



Together we are making a difference.

JANUARY 1-DECEMBER 31

IMPACT REPORT | 2020



research
education
support
resources
community
outreach
knowledge
access



AUTISM RESEARCH INSTITUTE
Autism is Treatable

Our Mission

To support the health and well-being of people affected by autism through innovative, impactful research and education.

Our Community

1 in 54 identified with ASD

Statistics from the Centers for Disease Control and Prevention (CDC) announced in March, 2020 underscore the need for autism research funding.

Our Commitment

More than 88¢ of every \$1 received by ARI directly funds research and education efforts.

Our past audits and annual reports are published online at: [Autism.org/financial-information](https://www.autism.org/financial-information)

Our Gratitude

Our work is only possible through the partnership of our donors, funders, families, and volunteers. We are so grateful for your support for research that makes a difference.

Our Impact: From ARI's Executive Director



Mark Rimland and Steve Edelson



We thank all who submitted their photos and stories to ARI in 2020. Those featured on the cover and on this page include the Alcoba, Dalton, Kintner-Duffy, Putman, and Tutté families, and were selected from this group.



AUTISM RESEARCH INSTITUTE

Autism is Treatable

Dear ARI Supporter,

For more than 54 years, the Autism Research Institute (ARI) has been committed to supporting the health and well-being of people affected by autism through innovative research and impactful education. After a challenging 2020, we are hopeful for brighter days ahead as the Covid-19 pandemic continues to be addressed. A couple of our Scientific Advisory Board members are, in fact, currently studying the impact of the pandemic on individuals with autism.

As this report describes, the pandemic did not impede our ability to sustain autism research and education support. ARI continued its work through the many months of lockdowns. We funded cutting-edge autism research projects with generous donor support, and continued our efforts to network researchers and support groups worldwide. By leveraging technology, we expanded our online presence with free webinars, social stories, and continuing medical education webcasts. We also published a book on anxiety in addition to a quarterly science newsletter, and provided Covid-19 resources for individuals and families affected by autism.

Although we cannot know when life will return to normal, we know that your support is key to our ongoing work. The autism community has never faced a challenge quite like Covid-19. Now, as always, your support has energized our efforts and has kept these critical programs moving forward.

With your partnership, we will fund more research, empower more individuals and families, and educate clinicians worldwide.

Gratefully,

A handwritten signature in blue ink that reads "Stephen M. Edelson".

Stephen M. Edelson, PhD
Executive Director, ARI

2020: ARI's Online Presence



Created New Resources related to Covid-19



offering strategies for coping at home

10 Covid-19 Social Stories

8 Covid-19 Webinars

Provided free online webinars

Content for people with autism, parents, caregivers, physicians, and other professionals.

>30 hours of live, original lectures

with free playback

207,500 online views

and enduring material

= 47,509 total learning hours



Social stories

use words or images to explain concepts, events, behaviors, and social interactions.



Covid Webinars

covered topics including:

- Reducing Anxiety
- Restoring Routine
- Sensory Strategies
- Learning Online
- Managing Stress



Provided

free, on-demand educational lectures

by expert presenters

13,253 participation certificates
1,065 CME credits



As both a young researcher and person on the spectrum, these excellent presentations always contribute something to my understanding. I'm so grateful I had the chance to attend."

- Kitteren Jester
Rochester, MN



2020: ARI's Research Grant Funding

Provided more than

\$282K in
scientific
research grants



funding **7**
new
investigations

focusing on medical
and sensory disciplines



As the scientific community began to understand more about the impact of medical conditions on behavior, ARI 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



Our work investigating the maternal autoantibody model of ASD would not have been possible without ARI's support. This work will catapult us much more quickly to something that may translate to prevention or treatment in the future.”

- Judy Van de Water, PhD
UC Davis, MIND Institute



The research community is deeply committed to continuing its work amid the pandemic. Thank you for your support.

