dealing with others;
- to promote development of new and better-adapted social behaviours;
- to improve self-confidence and self-esteem in a group context;
- to increase the ability to postpone gratification and tolerate frustration;
- to develop greater capacity to express and assert oneself in a group.

### **The program currently comprises three distinct and successive modules:**

- Self-awareness;
- Communication;
- Problem solving and assertiveness.

The various activities offered make virtually systematic use of visual models or tools, in order to draw on the different strengths of clients who are apt to benefit from a therapy group.

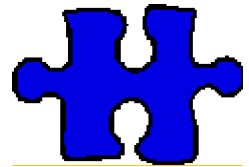
### **Adopsychiatry**

Tel.: (819) 776-8085

### **Centre Hospitalier Pierre-Janet**

20, rue Pharand, Gatineau, (Québec) J9A 1K7

**NOTE:** Although the CSSS is recognized as the official entry point for health and social services, we chose to present the CHPJ first, as access to PDD services is available only by means of a diagnosis by a CHPJ psychiatrist. The CHPJ also offers specific PDD services, as outlined above.



The local centres must be capable of providing services to persons with physical and intellectual disabilities, as well as persons with drug or alcohol addictions. The centres must ensure certain services to special clients, such as young people in difficulty and their families, elderly persons with diminishing autonomy, persons with cancer or chronic diseases and persons approaching the end of life.

Local centres are responsible for taking charge of the health of the population in their territory. Each local centre should establish agreements with hospitals providing specialized services for the entire region, rehabilitation centres, community organizations, pharmacists and physicians, socio-economic enterprises, etc., in order to ensure that the population has access to the health and social services it requires.

As an example, the CSSS de Gatineau provides the following services to persons with a PDD and their families:

- Screening, needs assessment and referral to CHPJ for diagnosis;
- General assessment of the situation of persons with a PDD and their families;
- Assessment of the family's needs for respite services, direct allocation for respite;
- Referral to appropriate resources;
- Collaboration with partners and/or coordination of services;
- Psychosocial services to persons with a PDD and their families.

The services offered vary from one territory to another and therefore from one CSSS to another. There are also various points of service for each CSSS. For information on the services you need, you can contact the social intake services in the sector where you live.

CSS	Phone contacts
<b>CSSS de Gatineau</b>	Gatineau Sector (819) 561-2550 Hull Sector (819) 770-6900 Aylmer Sector: (819) 684-2251
<b>CSSS de Papineau</b>	Buckingham Sector (819) 986-3359 Val-des-Bois Sector (819) 454-2355 Petite Nation Sector (819) 983-7341 Val-des-Monts Sector (819) 671-3777
<b>CSSS des Collines</b>	Masham Sector (819) 456-2819 Chelsea Sector (819) 827-6661
<b>CSSS de la Vallée-de-la-Gatineau</b>	Maniwaki Sector (819) 449-2513 Gracefield Sector (819) 463-2604 Low Sector (819) 422-3548
<b>CSSS du Pontiac</b>	Bryson Sector (819) 648-2193 Fort Coulonge Sector (819) 683-3000 Chapeau Sector (819) 689-5080 Otter Lake Sector (819) 453-7392 Rapides des Joachims Sector (819) 586-2357

## Pavillon du Parc



The mission of the Pavillon du Parc is to offer intellectually disabled persons or persons with a pervasive developmental disorder and their families in the Outaouais region adaptation, rehabilitation, social integration and support services that will meet their needs.

### REGIONAL CLINICAL SERVICES – PERVERSIVE DEVELOPMENTAL DISORDERS

#### Admissibility criteria for PDD program

- On referral by the Centre de santé et de services sociaux (CSSS), following diagnosis of a pervasive developmental disorder documented by a psychiatrist.
- Acceptance of PDD Program service model by parents and daycare services for Personal Support Program — Intensive Behaviour Intervention (IBI).

#### Services offered

- Personal Support Program
- Intensive Behaviour Intervention (IBI)
- Special education intervention and personal support (childhood and adolescence)
- Personal Support (adults)
- Socioprofessional Program
- Residential Services Program (regular residence and specialized respite).

#### Service quality

- The team is composed of professionals who have specialized in pervasive developmental disorders and developed expertise in this domain (psychoeducation, psychology, planning/programs and research, speech therapy, occupational therapy).

