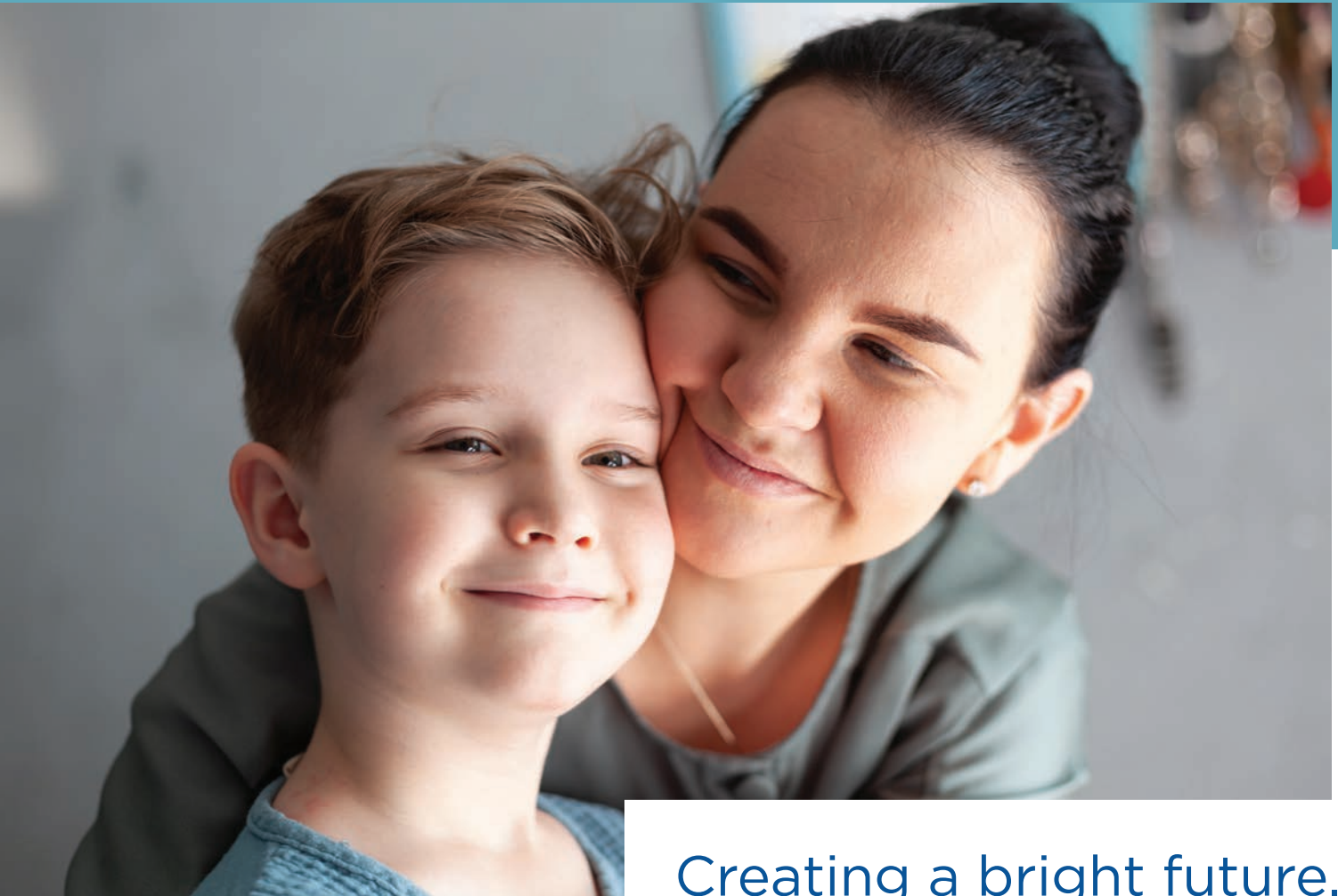


ANNUAL REPORT 2023

JANUARY 1-DECEMBER 31



Creating a bright future.



