

The Autism Treatment Center of America®

Participant Information Guide

2018

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THE AUTISM TREATMENT CENTER OF AMERICA®

2080 S. Undermountain Road, Sheffield, MA 01257 USA Telephone: (413) 229-2100 Fax: (413) 229-8931

E-mail: participantsupport@autismtreatment.org www.autismtreatment.org

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Welcome! We've gathered the following information in order to help make your stay here the most loving, nurturing and comfortable experience possible. Have a wonderful time!

OPTION PROCESS® DIALOGUES

Option Process® Dialogues: Many people like to set up one-on-one Option Process® Dialogue session while they are here. Scheduling a session with an Option Process® Mentor is a powerful way to deepen what you are learning during your program. The Option Process® Mentor will gently ask you questions to help you resolve your issues. Fees for these sessions depend on the Option Process® Mentor's level of experience. We recommend that you book your session(s) prior to your arrival, as space is limited.

As you are walking on the property you may see staff people and program participants walking in twos, including Bears or Samahria. They are most likely doing an individual Option Process® dialogue, so please do not disturb them at this time.

MEALS

Meals are included in our program tuition. Please see your class schedule for meal times during your program. Visitor meal tickets may be purchased from the front office or in the Op Shop for anyone not attending the program who would like to join you for a meal. Breakfast is \$5, lunch and dinner are \$10 each, and if all 3 meals are purchased (at the same time) the discounted total is \$20. All meals are served buffet style and consist of a variety of foods including fresh fruits and vegetables, whole grains, legumes, meat, cheese, eggs, tofu, loaves of bread, and a salad bar. **We are sorry, but we are unable to accommodate any special dietary requests.** If you do have specific dietary needs, please discuss this with your Program Advisor.

ACCOMMODATIONS

Lodging is included in our program tuition for all participants. Participants stay in comfortable housing facilities located on our property. Standard accommodations are two people per room (on rare occasions three per room) with shared hallway bathrooms. We have a limited number of single rooms with and without private baths. These rooms must be reserved early and cost extra (**not available for The Son-Rise Program® Start-Up**). For all programs, sheets and towels are included with the accommodations. Towels are provided on Sundays and refreshed on Wednesdays. *If you think that you will need more frequent towel changes, please bring additional towels with you.* For those with sleep issues, we have earplugs available in our Op Shop; please see your Participant Support Representative in the dining hall or the Op Shop if you need these.

PARKING

Parking lots are provided with enough parking spaces for everyone in your program. Please do not park your car in any other location on the property other than the client-designated parking lots. If you find problems with parking, please let your Participant Support Representative know and they will take care of any special circumstances. Your Participant Support Representative will be in the Mountain House Dining Hall during lunch.

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EMERGENCIES

During office hours, please obtain assistance from our staff in the main office. They can also be reached by calling 413-229-2100 or 1-800-714-2779. If you need to be reached during a family emergency, family members may call the main office during office hours and a message will be delivered to you based upon the urgency of the situation. For an after office hours **emergency or guesthouse problem**, please obtain assistance from our emergency contact. They can be reached on the emergency cell phone number 1-860-485-2427 (international dial 001-860-485-2427). Please leave a message including your name, location, contact number, and the nature of your emergency or specific problem. Our emergency contact will return your call.

OP SHOP

The Op Shop in the Mountain House has a variety of specialty items such as t-shirts, gifts, books, toys, as well as audio and video products specific to The Son-Rise Program as well as by Bears and Samahria Kaufman. We accept Visa, MasterCard, American Express and Discover credit cards as well as cash and traveler's checks. During the week-long group programs, the Op Shop is generally open 12:45 pm – 1:45 pm Monday through Thursday and 1:00 pm – 2:00 pm Friday. Occasionally there will be additional hours. Please see the signs posted on the Op Shop doors for the most up to date information. If the Op Shop is closed, you can purchase books, DVD's, and CD's at the office during office hours or by visiting [The Autism Treatment Center of America Online Store](#).

