



Behavioral Health in Primary Care CASE RECOMMENDATION FORM

ECHO Session Date: 9/18/24

Thank you for presenting your patient at ECHO Idaho – Behavioral Health in Primary Care session.

Summary:

A six-year-old child has no blood relation to their guardian, who has also been a caregiver for the child's mother. The biological mother has a history of substance use in remission, borderline personality disorder, and bipolar disorder. The child lives with other children aged three, eight, ten, and twelve, all with different fathers, in a home with a single mother of the household. The children are largely unsupervised. The biological father of the six-year-old is in jail. The ten-year-old sibling has taken on a motherly role, with frequent visits from an "aunt" who checks on them.

Great case and we are so glad they have you advocating for them.

After review of the case presentation and discussion of this patient's case among the ECHO Community of Practice, the following suggestions have been made:

Recommendations:

Parent Support

- [Parents as Teachers](#)- The Parents as Teachers program through Central District Health is a free home visiting service that helps parents improve interactions and parenting skills with children from birth to kindergarten age, though in this case, the family could only qualify for the program through the younger sibling.
- A Big Brother/Big Sister program or Boys and Girls Club may be helpful to the mom and this kid.

Support from School

- Collaborating with the school team can help identify someone already concerned about the child's well-being, which, when connected with the clinic, can lead to progress in cases like this.
- Schools may have untapped resources for the child and ensuring both the school and the mother are supported without added pressure can open up opportunities for additional assistance.
- The school should be able to take lead on interventions including OT/PT, SLP, counseling, social skills/friendship groups, ABA/BCPA, developmental therapy
- Consider writing a script (or a letter) for FBA (functional behavioral analysis) and OT evaluation for emotional regulation and sensory issues and suggest the person who brings the child to your office should be one of the people to fill out the questionnaire alongside mom.
- OT and FBA can be part of an IEP/504, but they have to meet criteria. Some schools require an IEP with a diagnosis of autism, others just a 504. If there are no academic issues, then 504 is a good way to go to get them services as it is not reevaluated each year but continues on. This means it is less work for mom.
- Sometimes the school will offer speech therapy for social skills intervention which includes problem solving social situations especially given the diagnosis. Other times they offer social skill classes usually run by school counselors or psychologist.



Medication

- Commend you for trialing both Abilify and Risperdal before considering other options
- Consider using lamotrigine for mood regulation
- Consider low dose naltrexone for aggression among children with ASD

Non-medication Solutions:

- Given that lavender has been helpful, I wonder if other sensory focused mindfulness activities would be helpful (that could be facilitated by OT or a school counselor).

Autism Support

- [Social Thinking](https://www.socialthinking.com/detective-superflex-series-social-emotional-learning-curriculum) curriculum for children with autism struggling with mood regulation. They provide some free materials for early learners, perhaps the "auntie" would be willing to review social detective content while sorting out a plan. <https://www.socialthinking.com/detective-superflex-series-social-emotional-learning-curriculum>
- **See more ASD resources below**

Behavior Therapy

- Many places that offer behavior therapy do so in the home. It is offered through Medicaid and the child does not have to have Developmental Disability to qualify.

Anxiety Support

- Children with autism level one can be very good at masking and often develop anxiety early on. This child has a lot of other reasons to have anxiety.
- Therapies focused on helping with anxiety may be beneficial such as Coping Cat, etc.

Resources:

- From the ECHO Autism series, here are some helpful resources:
 - [ECHO Idaho ASD Resources to Provide Families](#)
 - [ABA/BCBA Resource Guide](#)
 - [Resources from a previous session focused on navigating the Katie Beckett program](#)
- [Idaho Parents Unlimited](#)