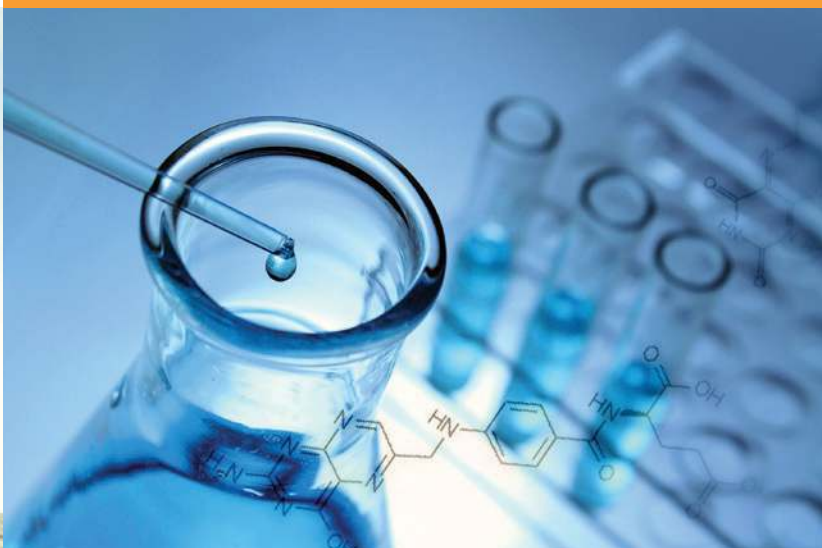




AUTISM RESEARCH INSTITUTE  
*Autism is Treatable*

# We are **different.**



**We understand what it means to be different,  
because we have always been unique.  
*And you have made a difference.***

Learn all about where your support  
has taken us this year so far.

## **2017 Annual Report**



AUTISM RESEARCH INSTITUTE  
*Autism is Treatable*

**1 in 59** identified with ASD this year

NEW NUMBERS from the Centers for Disease Control and Prevention (CDC) announced in April 2018 underscore the need for autism research funding.\*

## 2017 Accomplishments

### Research

ARI awarded more than \$200,000 in grants to scientists whose work will have a direct impact on the lives of those on the autism spectrum.

We continue to publish our quarterly science newsletter, *Autism Research Review International* (ARRI), summarizing current medical, sensory, and educational research.

We sponsored a major think tank, attended by researchers and medical clinicians. In order to make progress in the field, ARI knows it is critical for scientists and experienced clinicians to meet and discuss issues related to treatment.

ARI helps fund two tissue banks, including a brain tissue bank for the National Institute of Child Health and Human Development at the University of Maryland, and a gastrointestinal tissue bank at the Digestive Function Laboratory Repository at Massachusetts General Hospital in Boston.

We support an active dialogue among researchers and clinicians in a private internet discussion group limited to those with advanced science degrees and extensive clinical experience.

We co-sponsored the first think tank in North America on aging in autism. Numerous topics were discussed including medical co-morbidities, the need for longitudinal studies, and sensory and cognitive abilities.

### Continuing Medical Education

ARI offers, in joint providership with the Cleveland Clinic, complimentary *AMA PRA Category1 Credit™* to physicians and the general public. In 2017, we premiered talks on anxiety and immunology. Informing physicians on appropriate standards of care is crucial to understanding the medical nature of the disorder.

### Online Learning

Our YouTube channel offers free access to experts with up-to-date webcasts on medical support, nutritional guidance, and education, as well as selected talks from past conferences.

ARI hosts live webinars featuring top researchers and treatment professionals in partnership with The Johnson Center for Child Health and Development. The topics include ABA, adult issues, assessment, diet, educational therapies, nutrition, research updates, and much more. Participants can receive a free Certificate of Attendance for most webinars.

### Outreach in the U.S.

ARI offers a hotline for parents and professionals, who can reach a live person for information and support.

ARI publishes a bimonthly e-newsletter, *Clinical Research in Autism*, for obstetricians, pediatricians, and nurses who want to keep up-to-date with research relevant to their practice.

ARI moderates several Internet discussion groups specifically for parents.

### International Outreach

ARI is an NGO (non-governmental organization) of the United Nations.

We co-sponsored a major international conference in Moscow for the sixth straight year.

We are in regular communication with researchers and network groups in Brazil, Canada, France, Italy, Russia, Ukraine, United Kingdom, and Venezuela.

\*Source: Centers for Disease Control and Prevention  
[cdc.gov/features/new-autism-data](http://cdc.gov/features/new-autism-data)



## Our Mission

The mission of the Autism Research Institute is to improve the health and well-being of people on the autism spectrum through research and the education of professionals, those who are affected, and their families.

## Message from Dr. Edelson



The past 12 months have been game-changing for ARI. This is the year ARI-funded research garnered international attention through investigations in the U.S. and abroad on the cell danger response theory, proteomic analyses of the autistic brain, metabolism, gut health (including maternal dysbiosis and the microbiome), and validation of ARI's Autism Treatment Evaluation Checklist. We also sponsored our 23rd annual think tank, facilitated a large international conference in Moscow, co-launched the North American Aging in Autism Think Tank in Vancouver with

Autism Canada, and continued our free online educational offerings aimed at democratizing autism research and education. Stay tuned for an exciting 2018-19. We must all pull together to maintain this important work, and we will continue to look for common ground for collaboration and spearhead efforts to accelerate progress in autism research and education.