**AUTISM RESEARCH
INSTITUTE**

Advancing Science & Education

Mission

To advance the health of autistic people through biomedical research and free education.

Vision

Inclusive research and education are the drivers of an evolving, highly individualized standard of care for autistic people.



1 in 36
children has
been identified
with autism*

Values

Risk-Taking: We fund inclusive, early stage, novel research;

Optimism: We believe ARI's work can positively affect the health of autistic people;

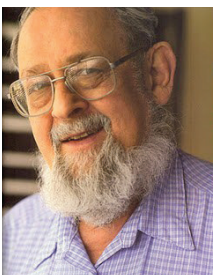
Ethics: We democratize information and learning to amplify the need for appropriate, individualized healthcare for autistic people;

Individuality: We respect and include autistic people, and their families, in our work;

Honesty: We put science first. We fund research and facilitate the transfer of evidence-based information. We are focused on generating and sharing scientific findings that are peer-reviewed. We fund studies aimed toward quality output in respected journals and publications;

Transparency: We serve the autism community and the general public.

*According to estimates from CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network. www.CDC.gov/ncbddd/autism/data



Bernard Rimland, PhD
1928-2006

“Autism is now recognized as a neurodevelopmental condition. This was not always the case.

One man stood against the prevailing views and changed public and medical opinion. This man, Dr. Bernard Rimland, became a one-stop center for those who needed help and information. His legacy lives on in the Autism Research Institute. For several decades, ARI has given a voice to autistic individuals in myriad areas at a global level.”

Manuel F. Casanova, MD
ARI Scientific Advisory Board Member



**AUTISM RESEARCH
INSTITUTE**
Advancing Science & Education



Message from our Board Chair

Dear ARI supporters:

As the recently elected new chair of the Autism Research Institute Board, I am grateful and honored to have this opportunity to join the ARI leadership team and share this information with you on behalf of the organization. As you know, ARI is committed to supporting and expanding the breadth and depth of international education and cutting-edge research regarding autism. We remain deeply moved by your ongoing support of our organization.

We are grounded in our core mission, established in the 1960s, to serve individuals with autism and their caregivers who are committed to understanding, recognition, service, and empowerment; scientists who are actively seeking answers to complex questions; and clinicians who are working in this arena to best care for those with autism. Our partnerships in this effort continue to include families, clinicians, and researchers around the globe — we fund research efforts in multiple countries and work with numerous national and international parent support groups to share the latest knowledge about autism.

ARI continues proactively addressing the need for answers in the research arena, with a board decision to increase our grant funding opportunities for scientific research to a maximum of \$100,000 per grant this year. As a result, applications for scientific research grants doubled in 2024, underscoring the ongoing challenges researchers face in obtaining adequate funding for this crucial work.

Our free, biweekly webinars and continuing medical education programs are viewed by thousands of individuals, clinicians, and families each year, empowering them to make informed treatment decisions on appropriate care for co-occurring medical conditions. We recently reached a significant milestone of more than 1 million playback views; this work would be impossible without donor support.

This year, the ARI board acknowledges Dr. Marvin Natowicz's significant work as the organization's long-standing board chair. Dr. Natowicz has been an incredible influence on ARI's steady and solid path forward over the past seven years. We are humbled by his leadership and look forward to his continued engagement on both the governance and scientific advisory boards.

In providing this comprehensive report and information for you, we also honor the impact of your support, our staff, the Scientific Advisory Board, the Board of Directors, and those in the autism community. We share this journey with all and are honored to walk this path with you.

With gratitude,

Kelly Barnhill, MBA, CN, CCN

Board Chair

Autism Research Institute

“ARI has fostered a community of innovative scientists, devoted clinicians, and committed parents, all with a shared purpose: to develop effective strategies and provide critical support to autistic individuals and their families.”



