

Warm Line (302) 513-0929 M-F 8AM – 5PM
Connecting the Docs!



**Delaware
Child Psychiatry
Access Program**

DCPAP | JANUARY | 2021




DCPAP Website

<https://kids.delaware.gov/dcpap/dcpap.shtml>



**Register for DCPAP Services
Request Consultations
Behavioral Health Resources
Future Link to Trainings**

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Autism Spectrum Training

**Sarah B. Mallory, PhD, Brian Freedman, PhD
& Mark S. Borer, MD**

**present Autism Spectrum Disorder (ASD):
Fridays January 29th and February 5th**

**Part 1 – Presentation, Best Practice
& The Parent Perspective**

Part 2 – Autism & Mental Health

Each 1 hour session includes didactic presentation.

**Share a case query for real time sample consultation
during training session. Free CME credits.**

Register via e-mail at DSCYF_DCPAP@delaware.gov

DCPAP Disclaimer Details

Requests to DCPAP result in the sharing of clinical concerns and considerations based on information presented during professional-to-professional psychiatric consultation. It does not infer a direct patient contact by the consulting psychiatrist nor a direct psychiatric evaluation of a specific patient. Clinical assessment may not be complete and may require further direct patient and record assessment by the treating clinician, or referral of the patient for direct assessment by a psychiatrist or appropriate mental health professional.

DCPAP 2021 Training Sessions:

Early Psychosis

Trauma & PTSD

↓ Share Your Topic Requests ↓



<https://www.surveymonkey.com/r/8YJ7BK6>

**When Do You Want Trainings?
What Training Topics Are Of Interest?**



Autism Spectrum Disorder (ASD) Awareness

Excerpt from <https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-autism-spectrum-disorder.shtml>

Overview

Autism Spectrum Disorder (ASD) is a developmental disorder that affects communication and behavior. Although Autism can be diagnosed at any age, it is said to be a “developmental disorder” because the symptoms generally appear in the first 2 years of life.

According to the [Diagnostic and Statistical Manual of Mental Disorders \(DSM-5\)](#), a guide created by the American Psychiatric Association used to diagnose mental disorders, people with ASD have:

- Difficulty with communication and interaction with other people
- Restricted interests and repetitive behaviors
- Symptoms that hurt the person’s ability to function properly in school, work, and other areas of life

Autism is known as a “spectrum” disorder because there is wide variation in the type and severity of symptoms people experience. ASD occurs in all ethnic, racial, and economic groups. Although ASD can be a lifelong disorder, treatments and services can improve a person’s symptoms and ability to function. [The American Academy of Pediatrics](#) recommends that all children be screened for autism. All caregivers should talk to their doctor about ASD screening or evaluation.

Signs and Symptoms of ASD

People with ASD have difficulty with social communication and interaction, restricted interests, and repetitive behaviors. The list below gives some examples of the types of behaviors that are seen in people diagnosed with ASD. Not all people with ASD will show all behaviors, but most will show several.

Social communication/interaction behaviors may include:

- Making little or inconsistent eye contact
- Tending not to look at or listen to people
- Rarely sharing enjoyment of objects or activities by pointing or showing things to others
- Failing to, or being slow to, respond to someone calling their name or to other verbal attempts to gain attention
- Having difficulties with the back and forth of conversation

- Often talking at length about a favorite subject without noticing that others are not interested or without giving others a chance to respond
- Having facial expressions, movements, and gestures that do not match what is being said
- Having an unusual tone of voice that may sound sing-song or flat and robot-like
- Having trouble understanding another person’s point of view or being unable to predict or understand other people’s actions

People with ASD may also experience sleep problems and irritability. Although people with ASD experience many challenges, they may also have many strengths, including:

- Being able to learn things in detail and remember information for long periods of time
- Being strong visual and auditory learners
- Excelling in math, science, music, or art

Causes and Risk Factors

While scientists don’t know the exact causes of ASD, research suggests that genes can act together with influences from the environment to affect development in ways that lead to ASD. Although scientists are still trying to understand why some people develop ASD and others don’t, some risk factors include:

- Having a sibling with ASD
- Having older parents
- Having certain genetic conditions—people with conditions such as Down syndrome, fragile X syndrome, and Rett syndrome are more likely than others to have ASD
- Very low birth weight



It’s recommended that **all children** should be screened for **developmental delays** beginning at their 9-month well-child visit and **specifically for autism** at their **18- and 24-month visits**.

NIH National Institute of Mental Health www.nimh.nih.gov/autism



Resource Spotlight



Navigating the Autism world can be complex and overwhelming, whether one is the parent or guardian of a newly diagnosed child, a young adult in need of supported employment, or an older individual in need of a long-term care plan after their caretakers are no longer available to care for them.