#### Specific approaches

- Picture exchange communication
- Visual strategies
- Sensory integration
- Inclusion of elements of structured teaching
- Inclusion of elements of applied behaviour analysis: communication and socialization, learning, development of interests and behaviour management

#### Pavillon du Parc – PDD team

747, boul. St-Joseph, Gatineau (Québec) J8Y 4B7

Tel.: (819) 595-1167

Fax: (819) 595-5482

[www.pavillonduparc.qc.ca](http://www.pavillonduparc.qc.ca)

## Trait d'Union Outaouais Inc.



Trait d'Union Outaouais is a not-for-profit, regional community organization whose **mission** is to provide services that promote the social integration of persons from 0 to 21 years who have been diagnosed with autism or another pervasive developmental disorder, while offering support to their families and persons close to them.

### SERVICES OFFERED

To accomplish its mission, TUOI has developed a dynamic and professional team that provides services not only to children and adolescents with pervasive developmental disorders, but also to their families, peers, the community and other partners. The choice and scheduling of services are flexible and variable, so that they can be more readily adapted to individual needs.

**The family services sector** provides the families with information on various subjects, thematic evening sessions, support groups and activities, specialized sitting services, family activities, access to a documentation centre, an information bulletin, etc. A support group for siblings may also be provided, depending on the demand.

**The group and structured activities sector** supports the development of children and adolescents with a PDD through day camps and group activities. The activities take place on weekends during the school year and on weekdays in the summer.

**The integration support sector** facilitates the social integration of children and adolescents with a PDD without an intellectual disability, by inviting them to participate in group activities with their peers.

**Other services offered:** PDD and Asperger's Syndrome workshops, sensitization program for elementary school children, instructional material centre and documentation centre.

### Trait d'Union Outaouais Inc.

109, rue Wright – suite 004, Gatineau (Québec) J8X 2G7

Tel.: (819) 595-1290; Toll free: 1-866-355-8864; Fax: (819) 595-7099

[tuoi@bellnet.ca](mailto:tuoi@bellnet.ca)

[www.traidunionoutaouais.com](http://www.traidunionoutaouais.com)

## School services



Disabled children in Québec have the right to an education based on respect for each one's particular needs and potential, from age 4 to 21.

The recommended place of learning for the majority of disabled students remains the regular classroom in the neighbourhood school, where everything needed to provide them with the services they require is set up. When applying for admission, parents should make known to the school any problem, disability or difficulty that could affect their child's development and require special measures. The child's capacities and needs will be assessed before he/she is enrolled in the school and assigned to a class. If the child has benefited from special interventions by partner organizations, the professionals concerned are contacted so that services can be coordinated. The parents are requested to provide the assessment reports of these professionals.

In order to meet the particular needs of every disabled student, the ministère de l'Éducation recommends use of an **intervention plan** as a means of fostering their development. An intervention plan is an essential tool that takes into consideration the capacities and needs of the disabled child; it is a tool based on consultation and cooperation that essentially aims at helping the student to succeed. The intervention plan is drawn up with the help of the student's parents and the student himself, unless he is incapable of this, the staff members who interact with the student and the professionals of any other organization involved.

### Objectives:

The intervention plan should promote:

- sharing of information on the student and concerted action on the part of the different professionals;
- involvement of the student and the parents in the helping process;
- adjustment of the services provided, as indicated by periodic assessments.

### Development and assessment of the intervention plan:

The intervention plan will specify:

- the student's capacities and needs;
- the objectives pursued and skills to be developed;
- the professionals who will provide services to the student;
- the results assessment process;
- the terms of review.

## **OUTAOUAIS SCHOOL BOARDS**

### **Commission scolaire des Portages-de-l'Outaouais**

225, rue Saint Rédempteur, Gatineau (Québec) J8X 2T3

Tel.: (819) 771-4548; Fax: (819) 771-6964

Website: [www.cspo.qc.ca](http://www.cspo.qc.ca)

### **Commission scolaire Western Québec**

170, rue Principale, Gatineau (Québec) J9H 6K1

Tel.: (819) 684-2336; Toll free: 1-800-363-9111

Fax: (819) 685-9061

E-mail: [wqsb@wqsb.qc.ca](mailto:wqsb@wqsb.qc.ca)

Website: [www.wqsb.qc.ca](http://www.wqsb.qc.ca)

### **Commission scolaire au Coeur-des-Vallées**

582, rue McLaren Est, Gatineau (Québec) J8L 2W2

Tel.: (819) 986-8511; Fax: (819) 986-9283

E-mail: [dgcscv@cscv.qc.ca](mailto:dgcscv@cscv.qc.ca)

