

# MOADD Recommendation Form

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## MOADD ECHO

### Recommendations Form

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Email our program 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 clinician and any individual whose case is being presented in a Project ECHO setting.**

ECHO ID: MOADD076

Presenting Provider: Jennie Koehler

Presentation date: 2024-04-17

Presentation Type: [ccmh\_present\_type]

Presenting Question:

\* must provide value

Behaviors-communicating big emotions appropriately and effectively. Minimizing/eliminating aggressive behaviors.  
Elopement/safety awareness-(no stranger danger). Attention span/increasing her attention span.

Additional Identified Concerns:

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

Select the appropriate area:

Medical ▼

Please list recommendations:

- Ensure that there has been coordination with primary care and that any underlying medical concerns contributing to mood dysregulation and unpredictable changes in behavior have not been overlooked.
- Share puberty resources with mom to review, as puberty might also be having an impact on some of these "big feelings" and emotions that she is experiencing. Resources can then be shared with the client to help her better understand the changes, feelings, and moods that occur during this time.
- Recommend trying to connect with an occupational therapist with a focus on sensory concerns and some of her sensory-seeking behaviors. OT can help provide tools that may be utilized in those high-intensity or overstimulating moments that are safer options to self-soothe.
- Investigate the movements reported. Seroquel is a less likely culprit compared to many medications in its class, but I would want to clarify if the movements being noticed are tics (which are not medication-related) or tardive dyskinesia (which would be).

**Select the appropriate area:**

Medications ▼

**Please list recommendations:**

- Consider medication changes that will help behaviors while mitigating daytime sedation. Seroquel may be helping in some ways, but the drowsiness it causes may also be causing worse irritability. If these have not been tried, other medications in its class with less risk of this are Latuda, Geodon, and Abilify.
- Consider the use of CBD first rather than THC/CBD edibles. CBD is likely far easier to obtain and monitor and, in general, comes with less concern for worsening anxiety. In general, I caution the use of either of these substances due to the lack of FDA regulation, which often leads to inconsistencies in the dose that gets in each tablet/gummy, etc.

**Select the appropriate area:**

Behavioral ▼

**Please list recommendations:**

- To the question about the required level of outpatient support (e.g., AP-funded services vs. Waiver-funded services), an important consideration is to determine her level of functioning in the hospital setting and certainly at the time of discharge. However, given her relatively lengthy current stay in residential, combined with the history of hospital recidivism, it is likely that she would benefit from receiving a more intensive level of clinical intervention. Some potentially beneficial interventions could include:
  - o Applied Behavior Analysis
  - o Mental/Behavioral Health Counseling to focus on a number of potential topics, including but not limited to:
    - Development of functional communication skills; learning emotional regulation strategies; calming, self-soothing, and de-escalation strategies; social skills training; interpersonal boundary setting; self-advocacy/assertiveness skills training; and family dynamics will likely need to be addressed.
  - o The family would likely benefit from resuming/repeating caregiver/parent training services.
  - o Given the sensory components mentioned, Occupational Therapy services could be beneficial.
  - o Pursue additional preferred modalities such as equine or art therapy to supplement core counseling/ABA interventions.
- Recommend re-evaluation through an FBA to have a current sense of what drives her behavior, with the goal of having a more accurate positive behavior intervention plan and ABA therapy.
- Work on teaching and role-playing with her words to express her emotions instead of lashing out.
- Continue to pursue seeking an FBA to be completed. It will be important to have a better understanding of the function of these behaviors to be able to build proper interventions. Supports and goals for this client to be successful.

**Select the appropriate area:**

Mental Health ▼

**Please list recommendations:**

- Therapy that teaches her coping skills. DBT, Dialectical Behavior Therapy, is a good therapy teaching coping skills for people who have had suicidal ideations. For some, there is the trauma of being removed from the house to an RCF. Have a therapist who can talk to her about that