Sincerely,

Stephen M. Edelson, PhD  
*Executive Director*  
*Autism Research Institute*

Autism.com

# How ARI Touches Lives

## *Happy in Her Own Skin*

“Paisley was diagnosed with autism at age 3. Through extensive research, an ARI conference that provided a wealth of information, a neurologist, and ABA therapy, we’ve been able to hone in on the best intervention for her. She has gone from being completely nonverbal to now being able to read and communicate with a device, interact with peers – and is generally a much happier kid! The treatment she receives has truly been life-changing. We are incredibly grateful for all the doctors, therapists, researchers, and organizations that work to provide evidence-based treatment and therapies to help Paisley feel more comfortable and happy in her own skin! We have no idea where we’d be without it!”



## *Never Give Up*

“Tyler is 18 and will graduate high school this June. He was diagnosed with autism at 22 months. By the time he was 3 years old, I had heard of ARI. With each and every year he has continued to make progress, having made his biggest gain this year with his speech. My advice is to never give up on making progress! It is slow but consistent. Thank you ARI for helping me help my child live a pain free, healthier life. Tyler received an academic excellence award this spring. I am so proud of him!”

### 1956

The Rimlands' son Mark is born. As an infant, he displays unusual behaviors. Several pediatricians are unable to help. After reading an old college textbook describing autism, Dr. Rimland realizes that parents, especially the mother, is blamed for causing autism in the child.

### 1964

Dr. Rimland publishes *Infantile Autism: The Syndrome and Its Implications for a Neural Theory of Behavior*, in which he argues convincingly that autism is biologically based and not a result of emotional trauma due to poor parenting.

### 1965

Dr. Rimland establishes the Autism Society of America to network parents of children on the spectrum and to promote the use of behavioral techniques, known today as Applied Behavioral Analysis (ABA). Dr. Rimland was a strong supporter of Dr. Ivar Lovaas, who pioneered ABA.





AUTISM RESEARCH INSTITUTE  
*Autism is Treatable*



## *So Much More Than Autism*

“It is so important to treat the underlying conditions of our sick kids; it is so much more than Autism. It is an exhausting journey, but he is my heart. I like to read about the reasearch through ARI so that we can navigate our own journey and help my son who lives with the daily struggles of autism and tries and tries and tries...”

## *She's Going to Make It*

“The day Olivia was diagnosed she was a child who could not understand anything or even recognize anyone around her. She was physically ill. I am a mother who loved taking pictures of her loving, smart, well connected baby and who could not bear comparing her sick, disconnected toddler to the happy baby she once had been.

We decided we were going to do everything we could. And we did! Seeing my little girl happy and enjoying the simplest things life can offer – like striking a pose – is priceless. We are not even halfway done, but with faith and a little help from our friends at ARI, I know in my heart she's going to make it! Thank you for everything you do for our community!”



### 1967

The Institute for Child Behavior Research (renamed in the mid 1980s to ARI) is established as a 501(c)3 non-profit with the aim to conduct, encourage, and fund research as well as network scientists with one another and with parents.

### 1968

Dr. Rimland produces the documentary *The Invisible Wall*. In the film, Dr. Rimland discusses his thoughts on autism and suggests a genetic-environmental connection. To view the film, see <http://bit.ly/theinvisiblewall>.

### 1969

Dr. Leo Kanner, the psychiatrist who first described infantile autism in 1943, speaks at the first National Society for Autistic Children Conference and states that parenting does not cause autism. Having once blamed parents, he changed his thinking primarily after reading *Infantile Autism*.

# How We Help

## Advocate for Research That Makes a Difference

Our focus at ARI is to advance an ambitious research agenda while providing the latest science-based information for people of all ages on the autism spectrum. We do this through our annual and regional think tanks, in-person and online educational events and courses, free webinars, and by funding the studies that hold the most promise for making a difference in the lives of people with autism.

While the causes of ASD remain unclear, recent scientific advances challenge the traditional view of autism as an untreatable disease — as one that is genetically hardwired. These developments support the position that ARI has always maintained: *autism is treatable*. ARI continues to pioneer research, outreach, and cooperative efforts with other organizations worldwide.

**From the beginning, the focus of ARI was to provide a forum through which clinical and basic science research could be encouraged and sponsored,** and directed toward the identification of potential causes and effective treatments. ARI continues to play a significant role in supporting research and continues to work toward expanding our understanding of this complex disorder. Although we have made considerable progress over the years, there is still much work that remains to be done. Dr. Bernard Rimland's life-long impact on ASD lives on as reflected by the efforts that ARI continues to pursue and support."

— MARGARET BAUMAN, MD  
Boston University Medical Center



AUTISM RESEARCH INSTITUTE  
*Autism is Treatable*

### 1970

Dr. Rimland moves his home office to a store front and begins to write about the importance of nutrition and restricted diets (e.g., caveman diet). Parents around the world volunteer to translate Dr. Rimland's diagnostic checklist.