Website: [www.cscv.qc.ca](http://www.cscv.qc.ca)

### **Commission scolaire des Draveurs**

225, rue Notre-Dame, Gatineau (Québec) J8P 1K3

Tel.: (819) 663-9221; Fax: (819) 663-6176

Website: [www.csdraveurs.qc.ca](http://www.csdraveurs.qc.ca)

### **Commission scolaire des Hauts-Bois-de-l'Outaouais**

331, rue du Couvent

Maniwaki (Québec) J9E1H5

Toll free: 1-888-831-9606

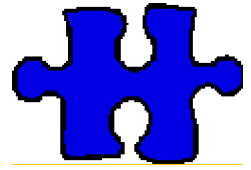
Tel.: (819) 449-7866

Fax: (819) 449-2636

E-mail: [info@cshbo.qc.ca](mailto:info@cshbo.qc.ca)

Website: <http://www.cshbo.qc.ca>

## Association pour l'intégration communautaire de l'Outaouais (A.P.I.C.O.)



A.P.I.C.O. is a not-for-profit organization that has been providing services in the Outaouais community since 1957 to intellectually disabled persons and their families. It aims at social and community integration.

### **Objectives of PDD program**

- to enable adults and young adults with a pervasive developmental disorder (21 years and +) to take part in a basic skills learning program adapted to their needs and realities;
- to promote and facilitate social integration and participation, so that every person can evolve within the community;
- to promote learning of lifestyles that favour integration in school and in the workplace.

### **Preferred means**

Weekly meeting of counsellors and integration officer;

Day Centre offering theoretical and practical workshops on concepts related to integration into the community;

Weekly outings.

### **Admissibility criteria**

Any person with a pervasive developmental disorder who is 21 years of age or over and is a member of A.P.I.C.O., and who wishes to increase his/her autonomy through a learning and integration program .

### **A.P.I.C.O.**

10, rue Noël, Gatineau, (Québec) J8Z 3G5

Tel.: (819) 771-6219

[www.apico.ca](http://www.apico.ca)

## Association de répit communautaire (ARC)



ARC is a not-for-profit organization whose mission is to offer respite to families of children between the ages of 4 and 12 (inclusive) who have an intellectual disability (ID) and/or a pervasive developmental disorder (PDD).

### Program:

Weekend Respite services with sleep-over from Friday evening to Sunday

Weekend Respite services without sleep-over (9:00 a.m. to 4:00 p.m. Saturday and Sunday)

### ARC

933, rue Notre-Dame,  
Gatineau, Québec  
J8P 1P2  
(819) 669-6352

## Résidences communautaires de santé mentale en Outaouais (RCSMO)



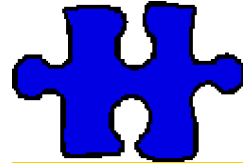
The Résidences communautaires en santé mentale de l'Outaouais is a not-for-profit organization that offers residential, respite and sitting services in the Outaouais region to adolescents and adults with a pervasive developmental disorder. The organization has two residences in Aylmer staffed by resource persons who watch over the users' well-being. A team of professionals ensures follow-up of the clientele.

The RCSMO offer a structured service for persons with a pervasive developmental disorder. They reproduce a family setting, by providing residential services that respect the needs of parents who favour the development of adolescents and adults through adapted and progressive integration. Any parent or tutor who would like to receive services can contact the RCSMO directly.

### RCSMO

181, rue Principale, CP 76035, Gatineau (Québec) J9H 6A6  
Tel.: (819) 775-9913  
Fax: (819) 775-9914  
E-mail: [rismo@bellnet.ca](mailto:rismo@bellnet.ca)

## Autisme et troubles envahissants du développement Outaouais (ATOUT)



ATOUT was started by a group of parents of children with autism or pervasive developmental disorders. ATOUT is a community organization, independent of the organizations that provide services. ATOUT has adopted as its mission to defend the rights of persons with autism or a pervasive developmental disorder and their loved ones, and to break the families' isolation.

### Objectives:

- to help the families find their way in accessing services;
- to provide information on autism and pervasive developmental disorders, on educational approaches and treatments;
- to create a support network;
- to carry out sensitization campaigns for the public at large;
- to press for the improvement of existing services.

