

# ADX RECOMMENDATION Form

Response was completed on 01/12/2024 1:43pm.

Record ID

3

## ECHO **Autism**: Advanced Diagnosis Recommendations Form

**Valeria Nanclares, Psy. D.; Kristin Sohl, MD;  
Melinda Odum, LCSW; Alicia Curran, BS**

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

**PLEASE NOTE: Project ECHO de-identified case discussions do not create or otherwise establish a clinician-patient relationship between any University of Missouri Health Care clinician and any patient whose case is being discussed in a Project ECHO setting. All information is deidentified and the participants and content experts are engaged in case-based learning.**

**Presenting Clinician Name: Mirae Fornander**

**ECHO ID: DX108**

**Presentation date: 01-10-2024**

**Presentation type: New**

**Presenting Question:**

17 year, 10 month old female, question of ASD

**Additional Identified Concerns:**

Hx of Anxiety, Depression, Specific Learning Disorder in Math, Feeding/eating issues  
Hx of SI

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

1)

Consider speaking directly with school professionals who have working knowledge of her social interactions and peer engagement.

2)

Consider having a conversation with her about what she'd like to better understand about herself. Help her understand the role of a psychologist in identifying how the mind works and supporting a person to learn skills to maximize their goals.

3)

Consider having mom and patient write down 1-3 priorities related to next steps or things they'd like to see different. Have them do this independently and before a follow-up visit with you. This can be used as a discussion for the appointment.

4)

Encourage the young lady and mom to work together to map out what a good life looks like for this young lady, what supports are currently available, and what this young lady might need to achieve her "good life". Many free tools are available for Charting the Lifecourse at: <https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/>. I recommend the family start with the Life Trajectory Worksheet and the Integrated Supports Star Worksheet (infographic attached).

5)

Consider prioritizing obtaining support for ED treatment to address the client's ongoing issues. Ensure a smooth transition to an eating disorder specialist, taking into account the unique needs based on her history and characteristics.

6)

Encourage an open discussion with the mom to address specific plans and aspirations for her daughter's future pursuits. Emphasize that it is extremely important to come up with a detailed plan.

7)

Consider encouraging more peer mentor support for the client. She would benefit from being surrounded with positive role models who she can look up to.

8)

Consider sharing the following affordable DBT Resources (workbooks and guides):

The Neurodivergent Friendly Workbook of DBT Skills

The Neurodivergent Friendly Workbook of DBT Techniques: Using DBT to Manage Anxiety, Stress, Autism, ADHD, and Promote Well-Being

The Neurodivergent Friendly Workbook to Mastering DBT Skills: Empower Yourself with Practical Tools and Strategies for Navigating Life's Challenges and Achieving Emotional Well-Being

The Neurodivergent Friendly DBT Workbook for Self-Help: Individual and Group Settings - Expanded Dialectical Behavior Therapy Skills Training Manual

9)

In the chat there were a few recommendations you may wish to consider:

1. Trait openness from the Big 5 model of personality is highly correlated with IQ and is often associated with artistic/creative endeavors. Those with high openness tend to be idiosyncratic with their behaviors and even perceptions. I wonder how high she is in trait openness and how much that in conjunction with her intellectual functioning may be influencing the clinical picture we see with her.

2. Consider the PAI-A or the MMPI-A for this client to understand personality traits and challenges better

3. Consider looking into OCD symptoms given her level of anxiety.

4. Consider looking into whether the school personnel who provide information fully understand the type of information being sought through the questions they are being asked. For what it is worth in my experience most public school teachers "tip to the experts" and tend to not give the kind of detail you may be seeking.

5. There was also a question wondering about larger family issues and whether some may be impacting mom's reluctance to the assessment process and diagnosis.

