

ECHO Idaho: Autism STAT

Patient Case Recommendations

Presentation Date

1/9/25

Type

New

Presenting question: Autism diagnosis before 2 years of age - validity of STAT at 21 months of age. Additional resources to help assist family and child.

Is a diagnosis of autism confirmed? Yes

DIAGNOSTIC RECOMMENDATIONS:

Meets DSM-5 diagnostic criteria for autism spectrum disorder.

Thank you for suggesting recommendations during your case presentation. Recommendations as proposed during case discussion are endorsed.

PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Explore resilience with the family as they are so eager and involved together, teaching them resilience will likely be accepted and pivotal for their child's outcomes.
Recommendation 2:	Consider neurodivergent swim lessons as she will have a higher risk to wander if she hasn't already started to.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	I agree with Travis that ESDM may be a good route for this youngster. ABA is another good option. Harnessing his love for music, spinning, and cars may help develop joint attention and other social communication skills.
Recommendation 2:	Given there were developmental concerns at such a young age, this youngster is at increased probability for on-going developmental and cognitive delays. Close monitoring of these symptoms and referral to appropriate providers for further assessment may be warranted when he is closer to school age.

PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1:	Continue private speech and language therapy
Recommendation 2:	Monitor feeding and refer for multidisciplinary assessment

COUNSELOR RECOMMENDATIONS:

Recommendation 1:	I appreciate all your recommendations. I would look at advocating for the parents to get some therapy now or in the future to help them be able to express and have safe place to deal with the struggles.
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Recommendation 2:	Making sure that all caregivers are up to date on what is being treated and educated to process of that treatment. Since he has several days week with grandparents making sure they are included in these treatments as well.
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BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	I agree with your recommendations for ABA therapy, and love the idea about music therapy. Now that they have Katie Beckett, getting a case manager and linked up with the developmental disabilities program may open some doors for services for them.
Recommendation 2:	I love the idea of the ESDM if that's a possibility in your area. I also support your recommendations for parent training. I would consider passing along information about Autism for the grandparents as well as they are caregivers a good amount of the time, to help everyone be consistent with responding to behaviors and with expectations.

THE FOLLOWING TOOLKITS/RESOURCES MAY BE HELPFUL:

- Clinical Outpatient Speech Language Therapy (SLP), Clinical Outpatient Occupational Therapy (OT), Applied Behavioral Analysis (ABA) - (The goal of behavior therapy is to increase behaviors that are helpful and decrease behaviors that are harmful or affect learning. Family may benefit from the implementation of techniques for understanding and changing behavior based on the principles of applied behavior analysis). ECHO Idaho Guide: Questions to ask of a BCBA or ABA Provider found here: <https://iecho.unm.edu/sites/uidaho/download.hns?is=fc4f9ce1fd542d4c4d0a3084f732904a>.
- State-based Early Intervention program (e.g., Infant-Toddler Program (ITP)) - Every state has a program to support children birth to 3 who are at-risk or identified with developmental delay. Autism is typically considered an automatic qualifying diagnosis for supports and services. It is a critical first step for many children with developmental delays. <https://healthandwelfare.idaho.gov/services-programs/children-families/about-infant-toddler-program>
- Early Special Education Services / Developmental Preschool - (Local school districts have early childhood programs for children between 3 and 5 years old with developmental delays who are determined to be eligible for services. Classroom based support and peer interactions are critical at an early age)
- Parent/Caregiver Skills Training - (Parent training allows parents to become active participants in their child's learning and development. It can help parents learn about effective ways to support their child's skills, building and learn strategies to manage their interfering behaviors. Help is in Your Hands is a free resource by University of California-Davis with modules to show parents and clinicians how to help young children with autism connect, communicate, and learn through various activities and play exercises. Family can create a login and access all modules and videos for free at <https://helpisinyourhands.org/course>)
- ADEPT (Autism Distance Education Parent Training) - (Clinicians at the University of California-Davis developed these online, on-demand learning modules to help parents/caregivers learn more about behavior and autism. The following are particularly helpful: Module 1: Strategies for Teaching Functional Skills; Module 2: Positive Behavior Strategies for Your Child with Autism) (<https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html>)

Recommendations for Outpatient Clinical Speech Language Therapy:
Continue current therapy

Recommendations for Outpatient Clinical Occupational Therapy:
Continue current therapy

Routine Autism/Developmental Follow-up & Monitoring:

- Routine Follow-up 3-4 months - (Follow-up scheduled with ECHO Autism Clinician every 3-4 months to assess the following: current therapies and progress, current challenges, parent well-being and support, screening and management of medical issues like sleep, diet, constipation, staring spells, anticipatory guidance specific to autism.)
- Labs - (Recommended standard lab evaluation for a child on the autism spectrum to include Chromosomal Microarray, DNA for Fragile X and lead level. MECP2 for Rett Syndrome is recommended for girls with an autism diagnosis.)

Tools to Learn more about Autism Spectrum Disorder:

- Tool Kit: 100 Day Kit for Young Children - (This guide is designed to provide you with the information and tools you need to make the best possible use of the days following the diagnosis. It is a comprehensive tool filled with facts and resources such as information about symptoms, treatment, legal rights and advocacy. This tool kit can be found at <https://echoautism.org/new-diagnosis-under-age-4/> then click 100 Day Kit for Newly Diagnosed Families of Young Children)
- Autism Navigator - About Autism in Toddlers and Video Glossary - (This self-paced program will teach families about autism symptoms and supports and intervention to help their child thrive. Autism Navigator also has information about evidence-based supports for everyday activities and developmental growth charts to recognize and monitor meaningful outcomes. Family can create a login and access modules and videos at <https://autismnavigator.com/courses/>)
- CDC Autism Case Training Videos <https://www.cdc.gov/ncbddd/actearly/autism/video/index.html>