Message from Dr. Edelson

For more than half a century, the Autism Research Institute has been a persistent champion for autistic individuals and their families. As pioneers in autism research and advocacy, we have driven groundbreaking discoveries, forged global collaborations, and empowered countless communities with essential knowledge and resources.

Autistic individuals deserve specialized, compassionate care to address their unique challenges. It is our privilege to equip physicians with the tools to provide highly personalized care for their autistic patients. Our mission is to provide the autism community with unparalleled research and free educational resources to support them every step of the way.

With the unwavering support of our dedicated volunteers, board members, and generous donors, we are transforming lives by advancing research, education, and support systems. Together, we’re building a world where every autistic person, regardless of age, can reach their full potential.

Stephen M. Edelson, PhD
Autism Research Institute

“Without the support of ARI’s donors, we would not be able to complete our project and support the autism community. We are grateful for your help.”

Karun Singh, PhD
ARI GRANT RECIPIENT
McMaster University
Canada



Pictured left to right, Karun Singh, PhD and Doctoral candidate Jarryll Uy

“As a late-diagnosed autistic (age 56), I appreciate the publication and continuation of your research. I fear that, until much more research is done, publicized, and more widely accepted, the autistic life will continue to be inordinately difficult and abbreviated. **Your research validates my lived, autistic, experience. I am not alone in the struggle.**”

L. Ward
Washington State



Stewardship Overview

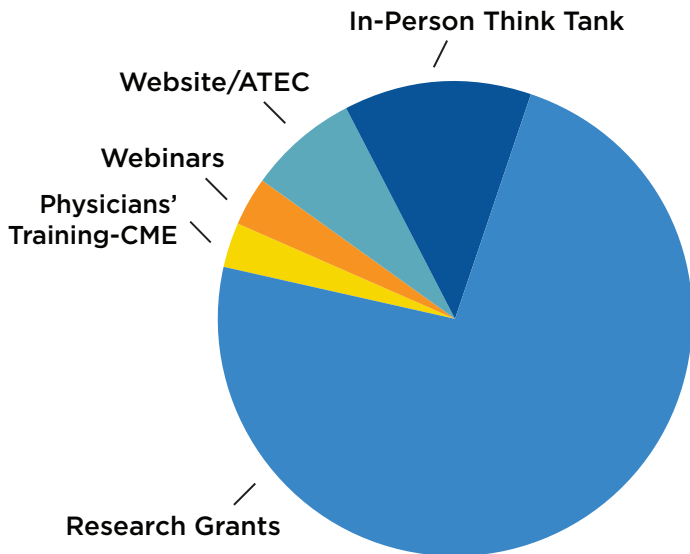
Transparency

Thousands of supporters have donated to ARI over the past 57 years, sharing our values and our commitment to accomplish our mission of improving the health and well-being of people with autism.

We are deeply committed to transparency as we work to support impactful autism research while educating professionals, autistic individuals, and their families.

To view ARI's comprehensive financial statements, visit Autism.org/financial-information

2023 Programs and Services



2023 Financial Overview

FUNDING	
Donations and Grants	\$ 1,775,870
PROGRAMS	
Grants for Research	\$ 415,000
In-Person Think Tanks	\$ 72,143
Online Learning and Events	
Website/ATEC	\$ 40,936
Physicians' Training-CME	\$ 19,419
Webinars	\$ 16,559
Total Program Costs	\$ 564,057
TOTAL NET ASSETS	
Total Net Assets as of Dec. 31, 2023	\$ 4,596,323



The Autism Research Institute's strong financial health and commitment to accountability and transparency have once again earned it Charity Navigator's highest rating (4-Stars) and Candid GuideStar's highest rating (Platinum).

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. Contributions are tax deductible as allowable by law. Fed ID No. 95-2548452.

Research That Makes a Difference

We are focused on supporting innovative autism research while providing the latest science-based information for the entire autism community. Scientific advances support the position that ARI has always maintained: *Autism is Treatable*.

