CHILDREN
FAMILIES
COMMUNITIES
MOVING FORWARD
Beyond ABA: How Coordinated Care Supports Clients and their Families living with Autism

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What brought you here today?
ABOUT CLIFFORD BEERS

● Founded in 1913 by New Haven resident Clifford Whittingham Beers

● Offers programs/services to children and families who strive to achieve mental health and wellness

● Convenient, effective care. Clinic-based; community-based; home-based

● Engaging everyone (schools, lawmakers, providers, child-focused organizations) to adopt trauma-informed practices moving from What’s wrong with this child? to What happened to this child?
Statistically Speaking...

Our care treats the whole person while simultaneously treating the whole family.

- 5552 Total children served*
- 494 Total caregivers served*
- 5723 Total others served**

The numbers above reflect individuals served across CB programs for FY 17-18

*Clinical care, crisis care, prevention services, integrated care, and care coordination
**Clinical care, integrated services, trauma screening, and professional development/trauma training
Vision for Wellness

- Using a systems-oriented approach to address whole-person/whole-family needs, Clifford Beers delivers care that is:
  - **Integrated**, addressing **physical health**, **mental health**, and **social determinants of health**
  - **Targeted**, aimed at reducing chronic stress in children, families and communities
  - **Mission-driven**, dedicated to improving health, wellness and quality of life for children and families
The Waiting room for ABA
Become Your Own Care Coordinator:
There is more to services than ABA

What’s your family’s strengths?

What is your vision for your family?

Clearly looking at your strengths and goals can help you see the support you already have—and the support you need.
How can Community Mental Health help while waiting for ABA??

1. Coordinated Care
2. Individual and Family Therapy
3. Groups
4. Diagnostic Support
5. Parent Support
Making the Connection

Feeling

Behavior

Need
Marne Street Clinic

- Focus on providing integrated care for clients with autism and intellectual/developmental disabilities and their families

- The setting is sensory-friendly, and MSC serves individuals across the lifespan (there is no “aging out” of care)

- Different but complementary services exist under one roof so families no longer need to drive across the state to see multiple providers—**one stop shopping**
Individual and Family Therapy

Can provide building blocks for:

- Family relationships
- Social skills
- Coping tools
- Sensory integration
- Behavioral modification

Models of Therapy:

Talk Therapy, Art Therapy, Drama Therapy, Music Therapy

Individuals of any age that have expressive and receptive language and can benefit from talk therapy.
Questions to Ask a Therapist Before Beginning

- What interventions are used?
  - What training/experience does the staff have?
- What different services do you provide, do you have any specialties?
  - How are your outcomes?
- Can you give me some examples of the goals you typically set for children who have therapy with you?
Art Therapy and Autism

“Art Therapy is used to: Improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress and advance societal and ecological change”

-American Art Therapy Association
Art Therapy Sessions with ASD Clients

- Person-centered with structure and routine
- Directive and non-directive
- Options for materials offered
- It is okay to talk or not talk
- Limit distractions in room if client is prone to becoming over stimulated
- Personal aesthetic values are not imposed
- “Tell me more about…”

Being “good” at art is NOT required!
Group Therapy

Groups can run throughout the year for specific age groups and needs. Topics vary and can include art therapy, healthy living, social skills, life skills, etc.

Currently we are running groups for
- Ages 7-10
- Ages 11-14
- Ages 12-18
- Ages 16-21
- Ages 20+
Autism Diagnostic Evaluations

Psychological testing specific to determining if a child has Autism or a related developmental disability. Ages 12 months through the lifespan
Psychological Testing

Standardized assessments to evaluate several areas of functioning including intellectual, achievement, social/emotional, and personality functioning. (Ages 3 years through lifespan). It’s used to provide accurate diagnoses and treatment recommendations. May be needed to access certain services such as Special Education in schools and certain levels of care or treatment modalities.
Parent/Sibling Support
Community Collaboration
Integrated Care: An Example
The Crisis Prevention Institution, CPI, is an international organization that delivers training and certification programs in crisis prevention. The Crisis Prevention Institute offers nonviolent crisis intervention training designed to teach best practices for managing difficult situations and disruptive behaviors.

- Verbal intervention
- Setting limits
- Confidence when facing conflicts
- Crisis prevention techniques
Other Clifford Beers Locations

93 Edwards Street New Haven, CT 06511
203 772-1270

5 Science Park New Haven, CT 06511
203 777-8648

98 Elm Street West Haven, CT 06514
203 933-8050

1575 Boston Post Rd. Bldg B, Suite C, Guilford, CT 06437
203 458-2134
Questions?

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Links to Care Coordination Info

https://portal.ct.gov/DCF/Behavioral-Health-Partnership/Care-Coordination