



North Carolina Community Resource Guide

FOR MARGINALIZED
COMMUNITIES FACING
HEIGHTENED DISCRIMINATION,
OPPRESSION, & INSECURITY

Version 1.0

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TABLE OF CONTENTS

PURPOSE & DISCLAIMER page 3

ABOUT & CONTACT page 4

TAILORED PLANS MAP..... page 5

STATEWIDE RESOURCES.....pages 6-11

WESTERN REGION.....pages 12-18

PIEDMONT REGION.....pages 19-25

COASTAL REGION.....pages 26-32

PURPOSE:

The **North Carolina Community Resource Guide** is designed to support autistic individuals, families, and community members who may be facing heightened discrimination, oppression, or insecurity due to current events and systemic inequities. These factors impact access to care, participation in services, and well-being.

This guide is to be used by behavioral health professionals, advocates, and community partners as a tool for promoting continuity of behavioral health services through addressing health and social inequities. This guide reflects the belief that ethical care extends beyond clinical intervention alone and includes the social, economic, and environmental conditions that shape people's lives

This is a living document, grounded in neuro-affirming, assent-based practice, informed by lived experience and community knowledge, and is intended to evolve as systems, needs, and resources change.

DISCLAIMER:

This guide is provided for informational purposes only and does not constitute legal, medical, or clinical advice. Inclusion of resources does not imply endorsement, and availability may vary by location and circumstance.

ABOUT US:

The ABSNAP Alliance is a collective of behavioral health professionals, advocates, and individuals with lived experience committed to advancing neuro-affirming, assent-based practice. Grounded in humility, justice, and advocacy, we work to support the evolution of Applied Behavior Analysis and related services toward approaches that prioritize dignity, safety, autonomy, and meaningful outcomes for neurodivergent people. We believe that ethical care is not defined by compliance, but by consent, trust, and partnership.

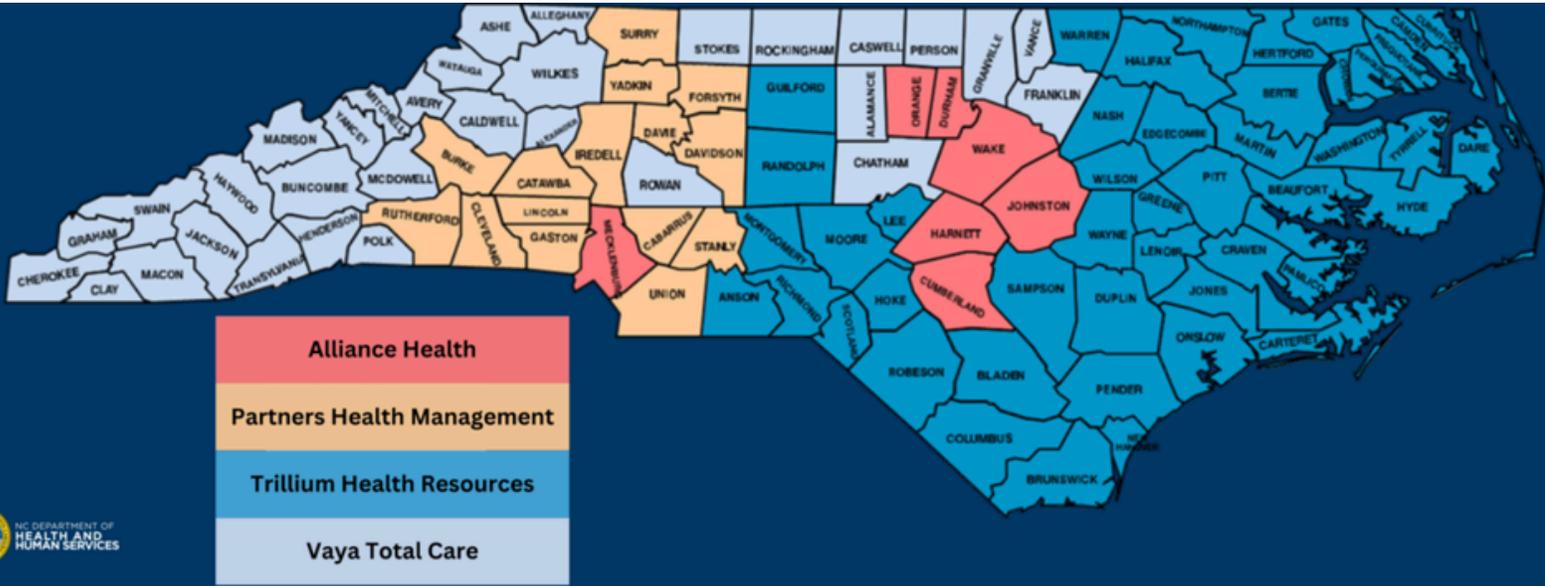
Through education, outreach, research, and community engagement, ABSNAP seeks to identify and address the systemic barriers that limit access to compassionate, person-centered care. We center lived experience, amplify diverse voices, and promote practical change at the clinical, organizational, and policy levels. Our work is rooted in the belief that lasting progress occurs when systems themselves are willing to adapt, creating space for care that is collaborative, respectful, and responsive to the people it serves.