### 1971

Dr. Rimland co-authors one of the first biochemical studies on autism with Dr. Mary Coleman and finds a correlation between serotonin levels in blood platelets and his diagnostic checklist. "The Rimland School" for children with autism opens in Evanston, IL.

### 1973

ARI publishes a large-scale study on autism involving 190 children using a placebo-controlled research design to evaluate the efficacy of several vitamins. Dr. Rimland concludes that vitamin B6 may be beneficial to people on the autism spectrum.

## Convene Scientists and Clinicians Face-to-Face

Since 1995, the Autism Research Institute has brought together experts at its annual scientific think tank meetings to address novel questions and discuss issues related to promising interventions. ARI also funds and sponsors consensus meetings to facilitate ongoing discussion about the latest findings and approaches to understand and treat medical and behavioral symptoms associated with autism spectrum disorders.

We have always been committed to asking the tough questions. For fifty years our work has influenced how researchers approach investigating the cause of and effective treatments for autism spectrum disorders.

**Our purpose is clear:**

***Advance research by following the science wherever it leads.***

**ARI has been the most important influence on both my role as a father of a daughter with autism and as an autism researcher.**

For more than two decades I have benefitted tremendously from the workshops, think tanks, newsletters, and webinars that ARI has organized. For my daughter, I have learned about many different treatment options and tried many of them, and over time she has made substantial progress. For my research, I have worked together with top clinicians and researchers on new research studies that are moving us closer to finding the causes of autism, how to prevent it, and how to treat it.”

— JAMES B. ADAMS, PhD  
Arizona State University



### Father and Researcher

James B. Adams, PhD with Rosy Krajmalnik-Brown and Daewook Kang – autism microbiome researchers at Arizona State University (left); Dr. Adams with his daughter Kim and wife Marie (right).

## 1976

Dr. Rimland co-edits the book *Modern Therapies*.

Sylvester Stallone establishes the Stallone Fund for autism research, to which he donates the proceeds from several *Rocky* movie premieres. As treasurer, Dr. Rimland awards grants primarily for brain autopsies.

## 1978

Dr. Rimland publishes an article titled “The Autistic Savant” in *Psychology Today*. He argues that the original term used to describe someone with an unlearned skill, “idiot savant,” should be replaced with the term “autistic savant.”

## 1979

Dr. Rimland and Dr. Lovaas are featured in a story in *Rolling Stone* magazine. The publicity brings much attention to their work.

Dr. Lovaas introduces Stephen M. Edelson, PhD to Dr. Rimland, and Dr. Edelson offers to volunteer with ARI.

## Read about the investigations we funded in 2017

In 2017, ARI awarded more than \$200,000 in grants to scientists whose work will have a direct impact on the lives of those on the autism spectrum. The funds supported research in immune, gastrointestinal, metabolic, neurologic, and sensory issues. A sampling:

- **Maternal dysbiosis at birth as a model for increased risk of autism**

**Paul Ashwood, PhD**

Dept. of Medical Microbiology and Immunology  
UC Davis School of Medicine

Our overall hypothesis is that microbiota dysbiosis in gestation will perturb microbiota transfer to the offspring, leading to intestinal dysbiosis that contributes to intestinal pathology, inflammation, and autism relevant behaviors. The long-term objectives are to assess whether the alteration of maternal microbiota will result in long-term changes in microbiota composition in the offspring, altered local intestinal barrier function, increased neuroinflammation and altered behavioral outcomes.

- **Enhancement of tissue procurement from individuals with ASD**

**Thomas Blanchard, PhD**

University of Maryland Brain and Tissue Bank

The goal of this 3 year proposal from the Maryland Brain and Tissue Bank is to identify additional medical examiners at national and state association meetings and to educate the public and medical examiners about the critical importance of tissue donations from individuals with ASD and matching controls for continued research into the etiology of autism.

- **Atypical tryptophan metabolism is related to autism characteristics: Development of plasma and urine biomarkers**

**Richard Frye, MD, PhD  
and Stepan Melnyk, PhD**

Arkansas Children's Hospital Research Institute

This proposal will employ state-of-the-art metabolomics to investigate abnormalities in tryptophan metabolism in plasma from 157 children with ASD compared to 52 healthy typically developing controls. Preliminary evidence found that children with ASD and refractory epilepsy had a unique metabolic peak identified as N-methyltryptamine that was not present in any of the control children or children with ASD without epilepsy.

- **Elevation of methionine sulfoxide in children with autism**

**Jill James, PhD and Stepan Melnyk, PhD**

University of Arkansas for Medical Sciences

In preliminary metabolomic studies, the oxidized form of methionine, methionine sulfoxide was found to be elevated in children with autism relative to their siblings and unrelated controls. Incorporation of the oxidized form of methionine during protein synthesis can result in damaged protein function. This proposal will extend and confirm this finding with plasma previously collected from 50 ASD/sibling/control trios and determine the extent to which this marker of oxidative stress is related to other markers of protein damage.

- **Gender Dimorphism: Microbiome Analysis in Autistic Boys and Girls**

**Rafail Kushak, PhD, Dr Sc**

Massachusetts General Hospital,  
Harvard Medical School

This proposal will test a new hypothesis suggesting that differences in the intestinal microbiota may underlie the well established male preponderance in ASD. Because intestinal microbiota is partially derived from the mother during vaginal birth, the microbiome of girls and boys with ASD and their mothers will be analyzed. This is the first study of its kind.