To view summaries of the research ARI funds, please visit:

Autism.org/ResearchWeFund

>\$2.9
million in
research
grants

in the past 10 years

87
scientific
research
studies

in the past 10 years

12 research
areas studied

including:

- gastroenterology
- immunology
- neurology
- sensory

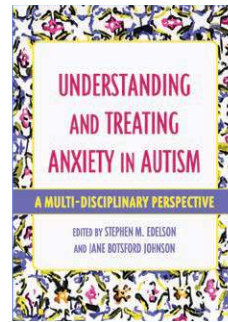
in the past 10 years

2020: ARI's Publications and Programs

ARI published *Understanding and Treating Anxiety in Autism*

Edited by ARI's Executive Director, Stephen M. Edelson, and past ARI Board member, Jane B. Johnson, and consisting of chapters written by leading experts in the autism field, the book summarizes the current perspectives and research on anxiety in autism including neurology, medical, immunology, gastrointestinal, nutrition, sensory, and behavioral.

Anxiety is a prevalent and often debilitating condition for individuals on the autism spectrum. This book promotes a multidisciplinary approach to intervention and treatment of the condition, providing a professional understanding of the underlying causes and available treatments.



Autism Awareness Month Story Share

For the 9th year, we invited Individuals and families to share stories and photos which we amplified online and in our print materials.



We coped with the pandemic by walking five miles a day in our neighborhood, saying hello to people, asking if they were OK. Counting trees and shrubs, and guessing colors of flowers. We slowly adjusted as best we could.”

- Jennifer Hildreth
Port Jefferson, NY



135,000+
subscribers:
monthly e-newsletter

9,900+
subscribers:

monthly clinical research e-newsletter



= 145,400+
total subscribers:
individuals, caregivers, and
clinicians



**Continued Publishing
*Autism Research Review
International*,**
our quarterly science newsletter
now in its **35th year**

ARI's award-winning journal helps clinicians stay up-to-date with the latest research on autism spectrum disorder.

2020: ARI in the Autism Community



Facilitated more than

40,000
Autism Treatment
Evaluation Checklists
(ATEC)



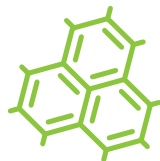
Provides a free online tool for tracking the effectiveness of various treatments.

>150 completed per day

Now available in
24 languages

Continued expanding our
Scientific
Advisory Board

16 members
representing
12 institutions



Think Tanks

While face-to-face meetings were not possible in 2020, ARI utilized technology to connect scientists and clinicians investigating the causes of and potential treatments for autism. These national and regional forums are set to resume as restrictions ease in months to come.



When my son was diagnosed years ago, ARI was among the first resources I found — and it helped us tremendously. I am grateful for the chance to support ARI's work leveraging technology to democratize information about quality autism research and potential treatments."

- Denise Fulton
Administrative Director of Communications
and Online Learning Autism Research Institute

International Outreach

ARI networks with

110 parent
support
groups
in **52** countries

We continued to work directly with network groups and clinicians worldwide, especially in regions where awareness and support are still emerging, including areas of Eastern Europe and South America.



ARI is a Non-Governmental
Organization (NGO) of
the United Nations

Translation

ARI facilitates translation of many online articles



Telephone Support Line

ARI sponsors a free information line for caregivers





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Autism.org

Connect with the Autism Research Institute



April is Autism Awareness Month!

Share how ARI has been part of your personal journey, family experiences, or professional work at Autism.org/2021-stories



Family has been key during the pandemic. Noah is blessed to have siblings that love him so much! We have purchased all kinds of books for story time and workbooks to practice writing. Walking the dog and checking the mailbox are favorite moments — Noah rides his bike and gets some fresh air.”



- Karolina Diaz
Debary, FL



Thanks to the research I learned about through the Autism Research Institute — and years of hard work — Mary Gwen is a happy and very loving young lady.”

- Barbara Baker
Dover, MA



Please use the enclosed envelope or visit Autism.org/donate to give today.

Contributions are tax deductible as allowable by law. Fed ID No. 95-2548452
Financial information is online at: Autism.org/financial-information