CONTACT US!



info.absnap@gmail.com

TAILORED PLANS IN NC:



Tailored Plans cover doctor visits, prescription drugs and services for serious mental health, severe substance use, I/DD and TBI all in one plan. They are “tailored” for people who have more complex health needs and who need long-term rehabilitation and care, either in a treatment facility or at home.

FOR MORE INFORMATION:

[HTTPS://MEDICAID.NCDHHS.GOV/TAILORED-PLANS](https://medicaid.ncdhhs.gov/tailored-plans)



STATEWIDE RESOURCES

HEALTH CARE OR COMMUNITY



- [Exceptional Children’s Assistance Center \(ECAC\)](#)
- [Medicaid Ombudsman Medline-The staff are trained to never say, “I don’t know” to any questions\)](#)
- [The Carolina Institute For Development Disabilities](#)
- [NC Statewide Independent Living Councilal \(NCSILC\)](#)
- [NCDHHS- Crisis Services](#)
- [Early Childhood Technical Assistance](#)
- [Center for Parent Information](#)
- [Autism Society - Accessing Services Toolkit](#)
- [Supporting Adults with Autism through Uncertain Times: Companion Guide](#)
- [Family Support Network of NC](#)
- [Children with Special Health Care Needs Help Line](#)
- [Exceptional Children’s Division](#)
- [NC Department of Health & Human Services: Helping People with Disabilities](#)
- [NC Early intervention Branch - Toddler Program](#)
- [Center for Parent Information & Resources](#)

STATEWIDE RESOURCES

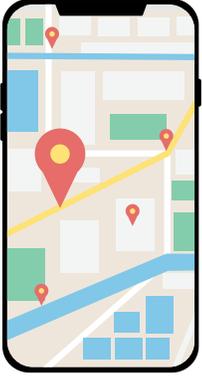
FINANCIAL



- [Emergency Assistance](#)
- [Discounted Medications](#)
- [National Autism Resources](#)
- [iPad for Kids Program](#)
- [ACT Today Grant](#)
- [MyGOAL Autism Grant](#)
- [National Autism Association iPad Grant Application](#)
- [Child Care & Development Fund](#)
- [A Special Needs Plan - Needs link -](#)

STATEWIDE RESOURCES

TRANSPORTATION



- [Work Together NC](#)
- [Non-Emergency Medical Transportation \(NEMT\)](#)
- [NC211](#)
- [Transportation Entitlement through Medicaid](#)

STATEWIDE RESOURCES

KNOW YOUR RIGHTS - DISABILITY RIGHTS OR IMMIGRATION



- [Disability Rights North Carolina](#)
- [National Autism Law Center](#)
- [Know Your Rights Card in English](#)
- [Know Your Rights Card in Arabic](#)
- [Know Your Rights Card in Chinese-Simplified](#)
- [Know Your Rights Card in Chinese Traditional](#)
- [Know Your Rights Card in Haitian Creole](#)
- [Know Your Rights Card in Korean](#)
- [Know Your Rights Card in Tagalog](#)
- [Know Your Rights Card in Vietnamese](#)
- [Know Your Rights Card in Espanol](#)