### ATOUT

Mail via TUOI at: ATOUT, 109, rue Wright, Suite 004 Gatineau (Québec) J8X 2G7

E-mail: [berthelotjm@videotron.ca](mailto:berthelotjm@videotron.ca)

### OTHER REFERENCES AND SOURCES FOR THE ENTIRE DOCUMENT

Boulanger, G. (website of the Fédération québécoise de l'autisme et des autres troubles envahissants du développement). Qu'est-ce que l'autisme et les autres troubles envahissants du développement ? <http://www.autisme.qc.ca/formation/diagnostic.html>

Fédération québécoise de l'autisme et des autres troubles envahissants du développement (2005). Camp de jour et de répit spécialisé en troubles envahissants du développement : Guide pour les animateurs. Québec : Bibliothèque nationale du Québec

Fédération québécoise de l'autisme et des autres troubles envahissants du développement. (2001-2006). Formation sur le diagnostic. Document presented in the "Formation" section of the FQATED website: <http://www.autisme.qc.ca/formation/diagnostic.html>; Translation of article by Rimland, B. (1996). *CHAT passes large-scale U.K. test, Autism Research Review International, Vol.10, no 2.*

**Warning:** the Organizing Committee accepts no responsibility regarding use of the questionnaire. These extracts are published for information purposes only.

Direction des communications du Ministère de la Santé et des Services Sociaux. (2003). Un geste porteur d'avenir : des services aux personnes présentant un trouble envahissant du développement, à leurs familles et à leurs proches. Québec : Bibliothèque nationale du Québec

FQATED (juin 2005), A l'intention des parents : un guide pour les premières démarches

Website of the Agence de la santé et des services sociaux de l'Outaouais, au [www.santeoutaouais.qc.ca](http://www.santeoutaouais.qc.ca)

**Office des personnes handicapées du Québec (OPHQ)**

The Office offers different support services to individuals, in order to help disabled persons, their families and relatives, in whatever steps they wish to take. Anybody, whether as an individual or on behalf of an organization, can contact the Office for information or support.

**Objectives:**

- to support disabled persons, as well as their families and relatives, by listening to them and helping them to clarify their needs;
- to inform by providing information on public resources, programs and services, private and community resources, disabilities and incapacities;
- to offer advice on how to present an application for services, and on documents or assessments that should be produced in support of the application;
- to guide by facilitating access to programs and services that meet the needs expressed, and by supporting public and private organizations in their actions in favour of the social integration of disabled people.

**Main activities:**

- direct services to individuals or their families;
- collective coordination of services;
- assessment of the state of social integration;
- sensitization and promotion activities.

**Office des personnes handicapées du Québec**

309, rue Brock, Drummondville (Québec) J2B 1C5

Telephone: (819) 475-8585

Toll free: 1 800 567-1465

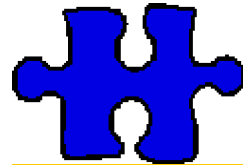
Teletypewriter: 1 800 567-1477

Fax: (819) 475-8467

E-mail: [dpil@ophq.gouv.qc.ca](mailto:dpil@ophq.gouv.qc.ca)

<http://www.ophq.gouv.qc.ca/>

## Fédération québécoise de l'autisme et des autres troubles envahissants du développement



The **mission** of the Fédération is to promote and defend the rights and interests of persons with autism or a pervasive developmental disorder, so that they can achieve a dignified life and the best possible social autonomy.

### Objectives

- To work at the provincial level for the promotion and defence of the rights of individuals and their families;
- To bring associations and organizations together for concerted action;
- To support member organizations;
- To sensitize government authorities and professionals to the specific nature of the needs of autistic persons;
- To sensitize the population on the issues of autism and other PDDs;
- To foster concertation and responsabilization of the different communities;
- To promote social integration, research and dissemination of research, as well as accessibility, development and quality of services.

### Activities

Defence of rights:

- Public and political representations, development of papers and notices, participation in committees and concertation tables

Information and training:

- Development and organization of training activities, documentation centre, information kits, Express magazine, autism reference website

Promotion:

- Public promotional activities, promotion of activities designed to develop the optimal capacities of persons with autism or other PDDs

Associative life:

- Referrals, listening and support, Info-Member bulletin

### Fédération québécoise de l'autisme et des autres troubles envahissants du développement

65, rue de Castelnau Ouest – Suite 104, Montréal (Québec) H2R 2W3

Tel.: (514) 270-7386; Fax: (514) 270-9261

<http://www.autisme.qc.ca/>

## Government Action Plan: un geste porteur d'avenir – services for persons with a pervasive developmental disorder, their families and relatives

On February 21, 2003, the document “**Un geste porteur d'avenir – Des services aux personnes présentant un trouble envahissant du développement, à leurs familles et à leurs proches**” was published by the Government of Québec, as a result of the work carried out by the National Committee.<sup>1</sup> The orientations and action plan contained in the document form the basis for the implementation of specific services for persons with a pervasive developmental disorder, particularly in the areas of rehabilitation, support to families, partnership with other sectors and service quality.