MAIN OFFICE

The office hours are 8:30 am – 5:30 pm, Monday through Thursday and 8:30 am – 5:00 pm Friday. Our office staff is available to help in whatever way they can. The office is a place for you to send out mail (please provide your own stamps), receive messages, or pick up any campus literature that you want. Callers can also leave a message with the office, at (413) 229-2100. This phone is on an answering machine when the office is closed.

TELEPHONES

In order to keep the office phones open for business, we ask that you use the public phones located on the property for your personal calls. All of the rooms in the Taylor Roy Residence and two of the private rooms in Woodland House have their own phone. The Mountain House dining hall has two payphones that can be used when this building is open. The Son-Rise House, Woodland private rooms, and the Taylor Roy Residence phones are **PHONE CARD USE ONLY**. Phone cards can be purchased in the Op Shop in the Mountain House during lunch.

Please note: Cellular phone reception on our campus is inconsistent. Our experience is that Verizon and AT&T provide the best area service. Please plan accordingly.

COMPUTER INTERNET ACCESS

We have wireless internet service available in every building on our property, except the teaching facility. Given our rural locations, our Wi-Fi can be unpredictable, this has been recently upgraded if you should have an issue please see the support staff. You will find the access password in your room, on the bottom of your class schedule, and in the dining hall. The local Scoville Memorial Library (38 Main Street Salisbury, CT 06068) provides internet access to the public, including computers for the public to use. Please call (860) 435-2838 for their most current hours of service before planning your visit.

Directions to the library: Take a right out of the main campus driveway onto Route 41 South. Drive for about 10 minutes into the center of the town of Salisbury. The library will be the big stone building on the left-hand side of the road.

ARRIVALS AND DEPARTURES

In order to best serve you, we ask that all participants please plan to arrive on Sunday and depart when classes end on Friday.

RECEIVING PERSONAL PACKAGES

In order to best serve each of you, we wish to inform you in advance that **we cannot accept packages and/or deliveries for extra personal items, etc. prior to your program arrival.** We do not have the staff to accommodate the arrival and safekeeping of your extra personal items and we cannot guarantee or be responsible for their safekeeping. If upon arrival, you realize that you have forgotten a necessary item such as your winter coat, or if you require medications or supplements that have to be shipped in order for you to have them here, please contact your Program Advisor for an exception.

BUILDINGS

A few points to keep in mind when using the buildings on the property:

1. There is no smoking of any kind (including "vaping") permitted in any of the buildings. Please use the ashtray found outside in the designated smoking areas to dispose of ash and cigarettes only.
2. As we are located in a rural environment and to maintain the cleanliness of our facilities, please remove your shoes upon entering all buildings. For your convenience, there are shoe racks available for your use inside. (Shoes are required in the Mountain House dining hall.)
3. Please keep any valuables either on your person or locked in your suitcase.
4. Please close your windows when leaving buildings as we often have surprise rain showers.
5. Because of the fire hazard, lighting candles or incense is not permitted in any building.
6. If you find anything broken or a light bulb that is burned out, please inform your Participant Support Representative at lunch in the Mountain House dining hall.
7. Although some of the buildings are equipped with kitchens, we do not allow cooking of any kind without special permission. Please speak to your Program Advisor for assistance.

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HILTON SUMMIT HOUSE

This is our newest teaching facility. With full handicap accessibility and seating capacity for both large and small groups, it features state-of-the-art multimedia capabilities, facilities for translators, plenty of bathrooms, and a lounge area with water fountains. We request that you do not bring food or drink into the classroom. Water in a sealable bottle is permitted.

OPTION HOUSE

This is another building where classes are sometimes held. There are two bathrooms located downstairs on your right as you enter. There is also a water dispenser at the bottom of the stairs. We ask that you do not bring any food or drink upstairs into the classroom area. Water in a sealable bottle is permitted.

ARBOR HOUSE

The building adjacent to the main parking lot is the Arbor House. This building is one of the residences for program participants. There are a limited number of single rooms with a shared bath available in this building. There are two baths on each floor in the back of this building. There is also a kitchen with limited pre-approved use of the refrigerator and microwave. We ask that you only eat in the kitchen area of this building.

