

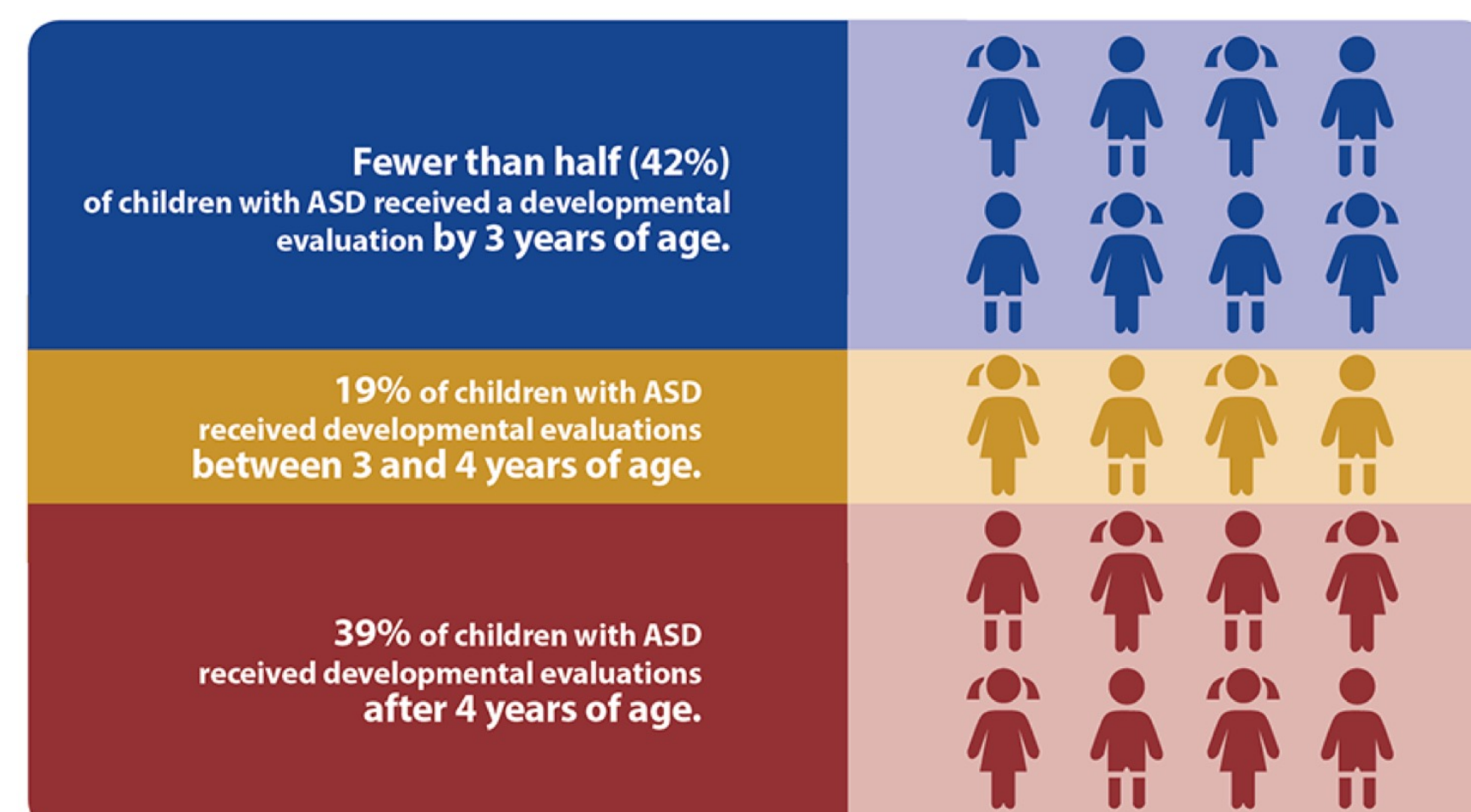
## Feasibility and Acceptability of a Parent Training Intervention to Enhance Care and Increase Diagnostic Access for Children with Autism: A Pilot Study

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### Background

- Prevalence of autism has increased without interruption since 2000, from 0.6% to 2.7%
- Prevalence in New Jersey is 2.9%
- Earlier intervention enhances outcomes
- January 2023: 758 board certified Developmental-Behavioral Pediatricians in the U.S. for the 19 million children and youths with developmental and/or learning disorders
- National average wait time: 5.4 months for initial evaluation
- Autism diagnosis was found to occur on average, almost 27 months after the first developmental screening
- Older age at diagnosis and longer delay in diagnosis are associated with different health services utilization patterns among younger children with autism
- Families experience significant delays in accessing services, even after diagnosis is made
- Parent training** capitalizes on the central role that parents play in lives of young children
- Has been shown to help reduce challenging behaviors in children with autism
- Parents of children with autism demonstrate higher levels of stress and score lower on quality of life measures
- Parent training interventions have been shown to lower parental stress and improve quality of life



### Review of Existing Programs

	The Incredible Years	Parent-Child Interaction Therapy	PlayReadVIP
Brief description	<p>Parenting program that provides a range of comprehensive and developmentally based early intervention programs for parents, teachers, and children.</p> <p>Focus on strengthening parenting competencies and fostering parent involvement in children's school experiences, to promote children's academic, social, and emotional skills and reduce conduct problems.</p> <p>Can be delivered to parents, children, or teachers, generally in a group setting</p>	<p>Program for young children with behavioral challenges.</p> <p>"Coaching" sessions in which parent and child are in a playroom while the therapist is in an observation room.</p> <p>One-way mirror and/or live video feed. Parent wears device in ear, through which the therapist provides in-the-moment coaching on skills to manage a child's behavior.</p> <p>2 phases: first focuses on providing warmth in relationship with child, second focuses on managing challenging behaviors</p>	<p>Relationship-based intervention; takes place in pediatric clinics on days of routine well-child visits</p> <p>2-3 minute video recording of parent and child playing/reading together</p> <p>Coach and parent go over the video together and reinforce positive interactions; also complete a written pamphlet together with suggestions</p> <p>Parents are given a developmentally-appropriate toy or book to keep</p>
Age range	0-12 years (Autism adaptation is 2-5 years)	2-7 years (but has been adapted for 7-10 years and 12-24 months)	0-3 or 3-5 years
Existing adaptation for autism?	Yes	Yes	Yes (in process)

### Next Steps

Develop and pilot test an LCSW-led parent training intervention for children newly diagnosed with ASD and their families

#### Specific Aims

- To examine the feasibility and acceptability of a brief LCSW-led parent training program using an adaptation of the PlayReadVIP model for children newly diagnosed with autism and their parents
- To explore the extent to which the program can enhance parental quality of life and reduce the number of physician/APN follow up visits in the year following diagnosis

#### Methods

- Study design: Pilot study
- Setting: Children's Specialized Hospital, Outpatient DBP (Union, NJ)
- Participants: Convenience sample of children age 2-5 years old newly diagnosed with autism
- Intervention: LCSW- led parent training curriculum using adapted PlayReadVIP model
- Outcome measures: Feasibility, Acceptability, Parental Quality of Life, Access to care

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