### The objectives of the Ministry orientations and action plan are:

- to offer the persons targeted the range of services they need in their community;
- to provide them with tools that will adequately support optimal development of their potential and their social integration process;
- to offer adequate support to families and relatives;
- to foster collaboration between the intervention sectors (daycare services, education, work, etc.) and the different community players.

### The national priorities established in the action plan are as follows:

- a) to ensure a functional service delivery based on the needs of individuals and their families:

information and sensitization

- detection of pervasive developmental disorders
- diagnosis
- key professional

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<sup>1</sup> The Committee's mandate was to ensure availability, accessibility and continuity of the services required by persons with a PDD and their families and relatives.

- access to services
  - global needs assessment
  - specialized adaptation and rehabilitation services
  - services to school-aged children
  - services to adults
  - residential support and housing
- c) to provide appropriate support to families
- c) to emphasize partnership with the other public, paragonovernmental and community service sectors
- c) to establish the basis for better service quality
- develop training of professionals and families
  - develop expertise
- c) support implementation of the orientations and action plan

Two years after implementation of the National PDD Action Plan, we have observed that the emphasis has been placed mainly on the intensive behaviour intervention (IBI) program for children (2-5 years) and on training of professionals.

For further information:

Ministère de la Santé et des Services sociaux website: [www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca) section **Documentation**, under the tab **Publications**, “**Un geste porteur d'avenir – Des services aux personnes présentant un trouble envahissant du développement, à leurs familles et à leurs proches**”

## Directory of PDD Services

Organization	Phone contacts
Agence de santé et services sociaux Outaouais	Tel.: (819) 770-7747
A.P.I.C.O.	Tel.: (819) 771-6219
ARC	Tel.: (819) 669-6352
ATOOUT	E-mail: berthelotjm@videotron.ca
CSSS de Gatineau	Gatineau Sector (819) 561-2550 Hull Sector (819) 770-6900 Aylmer Sector: (819) 684-2251
CSSS de Papineau	Buckingham Sector (819) 986-3359 Val-des-Bois Sector (819) 454-2355 Petite Nation Sector (819) 983-7341 Val-des-Monts Sector (819) 671-3777
CSSS des Collines	Masham Sector (819) 456-2819 Chelsea Sector (819) 827-6661
CSSS de la Vallée-de-la-Gatineau	Maniwaki Sector (819) 449-2513 Gracefield Sector (819) 463-2604 Low Sector (819) 422-3548
CSSS du Pontiac	Bryson Sector (819) 648-2193 Fort Coulonge Sector (819) 683-3000 Chapeau Sector (819) 689-5080 Otter Lake Sector (819) 453-7392 Rapides des Joachims Sector (819) 586-2357
Centre Hospitalier Pierre-Janet	Childhood Program Tel.: (819) 776-8055 / (819) 776-8086; Adopsychiatry Tel.: (819) 776-8085
Commission scolaire des Portages-de-l'Outaouais	Tel.: (819) 771-4548; Fax: (819) 771-6964
Commission scolaire Western Québec	Tel.: (819) 684-2336; Toll free: 1-800-363-9111 Fax: (819) 685-9061
Commission scolaire au Coeur-des-Vallées	Tel.: (819) 986-8511; Fax: (819) 986-9283
Commission scolaire des Draveurs	Tel.: (819) 663-9221; Fax: (819) 663-6176
Commission scolaire des Hauts-Bois-de-l'Outaouais	Tel.: (819) 449-7866; Toll free: 1-888-831-9606 Fax: (819) 449-2636
Fédération québécoise de l'autisme et des autres troubles envahissants du développement	Tel.: (514) 270-7386; Fax: (514) 270-9261
Office des personnes handicapées du Québec	Tel.: (819) 475-8618; Toll free: 1-800-567-1465 Fax: (819) 475-8409; Teletypewriter: 1-800-567-1477
Pavillon du Parc – PDD Team	Tel.: (819) 595-1167 Fax: (819) 595-5482
RCSMO	Tel.: (819) 775-9913 ; Fax: (819) 775-9914
Trait d'Union Outaouais inc.	Tel.: (819) 595-1290; Toll free: 1-866-355-8864