RAVINE HOUSE

This building is one of the residences for program participants. There are a limited number of single rooms with a shared bath available in this building. As you walk into the building, there is a group room just off to the right. This is an area for small group gatherings, exercising, stretching, meditation, etc. Parking for Ravine House residents is available in the main parking lot. We ask that you do not eat in this building; you may use the kitchen area of Woodland House, Arbor House, or the Mountain House dining hall.

WOODLAND HOUSE

This building is one of the residences for program participants. The bathrooms on the first floor are for everyone's use. There are a limited number of rooms available with a private bath and phone in this building. These rooms must be reserved early and cost extra. Calling cards are required for the private phones. The Woodland House has parking space available for seven cars. Please park in the main parking lot if they are filled. We ask that you only eat in the kitchen areas of this building.

TAYLOR ROY RESIDENCE

This is our newest residence for program participants. It is attached to our dining hall and features exquisite accommodations, handicap accessibility, gorgeous wooded views, and climate control. Each room has a king and/or queen-size beds, telephones, Wi-Fi accessibility, private baths, a sitting area, and more. Some rooms

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also have fax machines and refrigerators. There is a spacious lounge exclusively for guests, where you can relax and socialize with friends. These rooms must be reserved early and cost extra. Calling cards are required for the private phones. Please contact your Program Advisor for additional information by calling (413) 229-2100. We ask that you only eat in the kitchen area of this building.

SON-RISE HOUSE

The Son-Rise House has three housing units as well as many staff offices. Unit 1 is used for participant housing. There are two bathrooms in the unit for everyone's use. Parking is available for Son-Rise House residents in the parking areas next to the building.

THE COTTAGE

The building near the path by the pond has recently been remodeled and houses men's and women's saunas. The saunas are available to those participants who opt to stay in the Taylor Roy Residence or the two deluxe (with private baths) rooms in Woodland House. We ask that you only eat in the kitchen area of this building.

CONNECTICUT BARN

The Connecticut Barn is an exercise room as well as a great place to socialize, view videotapes and DVD's, listen to audio-taped lecture CD's (available in the Op Shop for purchase), or just meditate and relax. No food or drinks are allowed in this building with the exception of water in a sealable bottle. A water dispenser is located inside. There is a full range of exercise equipment and a ping-pong table available for your use. **If you are planning on using the equipment, please bring an extra pair of sneakers for inside-use only.** Please sign in and out of the Exercise Log Book (red binder) before and after using any of the equipment. You are exercising at your own risk. Please use caution and follow posted safety guidelines when using the machines. Additionally, a TV (for video & DVD watching only) with a VCR and DVD player, a stereo with CD and cassette player, and couches for lounging are available for your use. This building has no bathrooms, however, so please plan to use the other nearby facilities before or after your visit. We ask that you do not eat in this building; you may use the kitchen area of Woodland House, Arbor House, or the Mountain House dining hall.

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WALKING-HIKING-RUNNING

Please use the trail and/or property map included in your registration materials as a guide to the many beautiful areas that you may want to explore while you are staying on the property. There are extra maps at the lighted Info Booth sign in the main parking lot. Three gazebos and many scenic walks are on our property for participants to explore and enjoy. There are also two hiking trails on our property. Both are approximately 30-minute hikes each way. One trail winds along the ravine and explores several small waterfalls. The other leads up to a scenic lookout point on a mountain peak where you can view the entire property and surrounding area. You may ask the office staff, and they will be happy to explain where these trails begin. For safety, **please do not go on the hiking trails alone**. In the past, people have gotten lost and sometimes injured. You will be hiking at your own risk. Please be cautious and bring plenty of water. Always let someone know what trail you will be hiking along and how long you expect to be gone.

Some areas on the property are private areas near residences. These areas are designated with signs and include some places near the Main House and areas near the private driveway near the Option House. In order to respect the privacy of the residents, we ask that you please stay away from any areas designated private. Please also be aware that there are ticks on our property and take reasonable precautions. You will receive further information when you arrive for your program.

