NC InCK

NC INTEGRATED CARE FOR KIDS

Integrated Care Rounds: Autism Spectrum Disorder - Part 2

June 12, 2025: 12:00-1:30 PM

This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $13,999,227 in 2025 with 0% 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 CMS, HHS or the U.S. Government.

Grounding for All InCK ICRs & Echos

- **Respect for All:** *There will be topics, situations, or maybe even resources that you as a person have various feelings about. We ask that in these spaces, we all show respect for all, by being supportive, caring, and professional.*
- **Take 2 and Pause:** *Discussion and hearing from you is so powerful, and what we strive for in these spaces. We ask that if you have shared twice, take a pause, to encourage colleagues to take the floor and share as well.*
- **Questions Encouraged:** *If you have a questions please ask, in most cases someone has the same one. Be BOLD and PROUD, ask it! You are always welcome to private chat questions to any member of our team.*
- **Play, Learn, Grow:** *Just like Fisher Price, we want you to enjoy this learning space, learn and grow from/with each topic!*



NC InCK NC INTEGRATED CARE FOR KIDS

Why Autism Spectrum Disorder

Understanding signs and symptoms of ASD allows for **earlier detection, diagnosis** and **timely intervention** and **support.**

Understanding ASD enables individuals and families to **navigate** the complex landscape **of services and supports effectively**.



Early intervention programs can **significantly enhance learning and developmental outcomes** for individuals with ASD.

Understanding ASD can **improve communication** and **foster better relationships** between individuals with ASD and those around them.

Autism Spectrum Disorder Part 2

Lisa Jackman, MHA
NC START West Clinical Director

Agenda

- Innovations Waiver
- Therapies and benefits
- Community Supports
- Navigating ASD in the school setting
- Sexual health navigation
- Discuss Positive Behavior Supports
- Key crisis response reminders

NC Innovations Waiver

- People with a documented intellectual and/or developmental disability (IDD)
- Anyone can apply despite age, income, or insurance – which is why it is called a waiver- it "waives" some requirements such as family's income

Clinical Eligibility:

- Must be ICF-IID eligible
- Must have substantial deficits in at least 3 areas (communication, self-care, learning, mobility, self-direction, capacity for independent living)
- Need to use one or more of the services or supports offered
- Must reside in a qualified setting



NC Innovations Waiver Services

- Community Living Supports: bathing, dressing, cooking, budgeting in the home environments
- Residential supports: group homes and alternative family living settings (can also cover expenses related to moves like household items for the person)
- Supported Living: Living in an apartment/home that is leased by the person supported and staffed by a provider agency for the hours support/supervision is needed
- Community networking: volunteering, hobbies, classes, etc.
- Day Supports: day programs and after school programs

NC Innovations Waiver Services cont.

- Assistive technology: communication devices, smart homes
- Home modifications: doorways bigger, keypads for safety, installing ramps, safety features like walk in showers
- Vehicle Modifications: seating and lifting devices
- Crisis supports
- Respite
- Specialized consultative supports: advice and training from a licensed professional for positive behavior or communication needs

How to Apply?

- As soon as a diagnosis is made – waitlist is almost 10 years long

Documentation:

- Qualifying I/DD diagnosis or related condition
- Adaptive (functional assessment) scores – these are usually included in the evaluation
- IQ scores
- Guardianship (if applicable)

Additional resources:

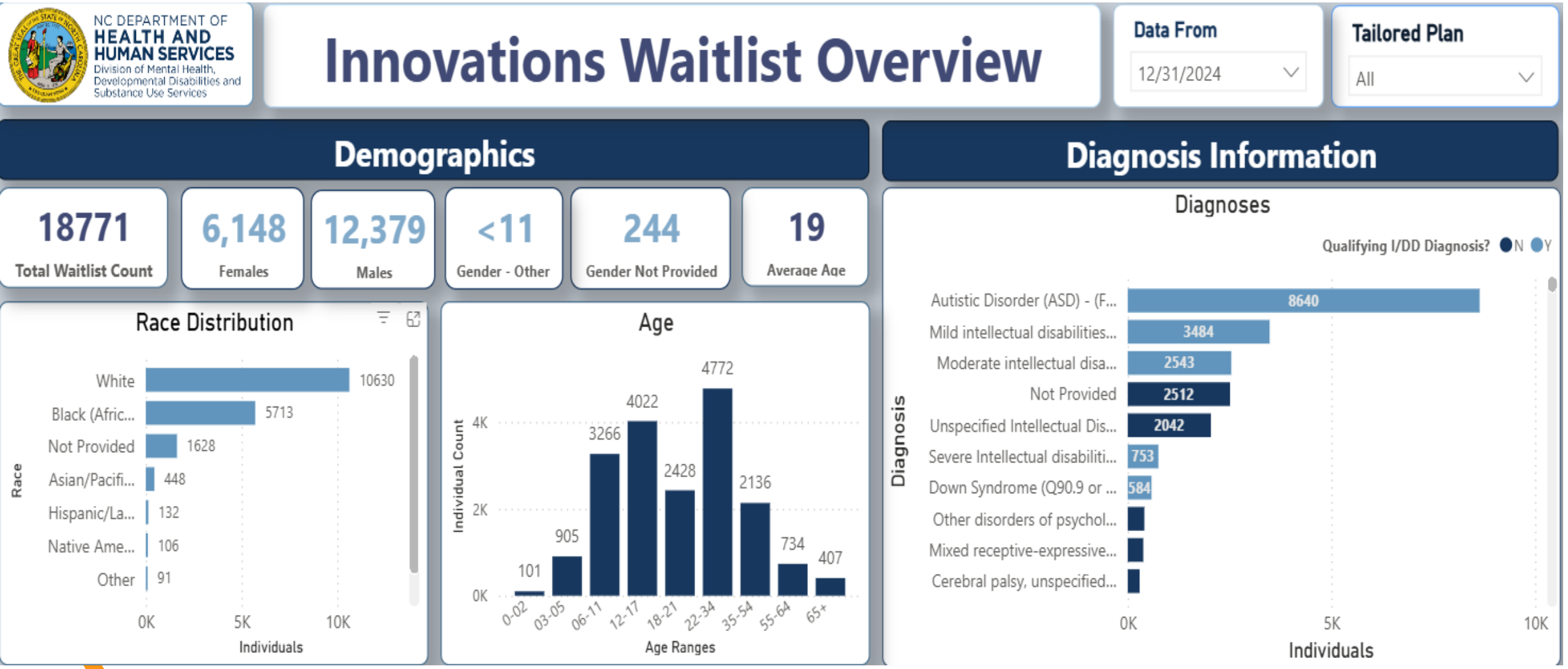
- https://www.ncdhhs.gov/about/department-initiatives/inclusion-connects/innovations-waitlist-dashboard
- https://www.alliancehealthplan.org/document-library/72713
- https://www.alliancehealthplan.org/document-library/88468

Alliance

To submit documentation to the LTS team, you can

Email: customerservicesupport@AllianceHealthPlan.org

Fax: 919-651-8679



https://www.ncdhhs.gov/about/department-initiatives/inclusion-connects/innovations-waitlist-dashboard

Therapies

- Speech therapy
- Occupational therapy (sensory integration)
- Physical therapy
- Outpatient Mental Health therapy
- Equine therapy
- Music therapy
- Art therapy

Rehabilitation Supports

Speech and Language Therapy - prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders (ASHA)
*AAC Device

Occupational Therapy – fine motor, sensory integration and supports, and emotional regulation

Physical Therapy- gross motor (think big muscle groups), build physical strength, mobility, pain reduction, or prevention of bodily injuries

ASD Community Services

- Applied Behavioral Analysis (ABA)
- Community Living and Supports (CLS)
- Respite
- Day Program
- Day Treatment
- Psychosocial Rehabilitation (PSR)
- Community Networking
- Supported Employment (Employment and Independence for People with Disabilities formally VR)

Applied Behavioral Analysis (ABA)



- A therapy that focuses on imparting skills in specific domains of functioning, such as social skills, communication, academic and learning skills, motor dexterity, hygiene and grooming, and more
- Helps us to understand:
  - How behavior works
  - How behavior is affected by the environment
  - How learning takes place
- ABA therapy programs can help:
  - Increase language and communication skills
  - Improve attention, focus, social skills, memory, and academics
  - Decrease problem behaviors

