



Maine Pediatric & Behavioral Health Partnership

Autism Spectrum Disorder

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Maine Pediatric and Behavioral Health Partnership (MPBHP) is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,851,222.00 with zero percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

MPBHP is a partnership between Maine CDC, Northern Light Acadia Hospital and MaineHealth



MaineHealth

Learning Objectives

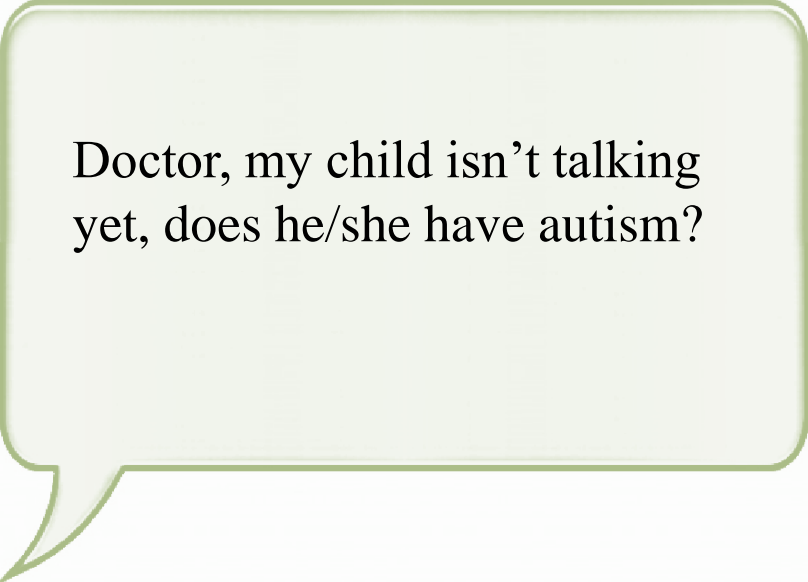
- Diagnose Autism spectrum disorder based on varying clinical presentations
- Examine pharmacotherapeutic treatments for Autism Spectrum Symptomatology
- Examine alternative treatments for treatment of Autism Spectrum Disorder

Integrity & Independence in Continuing Interprofessional Development

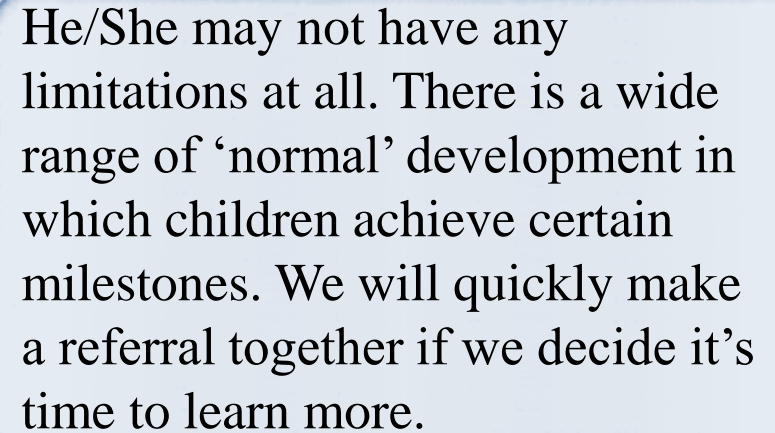
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Doctor, my child isn't talking yet, does he/she have autism?



He/She may not have any limitations at all. There is a wide range of 'normal' development in which children achieve certain milestones. We will quickly make a referral together if we decide it's time to learn more.

- Communication is both receptive and expressive language
- Screening for other causes of speech delays
- Hearing Tests
- Speech Evaluation

Doctor, my child is behind the other children in their class; I have an uncle with Autism; could that be what is going on?

Research suggests that genes can act together in ways that lead to ASD, but most people with a family member with ASD do not develop it.

Risk factors

- having a sibling with Autism Spectrum Disorder
- having older parents
- having certain genetic conditions
- being premature, or very low birth weight

<https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml>

What do you mean that there is no such thing as Asperger's Syndrome?

Asperger's did not go away; it was absorbed into a broader diagnosis-- Autism Spectrum Disorder.

Criteria for Autism:

- Social deficits
- Communication deficits
- Repetitive patterns of behavior, interest, or activities.

Asperger's met all the criteria for Autism except for the Communication Deficits.

I heard that vaccinating my child causes Autism

Because autism usually becomes apparent in the first 3 years of life, parents sometimes wonder if the vaccines are related, but many scientific studies have shown that there is no link between them.

- Recent studies demonstrated that brain changes associated with Autism most Likely occur before birth and well before immunizations are ever administered.
- Even in families with higher risk factors, there is no increase in the likelihood that the second child will have autism if he/she is vaccinated.

https://www.aacap.org/aacap/policy_statements/2016/statement_on_autism_and_vaccines.aspx
<https://www.cdc.gov/vaccinesafety/concerns/autism.html>

My child is really out of control, Doctor, but I don't want those medications to turn him/her into a zombie!

There is no specific medication for autism, but there are some medications that help treat different symptoms. We will work together as we talk about treatment to make sure you are comfortable with the decisions we make.

