

ECHO Idaho: Autism STAT

Patient Case Recommendations

Presentation Date

2/27/25

Type

New

Presenting question: Which services will be most helpful to help pt progress? How can I help educate and engage and support parent/family?

Additional identified concerns: To what extent, if any, are genetics playing a role for this pt (father with mental health problems and substance use and mother with some learning difficulties)?

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:

After review of information provided and discussion of the case, the following recommendations are provided:

Recommendation 1: Genetic Testing: microarray and Fragile X testing

ADDITIONAL PHYSICIAN RECOMMENDATIONS:

Recommendation 1: Swim lessons in street clothes.

Recommendation 2: Explore self-care acceptance with mom due to the adversity this family has experienced.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1: Due to global developmental concerns and family stress, encouraging Infant Toddler Program and developmental preschool/IEP at 3 years of age is highly recommended. Close monitoring of her cognitive development is recommended.

Recommendation 2: I agree that ABA or ESDM may be helpful for this child given her significant ASD symptoms and delays.

PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1: Private speech and language therapy

Recommendation 2: Follow up audiological evaluation and monitoring feeding

COUNSELOR RECOMMENDATIONS:

Recommendation 1: With Mother and Grandmother supporting her care and working together it is recommended to have them go to community-based care facility, where she can connect with therapist,

	medication managers, other community-based care like BI, CBRS in future. As well as Mother and Grandmother can get their own support, providing better wrap around and family system support.
Recommendation 2:	PCIT would also be highly recommended supporting the connection and understanding of structuring her environment. Providing ways to consequence and connect that meet her needs and support future development for him and attachment.

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>)
- Picture Exchange Communication System (PECS) - (PECS can be successful at helping children understand the idea of symbolic communication in a manner that maximizes their visual strengths as well as how to initiate communication. Link to website <https://pecs.com/>)
- 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:

Increase current therapy

Recommendations for Outpatient Clinical Occupational Therapy:

Increase current therapy

Community Resources/Connections:

- Autism Speaks Rapid Response Team - (Personalized autism information and resources for any step in the autism path can be found at <https://www.autismspeaks.org/autism-response-team-art>)
- Idaho Parents Unlimited (<https://ipulidaho.org/>)

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)
- Tool Kit: A Grandparent's Guide to Autism - (This guide will help provide a better understanding of autism, as well as tips, tools, and real-life stories of how to guide and support the child and family immediately after the diagnosis and beyond. This tool kit can be found at <https://echoautism.org/family-support/> then click A Grandparent's Guide to Autism)
- 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/>)
- Behavior Videos - (The following videos offer some practical tips that may be helpful for this family: ABCs of Behavior and Reinforcement. The videos can be found at <https://echoautism.org/behavior-basics/> then click Video Tool Kit: ABCs and Video Tool Kit: Reinforcement), CDC Autism Case Training Videos <https://www.cdc.gov/ncbddd/actearly/autism/video/index.html>