

## Diagnosis and Treatment of the Non-Verbal Child with Autism

### Brief Bio of Faculty: Linda Lotspeich, MD, MEd.

Linda Lotspeich is a child psychiatrist who has worked with special needs children for over three decades. She obtained a BA and MA in Education at the University of Cincinnati, focusing on children with autism and other developmental disorders. Dr. Lotspeich was a special education teacher for five years, before deciding to pursue a medical degree, at the University of Cincinnati, for the purpose of understanding the neurobiology of autism. She then came to Stanford University for resident training in pediatrics and psychiatry. Later she joined the psychiatry faculty, Directing the Stanford PDD/Neuropsychiatry Clinic and conducting research in the genetics and neuroimaging of autism. In 2005 Dr. Lotspeich spent two years developing and supporting ASD clinical services at Northern California Kaiser Permanente, a large integrated HMO. She has recently returned to Stanford to expand services for children with ASD and their families.

### Course Description:

This presentation will review the current best practices in the diagnosis and treatment of children with autism spectrum disorders (ASD), focusing on those children with autism who have significant language deficits throughout life. These are children and adolescents who are referred to as having "classical autism." The majority of these individuals have mental retardation and autistic disorder. A second presentation scheduled in July 2008 will focus on those children and adolescents with average to above average intellectual abilities diagnosed with high functioning autism and Asperger's disorder.

The presentation will review the DSM-IV diagnostic criteria for autism as well as screening and diagnostic instruments used in the assessment of this population. A brief discussion of epidemiology and etiology of ASD will be presented. Best Practices of the Evaluation, Treatment and Education of Autism will be presented. The different types of early intervention programs will be discussed. The role of the mental health clinician will be a focus of this presentation; medication management and parent counseling.

### Course Objectives:

Participants will be able to identify:

1. Current screening instruments for identifying young children with autism spectrum disorder
2. Best practice guidelines for diagnosing children with autism spectrum disorder focusing on the preschool child
3. Different types of early intervention program for children with ASD
4. Different classes of medications for treating children with ASD
5. Visual supports and resources to help parents manage their child's behavior in the home and community

### Course Outline:

Introductions & Financial Disclosures	2 min
Course Objections	2 min
Course Outline	2 min
Diagnosing a Preschool Child with ASD	
DSM-IV Diagnostic Criteria for ASD	10 min
Differential Diagnosis	2 min
Best Practice Guidelines for Diagnosis	10 min
Epidemiology & Etiology	10 min
Classical Autism: Management & Treatment	
Types of Early Intervention	5 min
The Role of Psychiatric Medications	5 min
Parent Counseling	10 min
Summary	2 min

### Bibliography:

#### BEST PRACTICES IN THE EVALUATION, TREATMENT AND EDUCATION:

Johnson CP, Myers SM, American Academy of Pediatrics Council on Children With Disabilities. Identification and evaluation of children with autism spectrum disorders. *Pediatrics*. 2007 Nov; 120(5): 1183-215.

Myers SM, Johnson CP, American Academy of Pediatrics Council on Children With Disabilities. Management of children with autism spectrum disorders. *Pediatrics*. 2007 Nov; 120(5): 1162-82.

Autism Resource Package Tool  
American Academy of Pediatrics ([www.aap.org](http://www.aap.org))  
Including CD with handouts for parents

Volkmar et al. Practice parameters for the assessment and treatment of children, adolescents, and adults with autism and other pervasive developmental disorders. American Academy of Child and Adolescent Psychiatry Working Group on Quality Issues. *J Am Acad Child Adolesc Psychiatry*. 1999 38(12 Suppl):32S-54S

Committee on Educational Interventions for Children with Autism, National Research Council Current Guidelines for the Education of Children with Autism is the Book: *Educating Children with Autism.*, The National Academy Press, 2001  
[www.nap.edu/catalog.php?record\\_id=10017#toc](http://www.nap.edu/catalog.php?record_id=10017#toc)