RECYCLING

There are containers for recycling in all of the residences. Glass bottles, plastic bottles, aluminum cans, clean paper, and magazines can all be recycled. Please recycle clean materials only.

LOCAL TOWNS

Connecticut is out the driveway and to the right (Route 41 South) – are the towns of Salisbury and (a little further) Lakeville. You will find a gas/petrol station in Lakeville and a grocery store in Salisbury. Both towns have a variety of small shops and restaurants. There is also a post office and a bank with an ATM in Salisbury.

Massachusetts is out the driveway and to the left (Route 41 North). About 4 miles down the road, turn right onto Berkshire School Road. At the end of Berkshire School Road turn left onto Route 7 North. This will take you into the town of Sheffield. About 10 miles up the road is Great Barrington. The closest shops are in Sheffield, where there is a post office, The Bushnell-Sage Library, two banks with ATM's and a gas station. In Great Barrington, you will find several laundromats, a movie theater, two shopping centers, a pharmacy, and many other shops and services, as well as banks.

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TRAVEL DIRECTIONS TO THE AUTISM TREATMENT CENTER OF AMERICA®

Use the link provided below for the travel directions that best suit your needs. (For example: by car, bus, taxi, etc.)

[Travel Directions](#)

If you are heading SOUTH on Route 41 towards The Autism Treatment Center of America®, the main entrance will be on the right-hand side of the road. Look for a green sign that says "Option Institute" this is the driveway you will turn into. If you pass a "Welcome to Connecticut" sign (on the left-hand side of the road) you have gone too far.

If you are heading NORTH on Route 41 towards The Autism Treatment Center of America®, the main entrance will be on the left-hand side of the road. Look for a green sign that says "Option Institute" this is the driveway you will turn into. If you pass an "Autism Treatment Center of America®" sign (on the right-hand side of the road) you have gone too far.

AREA LODGING

The following links provide information about area lodging within approximately 10 miles of The Autism Treatment Center of America®

www.trivago.com

www.kayak.com

www.hotels.com

AREA DINING

The following link provides information about area dining within approximately 15 miles of The Autism Treatment Center of America®

www.google.com

www.yelp.com

www.tripadvisor.com

WHAT TO BRING WITH YOU

Clothing: As you are packing, please plan for the unpredictable nature of New England weather. We typically have a warm humid summer, crisp cool autumn, freezing snowy winter, and cool rainy spring. Please check the Berkshire Mountain area weather forecast before packing.

We recommend bringing:

- Informal, loose-fitting clothing that you would be comfortable wearing for gentle stretching exercises or sitting on the floor.
- Shoes that slip on and off easily. We remove shoes inside the buildings and shoes that don't require a lot of effort to put on or remove such as sandals, moccasins, or loafers are best. You may also want to bring indoor slippers to wear inside the buildings (optional).
- Walking shoes and comfortable clothes for outdoor activities, as well as hiking boots if you wish to go hiking during your stay. Gym shoes for use in the Connecticut Barn.
- Hooded rain jacket/poncho and umbrella (all seasons).
- Boots in winter and spring: We get lots of snow, ice and mud, so bring footwear that is waterproof and prevents slipping on ice.
- Warm outerwear for October – April: you will do a good deal of walking between buildings, so be prepared with warm jackets, gloves, hat, etc.
- "Dressy" clothes should you wish to visit area cultural events & restaurants in the evenings.

Other:

- Toiletries (including soap, shampoo – any personal items you would naturally bring on a trip)
- Hairdryer
- Alarm clock
- **Journal/notebook and pen** (also available for purchase at the Op Shop)
- A water bottle for drinking water in class, or while walking around the property (also available for purchase at the Op Shop)
- A light bag or backpack to carry materials and personal items around with you (also available for purchase at the Op Shop)
- Stationery/stamps
- **Flashlight**
- Insect repellent (spring and summer)
- Photo-identification (driver's license, passport, etc.)
- Telephone calling card (also available for purchase at the Op Shop)
- A personal CD or MP3 player with earbuds if you wish to listen to any lecture CDs you might purchase during your stay
- Universal adaptor/charger for anything you are bringing that will need to be plugged in
- Please leave unnecessary valuables (e.g. expensive jewelry) at home. There are no safes on the property and **you cannot lock your room door unless you are inside.**

Please note: Pets, candles, incense, alcohol, and non-prescription drugs are not allowed on the property.