10)

11)

12)

**The following tool kits/resources may be helpful:**

## **Services to Support Developmental Progress**

**Speech Language Therapy (SLP)**

- Occupational Therapy (OT)**
- Physical Therapy (PT)**
- 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)
- State-based Early Intervention program (e.g., First Steps)** - (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.)
- Early Special Education Services** - (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)
- Head Start/Early Head Start** - (This federal program supports local child learning centers to provide high-quality, developmentally appropriate learning for children. Local communities offer different programs. This website can help determine what is available in the community: <https://headstartprograms.org/>)
- 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-David 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)
- Other**

## Community Resources/Connections

- Regional Office** - (To access support coordination and referral to the Missouri Autism Project. Find the local regional office and contact information by county. The website can be found at <https://echoautism.org/new-diagnosis-under-age-4/> then scroll down to Missouri Resources)
- ParentLink Warm Line** - (ParentLink connects you with a Family Support Specialist who offers no-cost parenting strategies, behavior and resource guidance. Call Toll Free at 1-800-552-8522 / Local 573-882-7323, Text: 585-FAMILY1 (585-326-4591), OR email [parentlink@missouri.edu](mailto:parentlink@missouri.edu) your parenting questions to parenting experts. Available Monday-Friday 8:00 am - 10:00pm and Saturdays and Sundays 12:00pm - 5:00pm. The website can be found at <https://echoautism.org/new-diagnosis-under-age-4/> then scroll down to Missouri Resources)
- 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>)
- United for Children** - (This organization supports daycare professionals in helping successfully integrate children with autism and other developmental needs into daycare settings. They may also have some funding available for inclusion-based daycare. Call 1-800-467-2322 ext 32 OR visit [www.unitedforchildren.org](http://www.unitedforchildren.org))
- Parents as Teachers** - (This is a parent education program that helps to establish positive partnerships between home, school and the community and plays a vital role in supporting families and children from the very beginning toward school readiness. Contact the local school district for more information.)

## Co-Occurring Conditions

- Sleep
- Constipation
- Feeding
- Seizures
- Other

## Tools to Learn more about Autism Spectrum Disorder

- Tool Kit: A Parent's Guide to Autism** - (This guide provides information about what autism is, shares common reactions to getting the diagnosis, reminding parents to take care of themselves, tips to manage the stress that they may experience, sharing tips for supporting siblings, advocating for your child, and building a support network, vignettes of stories from families and frequently asked questions. This tool kit can be found at <https://echoautism.org/new-diagnosis-under-age-4/> then click A Parent's Guide to Autism)
- 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)
- Tool Kit: An Introduction to Behavioral Health Treatments** - (This toolkit provides behavior basics and information that may help the family understand the functions of a child's behaviors, in addition to basic strategies of increasing appropriate behavior. This tool kit can be found at <https://echoautism.org/behavior-basics/> then click Introduction to Behavioral Health Treatments)
- Sibling Developmental Monitoring** - (Given the increased autism risk in siblings of children with a diagnosis of ASD, consider sharing the CDC's "Learn the Signs. Act Early." resources with the family to monitor the younger sibling's developmental

milestones.)

- 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)
- Other**

## Support for Parents/Family/Caregivers

- Family to Family Peer Mentor Program** - (This program is a parent to parent/peer support network for parents/caregivers of children with developmental disabilities or special healthcare needs. This is a support system where families can ask questions, problem solve and receive support from peer mentors with similar experiences. You can find the link to their website at <https://echoautism.org/new-diagnosis-under-age-4/> then scroll down to Missouri Resources)
- Missouri Parents Act (MPACT)** - (This organization provides families training and/or an advocate to support them in navigating the education system related to school-based supports and services through the Individuals with Disabilities Education Act (IDEA) and the Individual Education Plan (IEP) process. The link to the Missouri programs can be found at <https://echoautism.org/education/> then click MPACT Parent Training & Information. Information about programs in other states can be found at <https://www.parentcenterhub.org/find-your-center/>)
- Other**

### Additional comments and recommendations:

Thank you Mirae for all that you are doing for this teen and her family. She is very lucky to have you helping her figure out next steps.

Signature: *Valeria Nanclares-Nogues, PsyD*

Date:

01-10-2024

Form Status

Complete?

Complete ▾