## 1984

Dr. Rimland retires from the Navy and devotes all of his time to autism. Dr. Edelson finishes his graduate training on the same day. Soon after, they start a twenty-year collaboration.

## 1985

Dr. Edelson begins teaching at the Claremont Colleges. He organizes a yearly seminar on autism and invites leaders in the field to speak, including Drs. Rimland, Temple Grandin, and Laurence Becker. Parents of children on the autism spectrum are also invited and share their stories with the students.

## 1986

Temple Grandin publishes her first book, *Emergence Labeled Autistic*. Dr. Rimland edits the book and writes the forward.





**As the scientific community began to understand more about the impact of medical conditions on behavior, ARI has supported research that enables clinicians to better care for their patients.**

We are all grateful for the ongoing support of the Autism Research Institute.”

— HARLAND WINTER, MD  
Harvard Medical School  
Massachusetts General Hospital

- **Transgenerational transmission of the behavioral phenotype in rats exposed to folate receptor**

**Edward V. Quadros, PhD**  
Dept. of Medicine  
SUNY Downstate Medical Center  
Brooklyn, NY

Folate is essential for fetal as well as neonatal brain development. Folate receptor alpha (FRA) is the primary transporter of folate across the placenta to the fetus and across the choroid plexus, to the brain. Autoantibodies (AuAb) against this protein are significantly associated with developmental disorders including autism spectrum disorders. Folinic acid treatment in these children has shown improvements in language and other core deficits. The neurodevelopmental consequences of exposure to FRA antibodies (Ab) have been demonstrated in a rat model whereby pups exposed to the Ab during gestation and/or weaning have severe functional abnormalities such as socialization, communication, learning and cognitive deficits. These deficits were prevented by treatment with folinic acid. Our goal is to investigate the heritability of the behavioral phenotype in FRAAb exposed rats to determine transgenerational transmission of the phenotype and devise strategies to prevent this.

- **To study CREB and Akt after zinc therapy**

**A.J. Russo, PhD**  
Hartwick College, Oneonta, New York

The PI has previously demonstrated that the transcription factor CREB and the protein kinase AKT are low in children with autism. In this proposal, the PI will determine or not zinc therapy in children with autism will significantly raise both AKT and CREB levels in plasma and whether this increase will be associated with improved autism symptom severity in 50 children with autism and 50 age/gender matched neurotypical children.

- **To assess MAPK pathway intracellular biomarkers in individuals with autism**

**A.J. Russo, PhD**  
Hartwick College, Oneonta, New York

This research project is designed to determine whether or not dysregulation of MAPK/ERK pathways, specifically over-activation and under-activation in lymphocytes, can be associated specific sub-populations of autism based on symptom severity. The PI proposes to use a MAPK phosphorylation array to measure 17 pathway biomarkers and compare these marker concentrations with severity of 19 ASD symptoms.

- **The role of the intestinal microbiome in children**

**Harland Winter, M.D., Rafail Kushak, PhD and Timothy Buie, MD**  
Harvard Medical School and  
Massachusetts General Hospital

This grant will support the continued enrollment of children with autism and neurotypical controls into the Harvard/MassGeneral Hospital's biorepository of blood and gastrointestinal tissue samples. Samples will be used for their own research and shared with other researchers who are pursuing novel and creative approaches to understand causes of autism and potential treatment options.

## 1987

Dr. Rimland publishes a printed science newsletter on autism, the *Autism Research Review International*. The first year was supported by a grant from Hasbro toys. It is still published today for thousands of subscribers.

## 1988

Because of his publications on savant abilities, the producer of the movie *Rain Man* asks Dr. Rimland to be the head consultant. He suggests that Raymond, the lead character played by Dustin Hoffman, have autism rather than an intellectual impairment.

## 1989

Dr. Edelson opens the Center for the Study of Autism (CSA) in Oregon, a research laboratory for ARI. The center conducts research on sensory related interventions and offers services. Families worldwide travel there to participate and learn how to help their children.



As a researcher, ARI has provided the ability to interact with clinicians, to explore an integrated approach to autism research, as well as be a conduit for information-sharing at a high level amongst the autism community. ARI has supported novel research ideas that have driven the field towards an expanded view of both the causes and treatments for ASD, to great success. **It is the ability of the organization to think outside the box that has benefited so many families.”**

— JUDY VAN DE WATER, PhD  
UC Davis Center for Children’s Environmental Health  
Professor, Department of Internal Medicine  
UC Davis School of Medicine

## HOW WE HELP

### Collaborate to Support Tissue Donation

Research on brain tissue is needed to understand the underlying causes of autism. The neural configuration may also provide us with clues regarding appropriate treatment. For the past several years, ARI has supported the University of Maryland’s Brain Tissue Bank. We can assure our donors that this storage facility has extensive, built-in safeguards; an important issue to address given the news of recent losses at another autism tissue bank. Besides the brain, another organ important to understanding autism is the bowel; ARI supports the gastrointestinal depository at Massachusetts General in Boston.