AREA SERVICES

BANKS

Berkshire Bank
244 Main Street
Great Barrington, MA
413-644-3520

Berkshire Bank
103 Main Street
Sheffield, MA
413-229-8516

Lee Bank
279 Main Street
Great Barrington, MA
413-528-5531

NBT Bank
700 Main Street
Great Barrington, MA
413-528-4111

Salisbury Bank & Trust Co.
640 North Main Street
Sheffield, MA
413-229-5000

Salisbury Bank & Trust Co.
5 Bissel Street
Lakeville, CT
860-435-9801

COPIES AND FAXING

Staples
413-644-0235
740 S. Main Street
Great Barrington, MA

Kwik Print
413-528-2885
35 Bridge Street
Great Barrington, MA

DOCTORS AND HOSPITALS

East Mountain Medical Associates
413-528-2418
780 Main Street #1
Great Barrington, MA

Fairview Hospital
413-528-0790 / Emergency 413-854-9700
29 Lewis Avenue
Great Barrington, MA

FOOD MARKETS

Labonne's Market
860-435-2259
22 Academy Street
Lakeville, CT
Approx. 5 miles

Big Y Supermarket
413-528-1314
700 S. Main Street
Great Barrington, MA
Approx. 12 miles

Guido's Fresh Market
413-528-7913
760 S. Main Street
Great Barrington, MA
Approx. 12 miles

Berkshire Co-op Market
413-528-9697
42 Bridge Street
Great Barrington, MA
Approx. 13 mil

GAS/PETROL STATIONS

Mobil

413-528-9898
246 Stockbridge Road
Great Barrington, MA

Mobil

413-528-1185
696 Main Street
Great Barrington, MA

Mobil

860-435-9638
10 Sharon Road
Lakeville, CT

Sunoco

413-229-8503
69 Main Street
Sheffield, MA

KENNELS

Sand Road Animal Hospital

860-824-5223
136 Sand Road
Falls Village, CT

Bow Meow Regency Kennel

413-229-0035
92 Cook Road
Sheffield, MA

Bilmar Boarding and Grooming

413-528-1291
770 Main Street
Great Barrington, MA

LAUNDROMAT / LAUNDRY SERVICE

Cleanallover Laundromat

413-528-5566
740 Main Street (Big Y Shopping Plaza)
Great Barrington, MA

Individual Laundry

413-528-1990
11 School Street
Great Barrington, MA

PACKAGE SHIPPING

Barrington Pack & Ship

413-645-3091
67 State Road
Great Barrington, MA

UPS Ship Center

413-644-0235
700 Main Street
Great Barrington, MA

PHARMACIES

CVS Pharmacy

413-528-2860
362 Main Street
Great Barrington, MA

Rite Aid Pharmacy

860-284-5481
76 Main Street
Canaan, CT

Salisbury General Store and Pharmacy

860-435-9388
20 Main Street
Salisbury, CT

Rite Aid Pharmacy

413-528-2424
197 Main Street
Great Barrington, MA

Big Y Pharmacy

413-528-1314
740 Main Street
Great Barrington, MA

CVS Pharmacy

518-789-3444
108 US-44
Millerton, NY

TAXI SERVICES

Lakeville Livery Service

lakevillelivery@icloud.com

860-435-8000
19 Railroad Street
Salisbury, CT

Taximan

www.dutchesstaximan.com/airport.htm

845-789-1242
Route 22
Wassaic, NY

Taxico

413-528-0911
Rosseter Street
Great Barrington, MA

Morning Star Car Service Inc.

