



# REFLECTIONS

A MONTHLY NEWSLETTER | MAY 2022 ISSUE

## SUMMER BREAK IS HERE, ARE YOU READY? ☀️

Summer has finally made its way back again and we couldn't be more excited! However, this is that annual time of year where routines change as school lets out, new foods may make their way back into our diets (*hello ice cream!*), and the friends or adults children are used to seeing on a daily basis aren't there anymore. Naturally, finding a new routine can be a little tricky for families in the autism community.

But that's why we've got resources!

Some of our favorites include:

- [How to Support Your Child's Development at Home](#)
- [Visual Supports to Help Your Child With Autism](#)
- [Safety and Wandering Checklist](#)

Have a specific question? We've got hundreds of evidence-based resources that can help. Check out our website for a full list today. Happy summer, everyone!



## 2022 SYMPOSIUM VIDEOS ARE HERE!

Did you get a chance to watch ECHO Autism Communities 2022 LIVE Symposium this past April? If not, don't worry about it any longer. We've got all of the speakers videos on demand ready for your viewing pleasure!

Dive into presentations about love and relationships, mental health, advocacy, and global policy, and so much more by real autism experts and members in the community.

Here's the full list...

- **No Time to Waste: Prioritizing Mental Health for People on the Autism Spectrum**
- **Listen to the Spectrum Panel**
- **Weathering Autism and Relationships**
- **Secret Agent Society – Cracking the Code of Social Encounters**
- **The September 26th Project**
- **Intersectionality between Racism & Ableism**
- **Global Policy and Advocacy – Hot Topics and Current Initiatives**

Check out the panels and let us know on social what you think!

## WATCH



## HELPING TEENS WITH AUTISM TRANSITION TO ADULthood: TIPS FOR PARENTS & CAREGIVERS: BY DR. SOHL

We all go through transitions in life. Some of these transitions just happen, like when your infant became an active toddler. Others go more smoothly when we prepare.

If you are a parent or caregiver of someone with autism spectrum disorder, preparing them and yourself for the transition to adulthood can be a game-changer. Planning can make the difference between a successful transition or a stressful situation for both the teenager on the autism spectrum and their parent or caregiver

### Here's what we know:

People on the autism spectrum tend to like predictability. Change can be hard, and transition to adulthood is all about change. It starts happening around age 12 and continue into adulthood: body changes caused by hormones, environment changes with school and healthcare, life skill changes with responsibilities and roles and so much more. Legally things change at 18, too.

***What is your role as a parent or caregiver or as an autistic pre-teen/teen?***

Click below to read the full article and learn more!

## READ ON

## LEARN ABOUT THE ECHO IDAHO PEDIATRIC AUTISM SERIES

ECHO Autism Communities was created to help bring autism care and services to *everyone*, no matter their location. We're so excited to share that ECHO Idaho Pediatric Autism is doing exactly that! Recently they were covered in the local news for reducing the amount of time a child has to wait to see a specialist. [Check it out here!](#)

This initiative started Jan 2022 and will run until Jan 2023. Anyone is invited to join on the 2nd and 4th Thursdays of the month at 1:00pm Mountain time! All you have to do is register [here](#).

Thinking about getting involved? Here's some cool facts:

- 255 unique participants are already in attendance
- All seven of Idaho's Health Districts represented in attendance
- An average of 103 participants attending per session (so far!)

***“By upskilling providers in their diagnostic and treatment practices, this series will help entire healthcare teams better support patients and families.”***

– J.T. Leavell, MD. Developmental Pediatrician (retired) and Clinical Faculty Lead for ECHO Idaho's Pediatric Autism series.

Check out the video below for more information about the program!





## **SPOTLIGHT ON: ECHO AUTISM EARLY INTERVENTION**

This month, we wanted to talk about ECHO Autism Communities Early Intervention program. Do you work with patients from birth to eight years old? Then this could be a game changer for your practice.

### **What is ECHO Autism: Early Intervention?**

ECHO Autism: Early Intervention is a virtual learning program where professionals who work with young children with ASD can learn from each other with the support of the expert hub team. The general mission of the clinic is to provide participants with collaborative training and learning experience with the goal to increase their knowledge about ASD and strategies to support young children with ASD to provide quality care for clients with ASD in diverse locations, including rural and underserved areas. Furthermore, the clinic aims to reduce the isolation of professionals and encourage active collaboration and exchange of experience between the participants.

Each virtual clinic session occurs biweekly for 90 minutes and aims to maximize time spent in professional development with minimal time away from clinical/educational responsibilities.

In each session, the participants learn through their peers' real-life case presentations followed by questions and discussions of the best practices for screening, identification of patients with ASD, planning evidence-based treatment, connecting with community resources, and providing family/caregiver support. Each session includes a didactic presentation from the "hub" team expert on ASD including topics such as addressing symptoms and presentation of ASD, determining what interventions are considered an evidence-based practice, understanding sensory processing, behavior modification, and common comorbidities that occur in the ASD population, and so on.

The participants of ECHO Autism: Early Intervention learn about strategies and resources to support families with children with ASD, enhance their knowledge about the best practices for early intervention for children with ASD up to 8 years of age, study how to improve communication between systems of care, and collaborate with other professionals who experience similar challenges which enhances the ability to build a strong network of professionals in the field.

**For more information, contact the ECHO Autism Clinic Coordinator,  
Christy Kidwell, at [kidwellcf@health.missouri.edu](mailto:kidwellcf@health.missouri.edu)**

Buranova, Nargiza, et al. "Echo Autism: Early Intervention Connecting Community Professionals to Increase Access to Best Practice Autism Intervention." *Clinical Pediatrics*, 2022, p. 000992282210907., <https://doi.org/10.1177/00099228221090710>.