STATEWIDE RESOURCES

FOOD



- [Feeding the Carolinas](#)
- [Food Access Maps](#)
- [NC211](#)
- [Food Bank of Central and Eastern North Carolina](#)
- [Child and Adult Care Food Program \(CACFP\)](#)
- [School Meals FOR ALL NC](#)
- [Analysis of School Meal Charge Policy in North Carolina By Albert Pan \(6/14/2022\)](#)
- [North Carolina State Nutrition Action Coalition](#)
- [Food Resource Map](#)

STATEWIDE RESOURCES

LANGUAGES



- [Recursos sobre autismo](#)
- [National Institute on Deafness and Other Communication Disorders](#)
- [National Institute on Deafness and Other Communication Disorders - Información en español](#)
- [ASD: Communication Problems in Children](#)
- [ASD: Communication Problems in Children - Información en español](#)
- [Feeding the Carolinas - en español](#)
- [Food Bank of Central and Eastern North Carolina, - en español](#)
- [Recursos de asistencia alimentaria de Carolina del Norte](#)
- [Transporte gratis para tus citas médicas y de salud mental de Medicaid](#)

Western North Carolina

Cites/ Towns: Sparta, Jefferson, Wilkesboro, Boone, Newland, Lenoir, Bakersville, Morganton, Burnsville, Marian, Marshall, Asheville, Hendersonville, Columbus, Rutherfordton, Waynesville, Hendersonville, Brevard, Sylva, Bryson City, Robbinsville, Murphy, Hayesville, Hickory

Counties:



WESTERN REGION

HEALTH CARE OR COMMUNITY



- [Adult Life Programs](#)
- [Wilkes Resiliency Collaborative](#)
- [Autism Support Group](#)
- [Camp Crinkleroot](#)
- [Appalachian Institute for Health & Wellness - Services, Resources and Support Groups](#)
- [The Children's Playhouse](#)
- [Parent to Parent Family Support Network](#)
- [Scholars with Diverse Abilities Program - Appalachian State University](#)
- [Summit Support Services of Ashe County](#)
- [Thomas O. Eller Preschool Language Classroom](#)
- [Autism Services, Training, & Advocacy - Asheville](#)
- [General Awesomeness Group: FIRST WNC](#)
- [MAHEC \(Mountain Area Health Education Center - Needs link](#)
- [Mission Children's Olson Huff Center - Needs link](#)
- [No Boundaries](#)

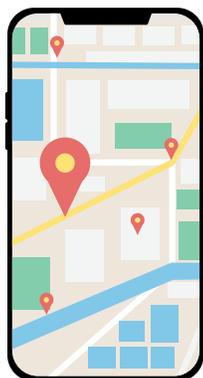
WESTERN REGION

FINANCIAL



WESTERN REGION

TRANSPORTATION



- Mountain Mobility (Buncombe County)
- Apple Country Public Transit (Henderson County)

WESTERN REGION

KNOW YOUR RIGHTS - DISABILITY RIGHTS OR IMMIGRATION



- [Pisgah Legal Services](#)

WESTERN REGION

FOOD



- [Manna FoodBack](#)
- [FoodPantries.org](#)
- [Second Harvest Food Backn of Metrolina](#)

WESTERN REGION

LANGUAGES



Piedmont Triad Region

Cities/ Towns: Dobson, Danbury, Yanceyville, Roxboro, Oxford, Henderson, Warrenton, Louisburg, Cary, Durham, Hillsborough, Raleigh, Graham, High Point, Winston-Salem, Yadkinville, Taylorsville, Statesville, Mocksville, Lexington, Asheboro, Pittsboro, Sanford, Salisbury, Newton, Carthage, Tray, Albemarie, Concord, Lincolnton, Gastonia, Shelby, Monroe, Wadesboro, Rockingham, Carrboro, Greensboro, Chapel Hill