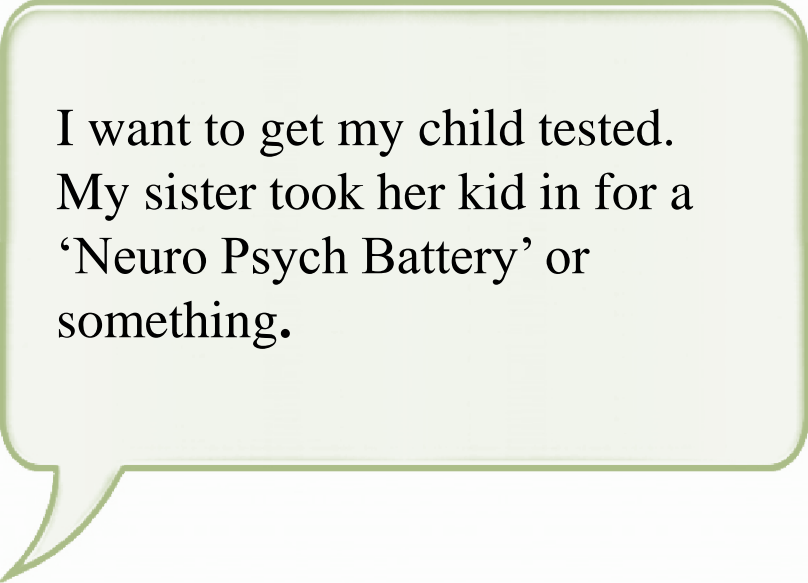
Some Treatment Options

- Behavior modification (routine, scripts, ABA Model)
- In home supports
- Diet modifications
- Sleep patterns
- Sensory diets
- Medications to help with symptoms (irritability i.e. Risperdal, Abilify or stimulants, SSRI's for anxiety)

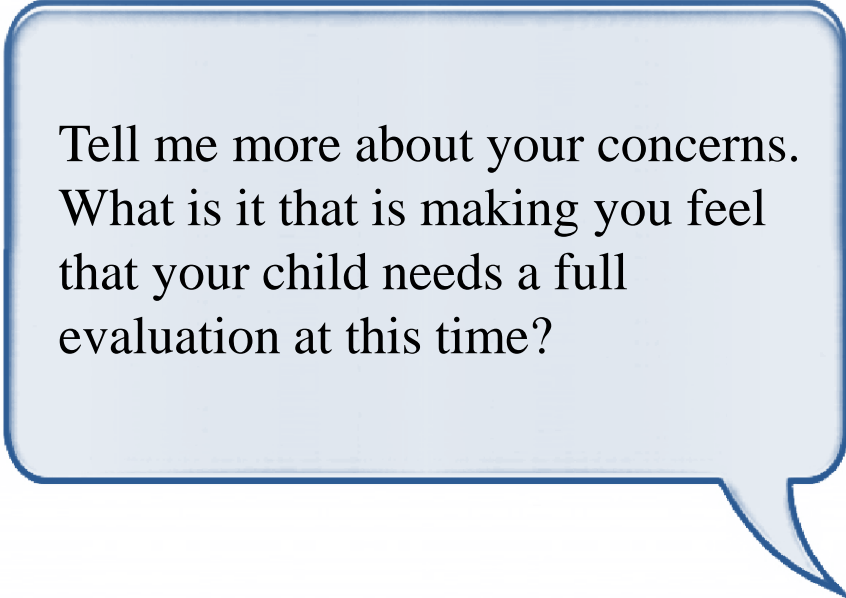
My sister's kid was put on CBD oil for his Autism, is that an option for my child?

There really is no current scientific evidence that CBD is an effective medical treatment for symptoms associated with autism, so it isn't something I would recommend.

- Anything that can cause a positive change in the brain, is also capable of causing unwanted effects.
- Would not recommend treatments without sound scientific evidence.
- Medical providers should remain informed of any alternative treatment options patient/family is looking into.



I want to get my child tested.
My sister took her kid in for a
'Neuro Psych Battery' or
something.



Tell me more about your concerns.
What is it that is making you feel
that your child needs a full
evaluation at this time?

We are always taking time to get to know a child and where they are developmentally. If we see delays or start to have concerns, we can work together to make referrals.

Referrals may include:

- Psychological assessment of cognitive skills and adaptive skills
- Communication assessment
- Occupational and Physical Therapy evaluations
- A team of professionals to include the family in a thorough evaluation

https://www.aacap.org/app_themes/aacap/docs/practice_parameters/autism.pdf

We have been on the waiting list for in home services for over a year!

It's so frustrating to hear that when you know you need help. There is a shortage of resources statewide unfortunately.

Referrals with any insurance:

- Occupational Therapy or Physical Therapy

Referrals with MaineCare (Parents should apply for Katie Becket on behalf of the child.)

Must have MaineCare to access the following services:

- Referral for Case Management Services (refer to multiple agencies)
- Rehabilitative and Community Support Services (aka Sect. 28 Services)
- Specialized Section 28 (Board certified behavioral analyst (BCBA) available)
- Home and Community Treatment Services (HCT) (aka Section 65 Services)

RESOURCES

- **Maine Chapter of American Academy of Pediatrics:** www.maineaap.org
- **American Academy of Family Physicians:** www.aafp.org
- **American Academy of Child and Adolescent Psychiatry:** www.aacap.org
- **Child Mind Institute:** www.childmind.org
- **211 Maine:** 211maine.org
- **Autism Society of Maine (ASM):** asmonline.org
- **Autism Speaks:** www.autismspeaks.org
- **G.E.A.R Parent Network:** <https://gearparentnetwork.org/>
- **Maine Parent Federation (MPF):** mpf.org
- **National Alliance for the Mentally Ill:** www.namimaine.org



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