Think Tanks: Scientists and Clinicians Face to Face

Since 1995, ARI 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 discussions about the latest findings. Our work has influenced how researchers approach investigating the causes of and effective treatments for autism.

Global Researcher Network

ARI continues to develop a Global Researcher Network to keep researchers up to date with the latest news in the scientific community; this includes sharing articles on conducting research, informing them of various funding sources, and notifying them of the latest studies published in peer-reviewed journals.

Expert Consensus Reports

ARI is facilitating the collaboration among researchers and clinicians to write summary reports on known findings as well as areas requiring further investigation regarding co-occurring medical issues related to autism, including:

- Gastroenterology
- Genetics
- Immunology
- Metabolism
- Neurology
- Neuropathology
- Nutrition
- Sleep

Free Online Continuing Education for Physicians and Healthcare Providers

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

In joint providership with the Cleveland Clinic, we continue to offer complimentary CME-certified online education to amplify understanding of the medical nature of autism.

Learn more at Autism.org/CME

Research on Aging and Autism

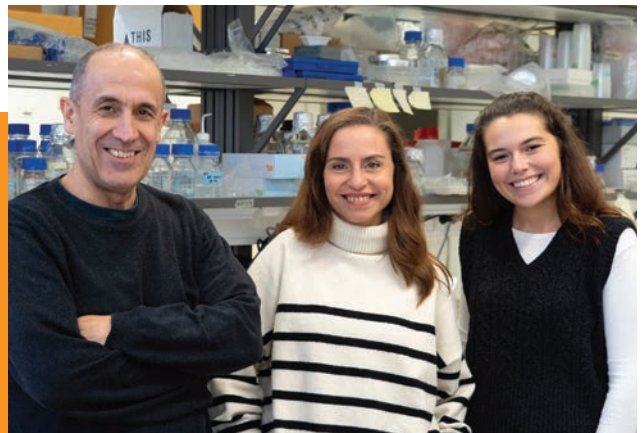
ARI's leadership actively participates in a group of international researchers focused on improving the quality of life and healthcare experiences for seniors with autism and/or intellectual disability spectrum. As part of this effort, ARI co-sponsored an international think tank on aging in 2023.

We are also conducting an online survey of seniors to collect data about autism throughout the entire lifespan. We hope the results will provide insight into the needs and challenges of seniors with autism (aged 50 years or older) and their support providers.

For more information, see: ASDSeniorSurvey.com

“Our investigation aims to understand how sex differences in the development of microglia may contribute to the higher prevalence of autism in boys. We are very grateful to the donors for their generous support of our research.”

Ana Teresa Tavares, PhD
ARI GRANT RECIPIENT
Universidade NOVA de Lisboa
Portugal



ARI grant recipient Dr. Ana Teresa Tavares (center) pictured with Dr. António Jacinto (left) and Master's student Eva Duarte.

In 2023, ARI awarded more than \$400,000 in research grants to scientists whose work will have a direct impact on the lives of individuals diagnosed with autism.

To read more about these studies, please visit: Autism.org/ARI-funded-research-studies-2023

Robert L. Hendren Research Grant Award Inaugural Recipients

Emanuel DiCicco-Bloom, MD
Ed Levin, PhD

In honor of his many years of support for our work, serving as a member of ARI's Scientific Advisory Board and Board of Directors, the top-scoring research grant proposals funded each year are now recognized as Robert L. Hendren Research Grant Award recipients.

“
As a physician-scientist, I leave no stone unturned in using methods based on the best research to help families be as resilient as possible.”