Counties:



PIEDMONT REGION

HEALTH CARE OR COMMUNITY



- Forsyth County Partners Behavioral Health Management (MCO)
- The Arc of Davidson County
- The Arc of Greensboro
- The Arc of High Point
- The Centers of Exceptional Children
- Forsyth County - Behavioral Health

PIEDMONT REGION

FINANCIAL

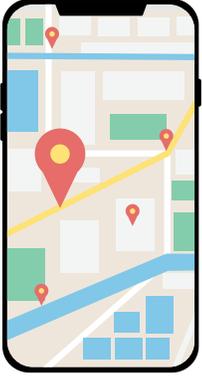


NAVICORE SOLUTIONS

TELAMON CORPORATION

PIEDMONT REGION

TRANSPORTATION



- GoDurham
- GoDurham Access
- GoTriangle
- EZ Rider
- Orange Country Mobility On-Demand

PIEDMONT REGION

KNOW YOUR RIGHTS - DISABILITY RIGHTS OR IMMIGRATION



- [FaithAction International House](#)
- [Jalloh's Upright Services of NC](#)
- The center for New North Carolinians
- CWS Greensboro
- The Interactive Resource Center

PIEDMONT REGION

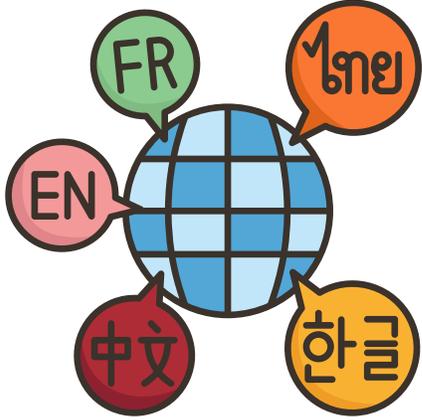
FOOD

FOOD BANK OF CENTRAL AND EASTERN NORTH CAROLINA



PIEDMONT REGION

LANGUAGES



- Forsyth County: Partners Behavioral Health Management (MCO)
 - Spanish Phone Number: 1-888-825-6570

Coastal Plain Region

Cites/ Towns: Jackson, Halifax, Nashville, Smithfield, Lillington, Raeford, Laurinburg, Lumberton, Fayetteville, Wilson, Tarboro, Winston, Gatesville, Currituck, Camden, Elizabeth City, Herford, Edenton, Windsor, Williamston, Greenville, Wilson, Goldsboro, Clinton, Elizabethtown, Whiteville, Bolivia, Burgaw, Jacksonville, Beaufort, Trenton, Kenansville, Kinston, Snow Hill, New Bern, Washington, Bayboro, Swan Quarter, Plymouth, Columbia, Manteo

Counties:



COASTAL REGION

HEALTH CARE OR COMMUNITY



- THE CCHC FOUNDATION
- COASTAL HORIZONS

COASTAL REGION

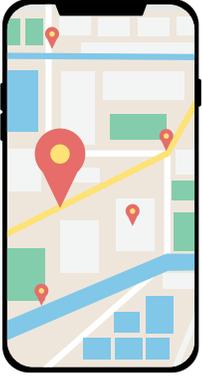
FINANCIAL



- UNITED WAY OF COASTAL NC

COASTAL REGION

TRANSPORTATION



COASTAL REGION

KNOW YOUR RIGHTS - DISABILITY RIGHTS OR
IMMIGRATION



COASTAL REGION

FOOD



- FOOD BANK OF CENTRAL AND EASTERN NORTH CAROLINA
- SECOND HARVEST FOOD BANK OF SOUTHEAST NORTH CAROLINA
- FOOD BANK OF ALBERMALE
- SHARE THE TABLE NC
- SOUTHPORT, OAK ISLAND INTERCHURCH FELLOWSHIP FOOD PANTRY

COASTAL REGION

LANGUAGES