Autism Delaware can help! For nearly 25 years, we have provided resources and support to Delaware families whose lives are affected by autism, and to the professionals who serve them. From the moment a parent connects with us, we will be there for them through the life span of their loved one on the spectrum. Our vision is to see all people with Autism have opportunities to learn, grow, and live fuller lives as included and valued members of their communities. We offer a wide array of services designed to help them - and their families - realize this vision.



FAMILY SUPPORT SERVICES

The Autism Care Team (ACT) Program utilizes the evidence-based Family Peer Support Services (FPSS) intervention model, connecting families with Family Support Providers (FSPs) who are parents of children on the spectrum and have direct experience navigating the maze of autism services. FSPs work one-on-one with families to provide an array of services and supports, such as coaching families to make informed decisions about services; developing a personalized plan with goals; coaching on self-advocacy and how service systems work in our state; sharing resources and connecting families to parent education programs; coordinating care among providers and agencies; and following up as needed.

Family Navigation: In addition to the ACT Program, Autism Delaware offers Family Navigation services to families who have a specific question or challenge working with the system. They will help you to navigate and understand services and provide general information about autism and available support within the community.

Professionals can make a referral to one of our Family Support programs by visiting our website at <https://www.delautism.org/get-help/family-support-services/>. There, you can download a referral form or contact our Intake Coordinator at **302-224-6020, X219**.



OTHER SERVICES

Parent & Professional Training: Autism Delaware provides training and workshops for parents and professionals. Our Parent-to-Parent program is a unique training series in which parent coaches bring their experiences and education to support families who are raising a child with Autism. Families will gain a deeper understanding of Autism Spectrum Disorder (ASD) and learn how to create a supportive environment for their child to be successful.

Social and Recreational Programs: In a typical year, Autism Delaware provides more than 150 fun and engaging social programs for families and individuals.

Adult Vocational Services: The POW&R Program - short for Productive Opportunities for Work & Recreation - provides adults with Autism in Delaware the opportunity to work and volunteer at businesses in their communities, and to engage in health and wellness opportunities.

Parents are not alone on the Autism journey - the Autism Delaware team is here to walk with them.

Contact us today: call **302-224-6020; e-mail Delautism@delautism.org; or connect with us via our website, www.autismdelaware.org.**

Autism Delaware is proud to partner with the Division of Prevention and Behavioral Health Services as a provider of Family Peer Support Services.

Follow Autism DE Online





Autism Resource Review:

easterseals.com/explore-resources/living-with-autism

DDDS dhss.delaware.gov/dhss/ddds/

nemours.org/services/swank-autism-center.html

Parent Information Center picofdel.org

Brennan School Christinak12.org/Brennan

Child Priority Response 1-800-969-4357

aap.org

aacap.org

autismspeaks.org

autismspectrumalliance.org

Additional Resources:

Text DE to 741741 for the Crisis Text Line for an anonymous conversation – Free 24 Hours a Day

mentalhealthde.com

Delaware Helpline – 211

cdc.gov/coronavirus

coronavirus.delaware.gov

Delaware HOPE Line 24 Hours/7 Days Week
Re: COVID Support/Resources 1-833-946-7333



Provider Spotlight: Dr. Chitry Vaidy - Nemours

Chitry Vaidy is a pediatrician who has served the children of Delaware for over 25 years, initially in private practice and for the last 5 years at the Nemours Middletown office. She started her training and career as a pediatrician in India, followed by 4 years in the UK. She completed the PL3 year at the Medical Center of Delaware (currently Christiana Care) and DuPont Hospital. Dr. Vaidy is the proud mother of 2 children who are physicians, and the even prouder grandmother of 2. She loves reading, gardening and hiking.

Dr. Vaidy shares, "As preventive care led to reduction of acute illness in pediatrics, I discovered a passion for treating mental health issues in children including ADHD, Anxiety, Depression, OCD and behavior problems in Autistic children. Having ready access to the expertise of Dr. Borer via the DCPAP has given me the confidence to manage more complex and challenging patients. The lunch time webinars are comprehensive and informative, as well. I am truly grateful that I am able to make a difference in the lives of children troubled by mental health issues and their families."

The DCPAP Consultation "How To" - Quick & Easy!

Or visit us on the web!

Registered Prescribers Have Question About a Patient <21

Connect with DCPAP Text/Call (302) 513-0929 M-F 8AM – 5PM

Share a Few Pieces of the Puzzle: Gender, Year of Birth, Presenting Issue(s) & Screenings Completed

Request Sent to Consulting Psychiatrist who Responds with Ideas to Treat

Behavioral Health Coordinator can Connect you with Resource Options

DCPAP Tracks Requests to Identify Future Training Needs



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