## HOW WE HELP

### Compile Precious Data

Since the mid-1960s, ARI has been collecting data regarding developmental history and symptoms. A recent analysis of over 40,000 cases revealed ten to twelve subtypes of autism. We finished data collection on a follow-up study this year to see if we can replicate these findings. ARI is involved in data collection for several major research projects.

## HOW WE HELP

### Facilitate Expert Consensus Reports

ARI is collaborating with top researchers to write summary reports on known findings as well as areas requiring further investigation in their particular field of study (e.g., gastrointestinal, genetics, immunology, metabolism, nutrition, neurology, neuropathology, and sleep).

## 1993

Dr. Rimland consults on *Frontline*’s “Prisoners of Silence,” and the movie *House of Cards*.

Dr. Rimland guides Catherine Maurice and promotes her book *Let Me Hear Your Voice: A Family’s Triumph Over Autism*, which brings widespread awareness of ABA.

## 1994

The Society of Auditory Integration Training (SAIT), co-sponsored by ARI and CSA, holds its first meeting.

Drs. Rimland and Edelson publish the first research paper examining the efficacy of auditory integration training (AIT).

## 1995

ARI convenes its first international think tank consisting of more than thirty researchers and expert physicians, focusing on medical co-morbidities associated with autism. This was the first recorded time that a group of professionals discussed GI issues associated with autism.



## HOW WE HELP

## Conduct International Surveys

### Large-Scale Subtype Survey

If there are valid subtypes of autism, researchers will be in a much better position to study the underlying cause and the most effective treatments for each type of autism.

### Senior Survey

We are conducting an online survey of seniors to collect data about autism through the entire lifespan. We anticipate that this study will inspire others as well as better inform the autism community, government agencies, and other welfare and health-related organizations about such aging issues. We hope the results will provide insight about the needs and challenges faced by seniors with autism (ages 50 years) and their support providers.



**Bernie Rimland's book - *Infantile Autism* (1964) — was handed to me by my chief of pediatric neurology, and that is how I got involved in autism.** As soon as I examined my first autism patients, I realized that my chief was correct to give me that book — autism clearly was a pediatric neurological disorder.”

— MARY COLEMAN, MD

## 1995

Think tank participants Sidney Baker, MD and Jon Pangborn, PhD agree to work closely with Dr. Rimland on this project. Later, Dr. Rimland uses the Defeat Autism Now! or DAN! protocol to describe this approach to GI issues associated with autism.

## 1996

ARI publishes a 41-page booklet, *Clinical Assessment Options for Children with Autism and Related Disorders: A Biomedical Approach*, written by Drs. Baker and Pangborn. Five editions were published over a ten-year period.

## 1997

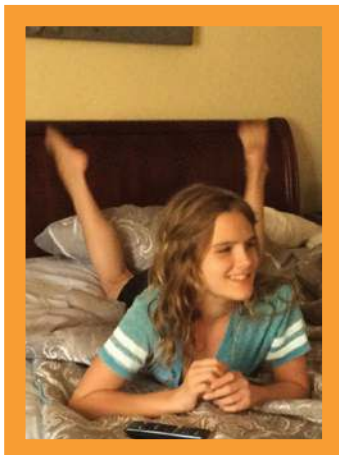
ARI begins to sponsor conferences highlighting medical and biomedical issues. Researchers, physicians, nutritionists, individuals with autism, and parents attend. Dr. Edelson is invited to Taiwan to help establish an autism society for parents and professionals.

## HOW WE HELP

# Democratize Learning Through Online Webinars

At the Autism Research Institute, we make an effort to provide presentations that are unbiased and broad-reaching, and to assist families and professionals in making informed treatment decisions. We also strive to provide professional education that gives thoughtful, inquisitive clinicians the means to offer appropriate support. We are grateful to the Johnson Center for Child Health & Development for working in partnership to offer many of these presentations.

**Thousands register for free ARI webinars each year and more than 325,000 viewers have watched ARI's free, expert webinars.**



**ARI is one of the few Autism research groups that I trust. We have benefited from webinars,** specifically regarding helminths and PANS/PANDAS. We proudly advocate for ARI at every opportunity and wish for more breakthroughs in 2017, for all of us. Thank you for all that you do.”

— CYNDI GAILLARD  
Mother to Victoria, pictured

## HOW WE HELP

# Translate Resources

ARI offers translations of a variety of resources online at Autism.com. Along with content pages and selected on-demand videos, the Autism Treatment Evaluation Checklist (ATEC) is available to users in 20 different languages.

## 1999

Drs. Edelson and Rimland release the Autism Treatment Evaluation Checklist (ATEC) to help researchers, therapists, and parents assess treatment efficacy. Parents also rely on the ATEC to monitor their children's progress over time. As of 2016, over a half million ATECs have been completed.

## 2003

Drs. Edelson and Rimland co-edit a book titled *Treating Autism: Parent Stories of Hope and Success*. A second, revised edition titled *Recovering Autistic Children* is published in 2006. This is one of the first books that discussed the possibility of recovery.

## 2004

ARI funds gastrointestinal (GI) research (\$100K) at Harvard/Mass General. These funds were used as “seed money” to start the Autism Treatment Network.