Robert L. Hendren, DO
Member of ARI's Board of Directors and Scientific Advisory Board



Yuri Bozzi, PhD
University of Trento
Italy

A Broad-Range Anti-Inflammatory Treatment to Rescue Behavior Deficits and Microglia Dysfunction in the Shank3b Mouse Model of Syndromic Autism



Ed Levin, PhD
Duke University

Paternal Preconception Pesticide Exposure Effects on Neurodevelopmental Impairment in Their Offspring



Rosa Krajmalnik-Brown, PhD
James Adams, PhD
Arizona State University

Analysis of Urinary Organic Acids and their Relationship to ASD-related Symptoms



Alessio Masi, PhD
Università degli Studi di Firenze
Italy

Harnessing Psychedelics-Induced Neuroplasticity to Rescue Synaptic Pathology in a Human In Vitro Model of Autism Spectrum Disorder



Karun Singh, PhD
McMaster University
Canada

Identifying Neural Developmental Deficits at Cellular Resolution in a Human Neural Organoid Model of SCN2A



Emanuel DiCicco-Bloom, MD
Rutgers University,
Robert Wood Johnson Medical School

Microbiome Dysbiosis in Autism Spectrum Disorders: Cellular and Molecular Mechanisms in a Gene x Environment Neurodevelopmental Disorders Model System



Ana Teresa Tavares, PhD
Universidade NOVA de Lisboa
Portugal

Microglia Ontogeny in the Pathogenesis of Autism Spectrum Disorders



Crystal Engineer, PhD
University of Texas at Dallas

Proteomic Analysis of VNS-sound Pairing Therapy Effects on Cortical Tissue in a Rat Model of ASD



Elisabetta Volpe, PhD
Santa Lucia Foundation
Italy

Genetic, Metabolomic, and Immunological Analysis for the Identification of Individual Differences in Autistic Subjects

Providing Everyone with Access to Resources

free webinars translation global outreach

Free Online Webinars

ARI makes 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 enables clinicians to offer support to individuals and their families.

Learn more at Autism.org/Webinars

Users have tuned in for nearly 1.2 million viewings.

WEBINAR HIGHLIGHT:
Screen Time and Social Engagement in Early Childhood Development



“The webinar offered valuable information that will help me in my clinical work with families.”

Natasha Kazakova
Psychologist, Arizona

Our Online Presence

During the pandemic, we broadened our online presence through our website, online tools, live webinars, and continuing-education offerings — and we facilitated our first online ARI Scientific Meeting.

4,477 + **1,135** + **145,596** + **2,809**
live webinar participants live clinical webinar attendees webinar playbacks continuing medical education credits
= 154,017 total learning hours in 2023

International Outreach

ARI is a non-governmental organization (NGO) that provides educational resources and tools to users worldwide. Outreach includes targeted efforts working with network groups and clinicians worldwide, especially in regions where awareness and support are still emerging, such as areas of Eastern Europe and South America – and the translation of our Autism Evaluation Checklist (ATEC). See opposite page for more details.

ARI’s Global Support Network connects with 228 groups in 77 countries, including Argentina, Belgium, Croatia, Egypt, Germany, Israel, Moldova, Nigeria, Peru, Poland, Romania, Spain, Switzerland, Ukraine, Venezuela, and Vietnam.

Worldwide Impact
228 Groups
77 Countries
25 Languages

WEBINAR TOPICS 2023

Continuing Education

- Gastrointestinal Issues in Autism
- Improving Healthcare Access for Patients with Autism
- Medical Challenges Associated with Aging and Autism

Webinars for Parents and Professionals

- The Ancient Roots of Autism
- Susceptibility Genes
- Anthropomorphism and Autism
- Aquatic Therapy Programming for Individuals with Autism
- Autism and Ehlers-Danlos Syndrome
- The Complexities of Establishing Evidence-Based Interventions for Autism
- Gestational Influences and Autism
- How Age – and Age of Diagnosis – Affect Quality of Life
- Pain, Sensory Issues and Autism
- Parents and Caregivers: The Importance of Self-Care
- Research Updates: Nutrition and Autism 2023
- Screen Time and Social Engagement in Early Childhood Development
- Social Media Use and Autism – Teens and Adults
- Targeting Brain Plasticity in Autism using a Reading Intervention