**DIAGNOSTIC TOOLS:**

Autism Diagnostic Observation Schedule (ADOS)  
Lord et al  
Western Psychological Services

Video glossary of DSM-IV behaviors can be found: [www.autismspeaks.org/video/glossary.php](http://www.autismspeaks.org/video/glossary.php)

**SCREENING TESTS FOR AUTISM SPECTRUM DISORDERS:**

Communication and Symbolic Behavior Scales Developmental Profile  
Wetherby & Przant  
[www.brookespublishing.com/store/books/wetherby-csbsdp/checklist.htm](http://www.brookespublishing.com/store/books/wetherby-csbsdp/checklist.htm)

Modified Checklist for Autism in Toddlers (M-CHAT) - see handouts for copy

Robins, Fine & Barton  
[www.firstsigns.org/downloads/m-chat.PDF](http://www.firstsigns.org/downloads/m-chat.PDF)

Childhood Asperger Syndrome Test  
Williams et al  
[www.autismresearchcentre.com/tests/cast\\_test.asp](http://www.autismresearchcentre.com/tests/cast_test.asp)

**MMR VACCINE AND MERCURY (THIMEROSAL):**

Madsen KM, Hviid A, Vestergaard M, Schendel D, Wohlfahrt J, Thorsen P, Olsen J, Melbye M. A population-based study of measles, mumps, and rubella vaccination and autism. *N Engl J Med*. 2002 Nov 7; 347(19):1477-82.

Schechter R, Grether JK. Continuing increases in autism reported to California's developmental services system: mercury in retrograde. *Arch Gen Psychiatry*. 2008 Jan; 65(1): 19-24.

**PSYCHIATRIC MEDICATION:**

Erickson CA, Posey DJ, Stigler KA, McDougle CJ. Pharmacologic treatment of autism and related disorders. *Pediatr Ann*. 2007 Sep; 36(9):575-85.

Tsai LY. Taking the Mystery Out of Medications in Autism/Asperger's Syndromes. Arlington, TX, Future Horizons Inc., 2001

McCracken JT, et al. & Research Units on Pediatric Psychopharmacology Autism Network. Risperidone in children with autism and serious behavioral problems. *N Engl J Med*. 2002 Aug 1; 347(5):314-21.

**VISUAL SUPPORTS:**

Cohen MJ, & Sloan DL. *Visual Supports for People With Autism: A Guide for Parents and Professionals (Topics in Autism)* (2007), Woodbine House. Bethesda, MD.

Hodgdon LA. *Solving Behavior Problems in Autism (Visual Strategies Series)* (1999), Quirk Roberts Publishing. Troy, MI.

Savner, JL & Myles, BS. *Making Visual Supports Work in the Home and Community: Strategies for Individuals with Autism and Asperger Syndrome* (2000). Autism and Asperger Publishing Co., Shawnee Mission, KA

## Continuing Education credits

### 1 Credit Hour of CE

Many state boards accept offerings accredited by national or other state organizations. For example, the National Association of Social Workers, Georgia Chapter will grant credit for activities approved by the California Board of Behavioral Sciences. If your board is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted. **It is your responsibility to check with your licensing board regarding their specific requirements.** To receive CE credit, registrants must attend the entire session. **The below *checked* Boards will accept CE credit for this course:**

#### **One Credit Hour of CE**

	<u>Psychologists</u>
X	United Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. United Behavioral Health maintains responsibility for this program and its content.
	<u>Social Workers</u>
X	This program was approved by the National Association of Social Workers (provider # 886366512) for one continuing education contact hour.
X	This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).
	<u>Certified Counselors</u>
X	This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).
X	United Behavioral Health is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to the NBCC continuing education guidelines. United Behavioral Health maintains responsibility for the program. (Provider #5922)
	<u>Registered Nurses</u>
X	Provider approved by the California Board of Registered Nursing (Provider # CEP 10225).
X	UBH is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

For professionals credentialed by organizations other than those *checked* above, please check with your respective boards to verify the acceptability of the continuing education credit earned through this event.