## HOW WE HELP

## Create free continuing medical education for physicians

ARI works in partnership with leading experts to provide professional education that gives thoughtful, inquisitive clinicians the means to offer support that is safe and effective.

Informing physicians about appropriate standards of care is crucial to our mission — in joint providership with the Cleveland Clinic we continue to offer complimentary CME-certified online education to amplify understanding of the medical nature of the disorder.

All Internet users can view the *Autism Spectrum Disorders: Research and Medical Treatment Implications* webcast series for free online. Learn more at [ARI-CME.com](http://ARI-CME.com).



I am thankful to the Autism Research Institute for inviting me to speak at their meeting and present on their webinar series this past year. **The webinars provide a remarkable opportunity for a broad spectrum of interested parties to learn what is going on directly from the researchers, and the meeting allows face-to-face interactions between researchers and clinicians in a small group setting. This type of communication is critical for moving forward."**

— DAVID BEVERSDORF, MD  
University of Missouri School of Medicine

### 2005

The last edition of the *Clinical Assessment Options for Children with Autism and Related Disorders* booklet is published. This edition by Drs. Pangborn and Baker, titled *Autism: Effective Biomedical Treatments, Have We Done Everything We Can for this Child?*, contains 328 pages.

### 2006

Dr. Rimland passes away in November and leaves a monumental legacy of commitment and dedication to the autism community. The Board selects Dr. Edelson to become executive director of ARI.

### 2007

ARI launches a monthly e-newsletter. ARI collaborates with Unlocking Autism to sponsor a toll-free resource center. ARI begins a Rural Outreach Pilot Project to provide needed information to various regions in the U.S.

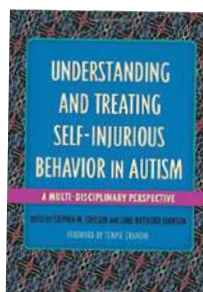
## HOW WE HELP

## Publish Articles and Books on Critical Topics



### ***Autism Research Review International***

From early days, ARI updated the autism community about research in the areas of behavioral, education, genetic, medical, and sensory issues. To that end, our founder began publishing a quarterly science newsletter, the *Autism Research Review International*, starting in 1987. Besides reporting on the most current and relevant research findings, the newsletter includes editorials on important insights and perspectives about the field. For many people, this newsletter, now also accessible online, is their main source of trusted information about science and autism.

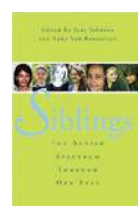
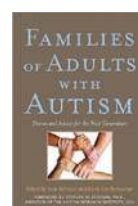
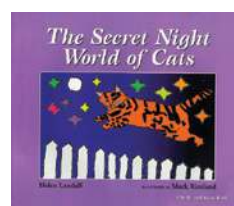
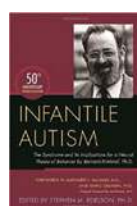
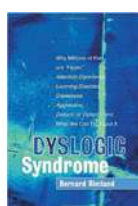


### ***Understanding and Treating Self-Injurious Behavior in Autism***

Our latest book, *Understanding and Treating Self-Injurious Behavior in Autism* (2016), is a comprehensive analysis of this poorly understood and often devastating behavior in people with ASD or related developmental disabilities. Various treatment methods are also described in the book.

*ARI publications are available on Amazon.com.*

## Past Books



The Autism Research Institute has been a pioneer in both the understanding and treatment of autism. Bernard Rimland was definitely ahead of his time.”

— TEMPLE GRANDIN  
Author of *Thinking in Pictures*  
and *The Autistic Brain*



## 2007

ARI enters an agreement with the National Institute for Child Health and Human Development and the University of Maryland to co-sponsor a tissue bank.

ARI begins a collaboration with the Autism Network for Hearing and Visually Impaired Persons.

## 2008

Dr. Rimland's book, *Dyslogic Syndrome*, is published.

ARI converts a store front office into an art gallery. Dr. Rimland's son, Mark, is the resident artist, and proceeds from the sales are used to fund research.

## 2010

ARI begins publishing a quarterly e-newsletter focused on topics related to adults on the spectrum. The editor is an adult on the spectrum, and the majority of the articles are written by people also on the spectrum.



## HOW WE HELP Offer the Autism Treatment Evaluation Checklist

### Autism Treatment Effectiveness Checklist (ATEC)

Although researchers have published thousands of studies attempting to evaluate different biomedical and psycho-educational interventions intended to benefit those with autism, a major obstacle has been the lack of valid assessment tools designed to measure treatment effectiveness. The Autism Treatment Effectiveness Checklist was developed by Dr. Rimland and Dr. Edelson to fill this need. Since its inception hundreds of thousands of ATEC forms have been completed.

## HOW WE HELP Provide Resources and Support

### Autism.com

The advent of the Internet changed the autism community dramatically in the mid-1990s, and ARI has led the way since the “early days.” Today, ARI sponsors a Yahoo discussion group that gives parents the opportunity to ask questions and share information with one another. We also post information on a daily basis to Facebook, Twitter, FlipBoard, Google+ and Pinterest. These daily posts include descriptions of recent research studies and other important autism-related news.

### Toll-free Telephone Hotline

ARI offers a free hotline for parents and professionals, who can reach a live person for information and support.