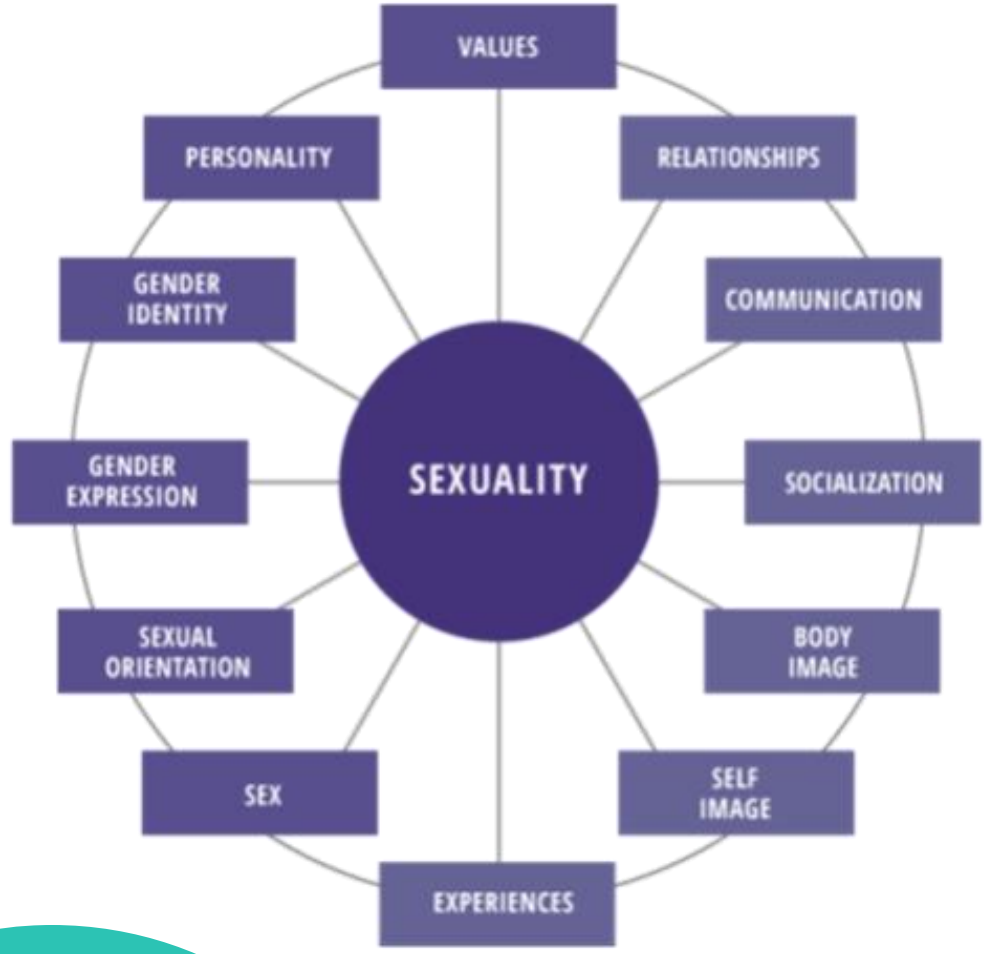


Supported Employment- Employment and Independence for People with Disabilities (formally VR)

- Help people overcome disability-related barriers and achieve their goals for competitive employment and more independent living in their community.
- In collaboration with each person, skills, interests and abilities are assessed.
- A goal for competitive employment or independence is chosen.
- Based on the person's needs, a customized plan of services and supports to help them achieve that goal is created.

Navigating Schools

- Preschool Services- ages 3-5 years
- Individualized Education Plans
- 504 Plans
- Transition Services
- Occupational Course of Study (certificate)
- Diploma