Quarterly Webinars in Partnership with the World Autism Organisation

- Autism and Pica
- Examining the Transition to Adulthood in Autism: Challenges and Opportunities in the Aim of Thriving
- From Special to H.A.P.P.Y.
- Gastrointestinal Symptoms in Autistic Patients



Viewers speak out:

Learn about the impact of ARI webinars — see Autism.org/webinars

Free Online Assessment Tool: Autism Treatment Evaluation Checklist (ATEC)

Researchers have published thousands of studies attempting to evaluate different biomedical, behavioral, and educational interventions intended to benefit those with autism. The Autism Treatment Evaluation Checklist was developed by Dr. Rimland and Dr. Edelson to serve as a means to assess the effectiveness of interventions for those with autism. ATEC is offered for free, online, in 25 languages, including Chinese, Czech, Hebrew, Lithuanian, Romanian, and Vietnamese – more than 185 people use this tool each day.

ATEC in 2023

- More than 66,000 ATECs completed
- >185 completed per day in 2023
- Now available in 25 languages

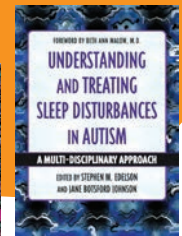
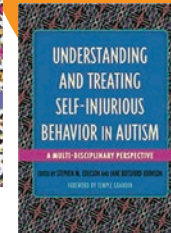
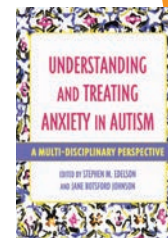
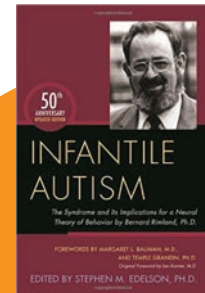
Articles and Books on Critical Topics

Autism Research Review International – Now online!

ARI began publishing a quarterly science newsletter, the *Autism Research Review International*, in 1987. In 2023, our Board of Directors envisioned increasing ARI's impact by expanding access to ARI's award-winning quarterly journal, and ARI's staff worked to make this vision a reality. We are pleased to announce that the *Autism Research Review International* is now available online for free at www.ARRIONline, with the print journal still available by subscription for those who prefer it.

Books Featuring Insight from Leading Autism Experts

ARI began with the publication of our founder Dr. Bernard Rimland's seminal book, *Infantile Autism*, and we have published numerous books over the decades since, featuring contributions from pioneering researchers and clinicians in the field. ARI's latest book series, *Understanding and Treating Autism*, provides a professional understanding of the impact of co-occurring medical conditions and autism.



Remembering Our Past... While Always Moving Forward

In early 2023, ARI announced the opening of the National Autism History Museum. This new effort offers an engaging and comprehensive look at the prolific history of autism research and discovery, showcasing significant scientific breakthroughs and milestones over the last century that fundamentally changed how we understand and treat autism.

“We cannot build upon the future without learning about the triumphs and mistakes of the past.”

Stephen M. Edelson, PhD



Active Engagement with Our Community

Autism.org and Social Media

We post updates and information to our website and on social media, including descriptions of recent research studies and important autism-related news.

Toll-free Telephone Hotline: 833-281-7165

ARI offers a free hotline for parents and professionals.

E-newsletters

ARI publishes the monthly *ARI E-newsletter* for more than 143,000 subscribers and *Clinical Research in Autism*, a bimonthly e-newsletter sent to more than 10,000 nurses, obstetricians, and pediatricians, to keep them informed on research relevant to their practice.

