

Resources for Autistic Adults



Regulation of Emotion in Autistic Adults, Children, and Teens

412-246-5485 • autismrecruiter@upmc.edu

In Case of Crisis, contact ReResolve Crisis Services: 1-888-796-8226

*Available 24/7 365 days
Free to all Allegheny County residents*

UPMC Center for Autism and Developmental Disorders (CADD) Adult Outpatient Clinic

Clinical diagnosis, assessment to re-evaluate diagnoses as well as vocational support, group, individual and family therapies/treatment. Specializing in autism and other developmental disabilities

Located in Oakland

412-624-1000

upmc.com/Services/behavioral-health/autism/adult/Pages/outpatient-clinic.aspx

Progressive Evaluation and Referral Center (PERC)

Specializing in complex medical needs in adults with intellectual and developmental disabilities

412-692-4888

dom.pitt.edu/dgim/clinical/sites/perc/

UPMC Center for Interventional Psychiatry at Western Psychiatric Hospital

Specialized treatment and personalized care for treatment-resistant depression and other psychiatric disorders

412-246-5063

upmc.com/locations/hospitals/western-psychiatric/services/interventional-psychiatry

Family Behavioral Resources (FBR)

Offering evidence-based emotion dysregulation interventions for autistic people.

724-850-8118

familybehavioralresources.com/contact-2/

Associates in Behavioral Diagnostics and Treatment

Treatment and assessment of children and adults

412-329-7778 • aibdt.com

Merakey

Offering evidence-based emotion dysregulation interventions for autistic people.

888-647-0020

merakey.org

Find the most up-to-date resources online: react.pitt.edu/resources

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CAREER EMPLOYMENT SERVICES

Office of Vocational Rehabilitation (OVR)

Career counseling/Training Services, Diagnostic Services, etc.
531 Penn Avenue Pittsburgh, PA 15222
412-392-4950 or 800-442-6371 • Email: ovr@dli.state.pa.us

Tom Armstrong, University of Pittsburgh Office of Human resources

200 South Craig Street, 100 Craig Hall Pittsburgh, PA 15260
412-648-8375 • Email: armstr89@pitt.edu

Evolve Coaching

Career and self-advocacy resources
3706 Butler Street Pittsburgh, PA 15201
(412) 744-9017 • Email: info@evolve-coaching.org

OAR Hire Autism Resource Center

Free, comprehensive services for autistic job seekers • hireautism.org

Hiram G. Andrews Center

Educational programs to adults with disabilities transitioning to successful employment
727 Goucher Street Johnstown, PA 15905
814-255-8200 • **Email: CTI.HGAC@pa.gov**

Cognitive Skills Enhancement Program at the Hiram G. Andrews Center

Pre-employment transition program for adults with neurodevelopmental and cognitive disabilities. Implements the EASE program.
shrs.pitt.edu/cbh/community-engagement/collaboration-commonwealth-technical-institute-hiram-g-andrews-center#CSEP

Achieva Competitive-Integrated Employment (CIE)

<https://www.achieva.info/employment/competitive-integrated-employment>

SOCIAL/SUPPORT GROUPS

Heart of Gold Pittsburgh Therapy Project

Occupation Therapy
412-746-1200 Email: heartofgoldpgh@gmail.com

Pittsburgh Adult Autism Group

Hosts discussions and social outing groups
meetup.com/autismofpa/

Late Diagnosis Autism Support Group

Virtual support group meeting for adults diagnosed later in life
autismofpa.org/events

Pittsburgh Center for Autism Advocacy

Monthly social meetings for autistic and neurodiverse adults
Email: info@autisticpgh.org • autisticpgh.org

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PSYCHIATRISTS AND COUNSELORS

Dr. Xenia Borue, Full Spectrum Psychiatry

12 Eastern Avenue, Suite 200 Pittsburgh, PA 15215
Office: 412-345-1159 Cell: 917-841-9276 • fspsychiatry.com

Dr. Gregory Thorkelson

5725 Forward Avenue, Suite 401 Pittsburgh, PA 15217
(412) 214-0042

Dr. Mike Rancurello, Allegheny General Hospital Psychiatry

Pittsburgh: 4 Allegheny Center, Floor 8 Pittsburgh, PA 15212 (412-330-4000)
Wexford: 500 Blazier Drive Wexford, PA 15090 (724-934-2422)

Dr. Manuel Reich, Persoma Counseling Services

300 Oxford Drive, Suite 110 Monroeville, PA 15146
412-823-5155 • Email: info@persoma.com

PKO Counseling Services

2275 Swallow Hill Road, Building 800 Lower level Pittsburgh, PA 15220
412-354-0636 • Email: info@pkocounselingservices.com

G Hoffer

<https://www.psychologytoday.com/us/therapists/g-hoffer-pittsburgh-pa/142298>

WEBSITES

ASERT Center of Western PA

Offers training services and tons of resources in PA • paautism.org

PA Department of Human Services

Information about available services for autistic adults in PA dhs.pa.gov/Services/Disabilities-Aging/Pages/Autism-Services.aspx

Autism Connection of PA

Local resource that provides resources and social groups • autism-support.org

Autism and Grief Project

Resources for autistic adults experiencing grief • autismandgrief.org

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