### Special Support

ARI publishes a bimonthly e-newsletter titled *Clinical Research in Autism* for obstetricians, pediatricians, and nurses to keep them well-informed of research relevant to their practice.

## 2012

ARI begins to sponsor online webinars.  
ARI premieres a bimonthly e-newsletter for obstetricians, pediatricians, and nurses titled *Clinical Research in Autism*.  
ARI receives NGO status from the U.N.  
Dr. Edelson speaks in Russia and Ukraine.

## 2013

ARI begins co-sponsoring a think tank with Massachusetts General Hospital.  
Two discussion panels at the United Nations on Autism Awareness Day are sponsored by ARI.

## 2013

ARI co-sponsors a half-day conference on immunological factors, genes, and environment at the MIND Institute.  
Dr. Edelson is a featured speaker in Russia and Ukraine and shares ARI resources with these countries.

# Stewardship

It's important our donors trust that we're using our funding wisely to accomplish our mission of improving the health and well-being of people on the autism spectrum. We accomplish this by sponsoring research and educating professionals, those who are affected, and their families.



**Only one out of four non-profit organizations earns a Charity Navigator 4-star rating.**

The Autism Research Institute's sound fiscal management practices and commitment to accountability and transparency have earned it another 4-star rating from Charity Navigator, America's largest independent charity evaluator. Using objective, data-driven analyses, Charity Navigator awards 4-star ratings to only the most fiscally responsible organizations.

"The Autism Research Institute's coveted four star rating puts it in a very select group of high-performing charities," according to Michael Thatcher, President & CEO of Charity Navigator. "Out of the thousands of nonprofits Charity Navigator evaluates, only one out of four earns 4 stars – a rating that demands rigor, responsibility and commitment to openness. The Autism Research Institute's supporters should feel much more confident that their hard-earned dollars are being used efficiently and responsibly when it acquires such a high rating."



Bernard Rimland, debunked the 'Refrigerator Mom' consensus. **His reward was the gratitude of children, parents, practitioners, and scientists who followed him into ARI's collaborative view** of nutritional, toxicological, and immunological paths to healing when common sense is focused on the individual. It simply would not have happened without his voice, hand, and heart."

— SIDNEY M. BAKER, MD

*The Autism Research Institute is a non-profit 501(c)3 organization focused on conducting and sponsoring research aimed at improving the quality of life for today's generation of children and adults with autism spectrum disorders. Donations are tax-deductible. Fed ID No. 95-2548452.*

## 2014

ARI is instrumental in the release of the 50th anniversary edition of Dr. Rimland's seminal book, *Infantile Autism*.

ARI co-sponsors a medical/biomedical think tank in Toronto with Autism Canada.

## 2014

ARI begins offering complimentary CME to physicians in joint-providership with the Cleveland Clinic Foundation.

ARI launches Autism.jobs site.

ARI produces a film on trauma in autism.

## 2015

ARI expands its regional think tanks to include New York.

ARI is instrumental in the publication of several articles on early identification and early intervention in *Pediatrics*.



# Financial Summary

## 2017 Financial Overview

### FUNDING

Donations and Grants \$ 687,065

### PROGRAMS

Grants for Research \$ 212,110

Online Education and Resources \$ 70,405

Meetings and Conferences \$ 18,676

Scientific Think Tank \$ 46,355

**Total Program Costs** \$ 347,546

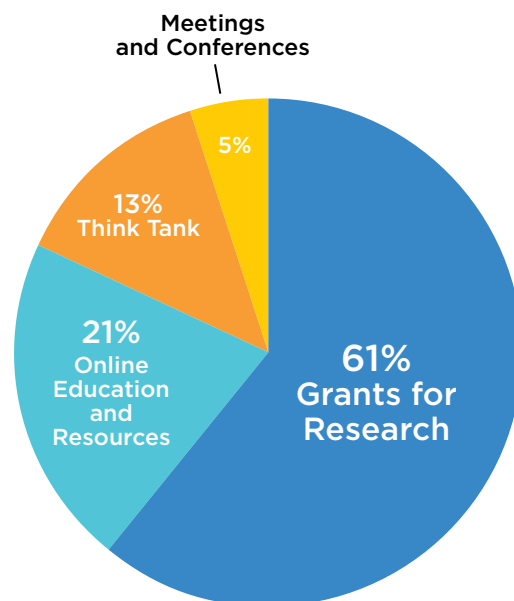
### ADMINISTRATION

Management and Support Costs \$ 481,286

### TOTAL NET ASSETS

Total Net Assets as of Dec. 31, 2017 \$3,048,489

To view ARI's complete, audited financial statements visit [autism.com/donors](http://autism.com/donors)



**Special thanks** to our many generous supporters, including research and education grants from Local 25 Boston Teamsters and *For Autistic Kids Foundation*.

## 2015

ARI launches an online job interview course for adults on the spectrum.

Dr. Edelson and Mark Rimland serve as hosts on stage during a morning session at the 50th Anniversary ASA Conference in Denver, CO.

## 2016

ARI is instrumental in the publication of the book *Understanding and Treating Self-Injurious Behavior in Autism*.

Dr. Edelson co-authors a popular review paper on seizures in autism.