morningstarcarservice@hotmail.com

845-832-7933
Main Street
Amenia, NY

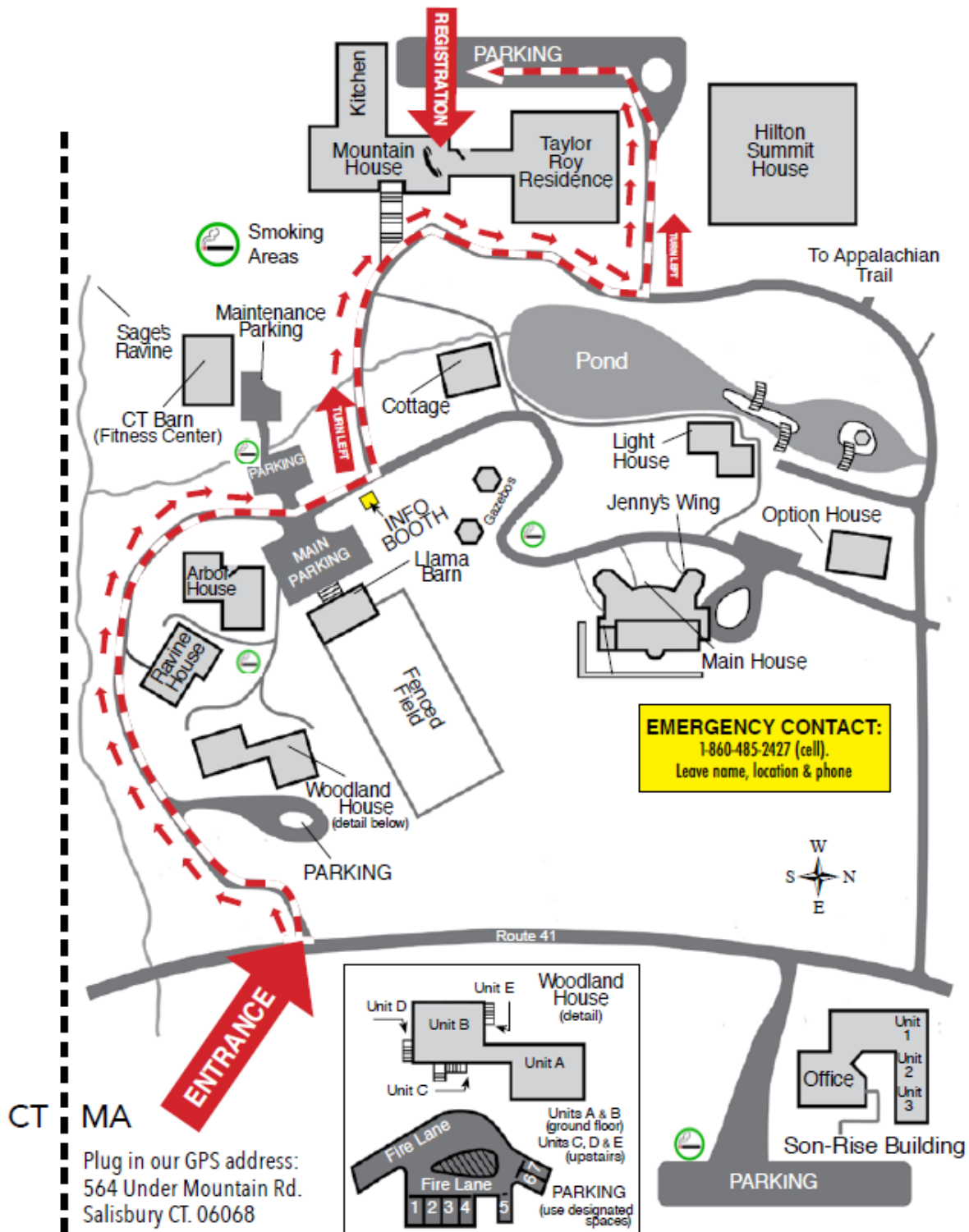
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PROPERTY MAP



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