**Select the appropriate area:**

Other ▼

**Please list recommendations:**

- Connect the mother with educational support as needed so that she can navigate accessing school support in Missouri. This is recommended because, at this time, we know minimal information about the current IEP, and given the length of the current residential stay, it will be important to connect her with resources to help her advocate for a coherent educational plan to accommodate her needs in the school setting once she returns to school. An organization called MPACT (Home - MPACT (missouriparentsact.org)) may assist as needed. Of course, the mother should coordinate with her outpatient care team to advocate for her needs in the school setting.
- Consider finding additional tools/supports to help her communicate ( visual supports, feeling charts, journals, etc.)
- Encourage mom to continue to be an active member of the care planning team/discharge planning team.
- Connect with the residential care facility to determine what goals are set by the facility to help in determining a discharge date.
  - a. Connecting with a local community mental health center (CMHC) or certified community behavioral health organization (CCBHO) to establish support after transitioning out of a residential care facility and establish services within the home.
- Connect with the support coordinator about pursuing waiver services to be established in the home once the youth is discharged. I highly encourage getting on the waitlist for providers as it may be another few months before youth discharges and reduce wait time for services starting in the home after discharge.
- Encourage residential care facility to set a schedule for visits with structure, not just when desirable situations occur with family (birthday party, holiday, etc.)
- Connect mom with crisis supports such as 988 and help establish a safety crisis plan within the home.
- Utilize the youth's interest in art and animals to connect with social groups, such as art classes or volunteering at an animal shelter.
- Encourage Mom to contact the special education program at her local school before discharge to review the IEP. Special education services can include social skills instruction, executive functioning skills, and emotion regulation while she is at school, which can be outlined in the IEP under SEL. Some school districts offer ABA services.
- Wild Hearts Wellness in Drexel, Missouri, provides animal therapy for free or on a donation basis. They have horses, donkeys, goats, and pigs, to name a few. Stacy Anthius is the owner. It sounds like it might be a good space for this young lady.
- Heartland Behavioral Health Services in Nevada, MO, has equine therapy as part of their residential program.

**Select the appropriate area:**

Family Supports ▼

**Please list recommendations:**

- Connecting mom to peer supports:
  - a. MO Family-to-Family
  - b. <https://mofamilytofamily.org/>
  - c. 1-800-444-0821
- Support mom to be an integral part of her daughter's planning team. That can include helping her organize her files and information, take notes, create "to-do" items, develop a plan for her daughter's return home and to enroll in school, set up therapies, etc.
  - Help mom explore speech therapy goals. Review current IEP and seek speech services. Explore a picture system that helps her daughter express and share emotions. Working with a therapist, encourage mom to design tools and techniques to help her daughter handle the emotions. Ex: when she points to or indicates a picture to express her emotions, what do her family members, teachers, therapists, etc. do to help her cope with them appropriately?
  - Explore the family resources on the ECHO Autism website: <https://echoautism.org/resources/>
  - Connect mom to resources such as magazines, books, etc.: <https://www.autismparentingmagazine.com/>
  - Help mom create a safety plan for elopement. This might also include making a connection to local law enforcement to let them know her daughter lives in the neighborhood and is known to walk away without any notification. Law enforcement might also be able to assist with teaching or talking to daughter about "stranger danger."

**Select the appropriate area:**

▼

**Please list recommendations:**

**Other recommendations:**

**The following toolkits/resources may be helpful:**

**Medical**

- Constipation Management Tool Kit
- Dental Tool Kit
- Feeding Behavior Tool Kit
- Sleep Tool Kit
- Sleep Tool Kit for Teens

**Medications**

- Melatonin Tool Kit
- Medication Decision Aid
- Safe Medication Use Tool Kit

**Behavior**

- ADHD Resource Center - [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 Tool Kit
- Parent's Guide to Applied Behavior Analysis for Autism
- Intro to Behavioral Health Treatments Tool Kit
- Challenging Behaviors Tool Kit
- Haircutting Tool Kit
- Pica Tool Kit
- Visual Supports

**Trauma Resources**

- The Road to Recovery - Supporting Children with Developmental and Intellectual Disabilities Who Have Experienced Trauma from NCTSN: <https://www.nctsn.org/resources/road-recovery-supporting-children-intellectual-and-developmental-disabilities-who-have>
- National Child Traumatic Stress Network: <https://www.nctsn.org/resources/age-related-reactions-traumatic-event>

**Adolescent/Transition**

- Healthy Bodies for Boys
- Healthy Bodies for Girls
- Puberty and Adolescent Tool Kit
- ACT-TAY Program (Assertive Community Treatment for Transitional-Age Youth)

**Resources**

- MO Family to Family - <https://mofamilytofamily.org/>
- Funding Options for Dual Diagnosis

## Safety

Big Red Safety Toolkit

## Education Resources

- Child Compliant Checklist
- Comparison of the IDEA Complaint System Options
- Special Education Mediation in Missouri
- Vocational Rehabilitation Transition Brochure
- 200-Special Education Process
- 300-Discipline

## Websites

- Autism Navigator - [www.autismnavigator.com](http://www.autismnavigator.com)
- OCALI - [www.ocali.org](http://www.ocali.org)
- Missouri Pre-Employment Transition Services - [cehd.missouri.edu/outreach/pre-employment-transition-services/](http://cehd.missouri.edu/outreach/pre-employment-transition-services/)

## Additional comments and recommendations:

We recommend that you present this case again in:

6 months

Signature: *Amber Stockreef, M.Ed., BCBA, LBA*

Date:

04-23-2024

## Form Status

Complete?

Complete ▼