## 2016

Physician webcasts are translated into Spanish and Portuguese.

ARI's YouTube channel offering free online education reaches 225,000 views.

# Who We Are



AUTISM RESEARCH INSTITUTE  
*Autism is Treatable*

## Staff

Stephen M. Edelson, PhD  
EXECUTIVE DIRECTOR

Denise Fulton, MS  
ADMINISTRATIVE DIRECTOR  
COMMUNICATIONS AND ONLINE LEARNING

Melanie Glock  
ADMINISTRATIVE ASSISTANT

Anthony Morgali  
PRODUCER  
ARI FILMS

Rebecca McKenney  
OFFICE MANAGER

## Board of Directors



Marvin Natowicz, MD, PhD  
CHAIRMAN OF THE BOARD  
Scientific Advisory Board Member  
*Cleveland Clinic*



Robert Hendren, DO  
Scientific Advisory Board Member  
*UCSF Benioff Children's Hospital  
San Francisco, CA*



Christopher J. Flynn  
TREASURER  
*Dublin, NH*



Kenneth Clayton Sassower, MD  
*MassGeneral Hospital for Children  
Boston, MA*



S. Jill James, PhD  
SECRETARY  
Scientific Advisory Board Member  
*University of Arkansas for Medical Sciences/  
College of Medicine/Department of Pediatrics*



Harland Winter, MD  
Scientific Advisory Board Member  
*Harvard Medical School  
Massachusetts General Hospital  
Boston, MA*



Kelly Barnhill, MBA, CN, CCN  
Scientific Advisory Board Member  
*Johnson Center for Child Health & Development  
Austin, TX*

I am honored to work on behalf of persons and families touched by autism by serving on the board of directors of ARI, and in doing so, supporting research and education.”

— MARVIN NATOWICZ, MD, PhD

### 2018

March - ATEC paper published - Autism Treatment Evaluation Checklist (ATEC) Norms: A “Growth Chart” for ATEC Score Changes as a Function of Age

### 2018

April - international conference in Moscow, Dallas think tank, release of Aging in Autism report

### 2018

Filmed talks on genetic research and ASD featuring Dr. Steve Scherer, Director of the The Centre for Applied Genomics, The Hospital for Sick Children, Toronto

**Autism is now recognized as a neuro-developmental condition.**

**This was not always the case.** One man stood against the prevailing views of psychoanalytically-inclined health professionals and, in the end, changed public and medical opinion. This man, Bernard Rimland, became a one-stop center for those parents and patients who needed help and information in regards to autism. Rimland's legacy lives on in the The Autism Research institute. For fifty years, ARI has given a voice to autistic individuals in myriad areas at a global level"

— MANUEL F. CASANOVA, MD



Bernard Rimland, PhD

## Scientific Advisory Board



James B. Adams, PhD  
*Arizona State University*



Paul Ashwood, PhD  
*University of California, Davis*



Margaret Bauman, MD  
*Boston University Medical Center*



Manuel F. Casanova, MD  
*University of South Carolina*



V. Mark Durand  
*University of South Florida,  
St. Petersburg*



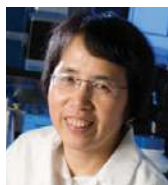
Sydney M. Finegold, MD  
*University of California,  
Los Angeles*



Richard Frye, MD, PhD  
*Arkansas Children's Hospital*



Paul Millard Hardy, MD  
*Dublin, NH*



Harumi Jyonouchi, MD  
*St. Peter's University Hospital*



Rafail Kushak, ScD, PhD  
*Harvard Medical School  
Massachusetts General Hospital*



Lucy Jane Miller, PhD, OTR  
*Clinical Director, STAR Center*



Robert Naviaux, MD  
*University of California,  
San Diego*



Andrey Rzhetsky, PhD  
*University of Chicago*



Judy Van de Water, PhD  
*University of California,  
Davis*



Jill Young, PhD, BCBA  
*Therapeutic Pathways*



Andrew Zimmerman, MD  
*University of Massachusetts  
Medical School*



AUTISM RESEARCH INSTITUTE  
*Autism is Treatable*

Non-Profit Org  
U.S. Postage  
PAID  
LITHTEX NW

4182 Adams Avenue  
San Diego, CA 92116

619-281-7165 phone  
619-563-6840 fax

**Connect with the Autism Research Institute**

Autism.com

 facebook.com/AutismResearchInstitute

 twitter @ARIConference



**Make a difference.  
All year long.**

**Your monthly pledge  
OR one-time gift of ANY size  
will help us continue  
this important work  
in 2018 and beyond.**

**\$25/month**  
for one year

funds six in-depth  
laboratory tests that  
contribute to research with  
the potential to affect  
every member of our  
community.

**\$50/month**  
for one year

funds one webinar  
that offers free  
education and support  
for up to 10,000 viewers  
in real time.

**\$100/month**  
for one year

funds complimentary  
continuing medical  
education programs  
for 175 medical  
professionals.

Please use the enclosed donation envelope or visit **Autism.com/donations** to give today.

*Donations are tax-deductible. Fed ID No. 95-2548452.*

*Give with confidence. ARI's sound fiscal management practices and commitment to accountability and transparency have once again earned a 4-star rating from Charity Navigator.*

