

## EI Recommendations

Response was completed on 09/13/2023 10:33am.

Record ID

1

# ECHO Autism Early Intervention

## Ages 0-8 Years

### Recommendations Form

**Brett Moore, DO; Brittney Stevenson, MOT, OTR/L;  
Michelle Dampf, MA, CCC-SLP; Laura Barnes, MS, BCBA, LBA;  
Michelle Haynam, MS Ed.**

Email our clinic coordinator **Sarah Towne** at [sarahtowne@health.missouri.edu](mailto:sarahtowne@health.missouri.edu) if you have any questions or comments.

**PLEASE NOTE: Project ECHO case consultations do not create or otherwise establish a provider-patient relationship between any UMH clinician and any patient whose case is being presented in a Project ECHO setting.**

**Presenting Provider Name: Desiree Milburn**

**ECHO ID: EI0043**

**Presentation date: 09-11-2023**

**Presenting Question:**

See Below

**Additional Identified Concerns:**

Brother was diagnosed in May 2023 level 3 ASD. Little sister is showing many symptoms brother did. Is it possible to get evaluated early? The same provider that diagnosed brother states insurance will not pay for diagnosis under age 3. What EBP and services are recommended for encouraging social reciprocity and shared interest as well as communication in this young of a child? Family is concerned behaviors will escalate as they did with brother, want to intervene earlier. Where do we focus services with the limited services available?

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

1)

- Keep building on social games - Peek-a-boo, ring around the rosy, any movements she enjoys and then pausing and working towards shared enjoyment (a smile, eye contact, etc).
- Focus on communication! Put pictures on favorite objects, focus on building intensity of SLP services.
- Continue what you are doing feeding therapy wise, especially maintaining momentum as she comes off g-tube feeds.

## 2)

- Get speech-language therapy started ASAP
- Continue with feeding therapy
- Encourage family to seek another provider who can diagnose ASD sooner ([www.echoautism.org/directory](http://www.echoautism.org/directory))

Rogers, S.J., & Dawson, G. (2010) The Early Start Denver Model for Young Children with Autism: Promoting language, learning, and engagement. NY: Guilford.

[www.autismnavigator.com](http://www.autismnavigator.com)

Checklist of 16 Early Signs of Autism

<https://babynavigator.com/wp-content/uploads/2020/07/Checklist-of-16-Early-Signs-of-Autism-07.16.20.pdf>

WHO eLearning Caregiver Skills Training for Families of Children with Developmental Delays

<https://openwho.org/courses/caregiver-skills-training>

First Concern to Action ToolKit

<https://echoautism.org/wp-content/uploads/2019/09/first-concern-to-action-new.pdf>

## 3)

Books that have sounds and lights to increase interest

Finding YouTube recording of books so she can follow along with a book she already has at home

Cause and effect toys that have lights and sounds to give engaging motivation interest

Expose her to toys and books while in the highchair while you have her good attention, then can be added to her collection on the floor so that she is more curious to crawl to interact with them

## 4)

- Encourage the use of naturalistic teaching strategies to promote the development of communication and play skills during sessions and outside of sessions. Use these strategies to find ways to promote joint attention, social reciprocity, and mutual engagement. Be creative in finding ways to make social interactions more reinforcing and motivating; don't be afraid to be silly and to think outside the box!
  - o An Early Start for Your Child with Autism by Rogers, Dawson, and Vismara is a book I strongly recommend.
  - o There are a variety of online modules for parents and professionals if the parents or therapy team are interested in learning more about NET.
    - OCALI AIM, AFRIM, ADEPT
- In order to help support parents and encourage the use of the strategies you are recommending during therapy sessions, provide a simple and clearly written list of the weekly recs/strategies/"homework" that you want them to focus on implementing during the week.
  - o Start small and focus on the one or two most important strategies that will have the biggest impact. Meet them where they are at and build on the skills they have already.
  - o Be sure to reinforce parents' attempts to try the strategies, even if it didn't go perfectly. Engage them in conversation about what went well and what didn't to try to problem solve and model how the strategies can be adapted in the future
- As new team members start on her therapy team, be sure to collaborate to ensure consistency for the child and the parents. Make it as easy as possible to collaborate and share information.
  - o Even a shared therapy team notebook that is kept at the family's home so the therapy team can leave a quick note about something that went well, something that didn't, or a recommendation that was given to parents can help keep everyone on the same page.

## 5)

- Look at [echoautism.org](https://echoautism.org) for an echo training pediatrician to help with the diagnosis.
- I recommend the book *An Early Start For Your Child With Autism* for ideas and ways to help improve interaction
- Signing up with Missouri Family to Family at <https://mofamilytofamily.org/> for assistance with resources as well as providing peer mentoring for family
- Consider a neurologic referral if not already done so due to history of gross motor delays if this is indicated by the pediatrician.
- I would also recommend a full audiology evaluation to make sure hearing is not affected.
- Signing up for the local regional office through the Department of Mental Health to help brother with resources, <https://dmh.mo.gov/dev-disabilities/regional-offices>

6)

7)

8)

9)

10)

11)

12)

## The following toolkits/resources may be helpful:

### General ASD Information

- A Parents Guide to Autism
- A Grand Parents Guide to Autism
- 100-Day Kit

### Medical

- Managing Constipation Guide
- Dental Guide
- Exploring Feeding Behavior in Autism
- Sleep Strategies Guide
- Sleep Strategies for Teens Guide
- A Parent's Guide to Toilet Training

### Medications

- Melatonin Guide
- Medication Decision Aid for Parents
- Safe Medication Toolkit

### Behavior

- ADHD Resources- [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/ADHD\\_Resource\\_Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx)
- Anxiety Strategies Guide
- A Parent's Guide to Applied Behavior Analysis
- Behavioral Health Treatment Guide
- Challenging Behaviors Tool Kit
- Haircutting Training Guide
- A Parent's Guide to Pica
- Visual Supports

### Adolescent/Transition

- Healthy Bodies for Boys
- Healthy Bodies for Girls
- Puberty and Adolescent Guide

### Safety

- Big Red Safety Toolkit

### Financial

- Financial Resources in Missouri
- Financial Planning Tool Kit

### Websites

- Autism Navigator - [www.autismnavigator.com](http://www.autismnavigator.com)
- Essentials for Parenting Toddlers and Preschoolers - <https://www.cdc.gov/parents/essentials/videos/index.html>
- OCALI - [www.ocali.org](http://www.ocali.org)

**Additional comments and recommendations:**

We recommend that you present this case again in:

Signature: *Brittney Stevenson, MOT, OTR/L ; Michelle Dampf, MA, CCC-SLP*

Date:

 M-D-Y

**Form Status**

Complete?

 ▼