Subscribe:

Autism.org/ari-monthly-e-newsletter

Autism.org/clinical-research-e-newsletter

2023 Board of Directors



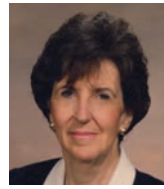
Marvin Natowicz, MD, PhD
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Scientific Advisory Board Member
Cleveland Clinic
Case Western Reserve University School of Medicine
Elected Board Secretary starting April 2024



Kelly Barnhill, MBA, CN, CCN
Scientific Advisory Board Member
The Johnson Center for
Child Health & Development
Elected Board Chair starting April 2024



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Scientific Advisory Board Co-Chair
University of Arkansas for Medical Sciences
Retired



Wenn Lawson, PhD
Teaching Fellow, Birmingham University, UK;
Research Officer, MaQuarrie University, NSW,
Australia; University of Western Australia,
and Curtin University, WA



Robert L. Hendren, DO
Scientific Advisory Board Member
University of California, San Francisco
Medical Center



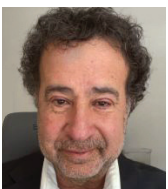
Kenneth Clayton Sassower, MD
Scientific Advisory Board Member
Massachusetts General Hospital;
Harvard Medical School

We work every day to provide the
research, education, and treatment
advocacy that is urgently needed.



Harland Winter, MD
Scientific Advisory Board Member
Massachusetts General Hospital;
Harvard Medical School

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Executive Director



Rebecca McKenney
Office Manager



Meaghan Weldele
Content Consultant



Denise Fulton
Managing Director,
Administration and Programs



Melanie Glock
Communications and
Development Specialist

Key Volunteer

Jane B. Johnson, *Think Tank Coordinator*

Consultants

Chris Cava Preston, *Art Direction*
Nataliya Vasylevskaya,
International Outreach Coordinator

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James B. Adams, PhD
Arizona State University



Paul Ashwood, PhD
*University of California, Davis
MIND Institute*



David Beversdorf, MD
*University of Missouri
Scientific Advisory Board Co-Chair*



Robert E. Burrier, PhD
Stemina Biomarker Discovery



Emily Casanova, PhD
Loyola University



Manuel F. Casanova, MD
Retired



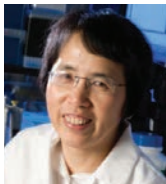
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*Children's National Hospital
Washington, DC*



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The University of Chicago



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



Daniel Vogt, PhD
Michigan State University



Marc Weisskopf, ScD, PhD
Harvard University

Not pictured:
Mary Coleman, MD
Foundation for Autism Research

ARI's Scientific Advisory Board provides informed support and direction for our research initiatives. Dr. Stephen M. Edelson leads the group, assembling leaders in the medical and scientific community in order to further ARI's ongoing commitment to research that makes a difference.



AUTISM RESEARCH INSTITUTE

Advancing Science & Education

4182 Adams Avenue
San Diego, CA 92116

619-281-7165 phone
833-281-7165 fax

Autism.org

Connect with the Autism Research Institute



“Great presentation on an important topic that reveals how much more work there is to be done.”

ARI webinar attendee Sarah Campbell pictured with her son

Senior Research Coordinator
Adult Autism Health Resources
Harvard Medical School



Together we can make a difference.
Help us reach our goals. Every gift makes an impact.

\$1,000

will fund:

two webinars featuring expert presenters

Each talk serves up to 10,000 viewers in real-time with online playback offered later the same day.

\$5,000

will help fund:

Think Tanks

providing scientists opportunities to forge collaborations, understand the complexities of autism, and make greater strides faster.

\$15,000

will fund:

webinars for medical professionals

(complimentary continuing education)

We've supported more than 28,000 physicians and others in the past five years.

\$50,000

helps fund:

a grant for promising new research

(early-stage investigational)

ARI provided researchers with more than \$1.8 million in grants in the past five years.

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

Contributions are tax deductible as allowable by law. Fed ID No. 95-2548452.



The Autism Research Institute's strong financial health and commitment to accountability and transparency have once again earned it Charity Navigator's highest rating (4-Stars) and Candid GuideStar's highest rating (Platinum).