Sexual Health

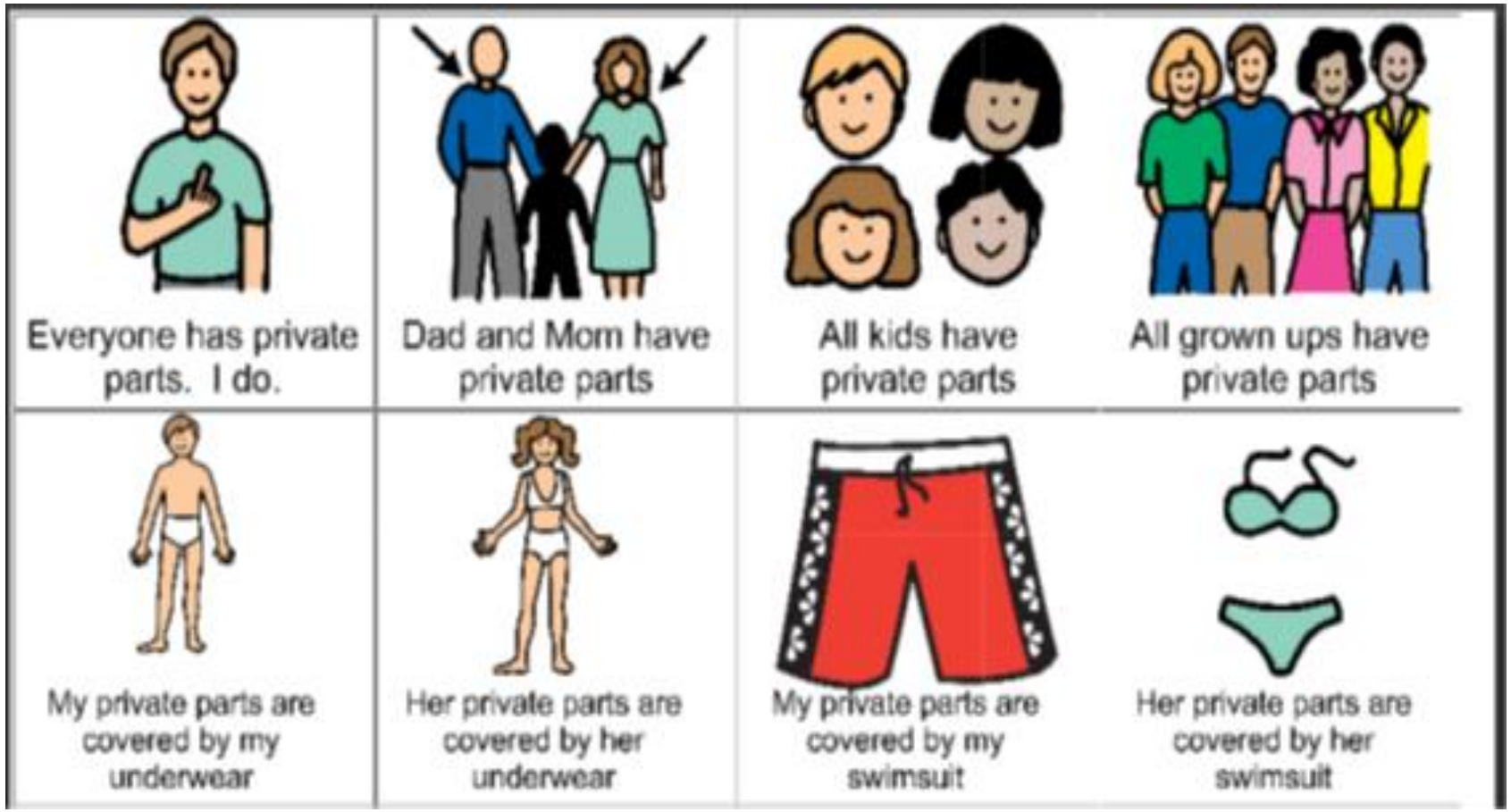
- WHO – Integral part of everyone and a basic need. It includes sex, gender identity, role, sexual orientation, eroticism, pleasure, intimacy, and reproduction

- Sexuality is influenced by the interactions of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious, and spiritual factors

Sexual Health Education

- Age/developmentally appropriate
- Timely- Delayed cognitive development, but not physical
- Honest and clear
- Use concrete and factual language and information
- Use multiple modalities of teaching and communication
- Everyone has a part in teaching sexual health education

Focus on:
•Public/Private
•Good Touch/ Bad Touch
•Consent (Self/Others)
•Terminology
•Masturbation
•Dating Skills
•Privacy
•Hygiene



Additional resources:

- https://vkc.vumc.org/healthybodies/
- https://vkc.vumc.org/assets/files/resources/sexedtoolkit.pdf

TV Series:
Love on the Spectrum

Barriers to Education

The opportunity to mix with other people of both sexes, whether socially, at school or at work, is important in developing confidence and social skills. However, some people with ASD may have fewer opportunities to form social and sexual relationships for several reasons, including:

- Lack of privacy
- Being dependent on others for daily living
- Less knowledge of how to negotiate relationships and express their sexuality
- Having a limited social circle and a lack of social experience
- Their physical or cognitive limitations
- Supports view them as childlike or asexual
- Supports view sexuality as something to be feared and controlled.
- A person with ASD may need additional support to explore sexuality and relationships
- People in these situations may want sexual relationships, but wrongly, this may not be permitted

Crisis Intervention Reminders

- Experience of skill reduction
- Overstimulation
- Needing space
- External state may not match internal state

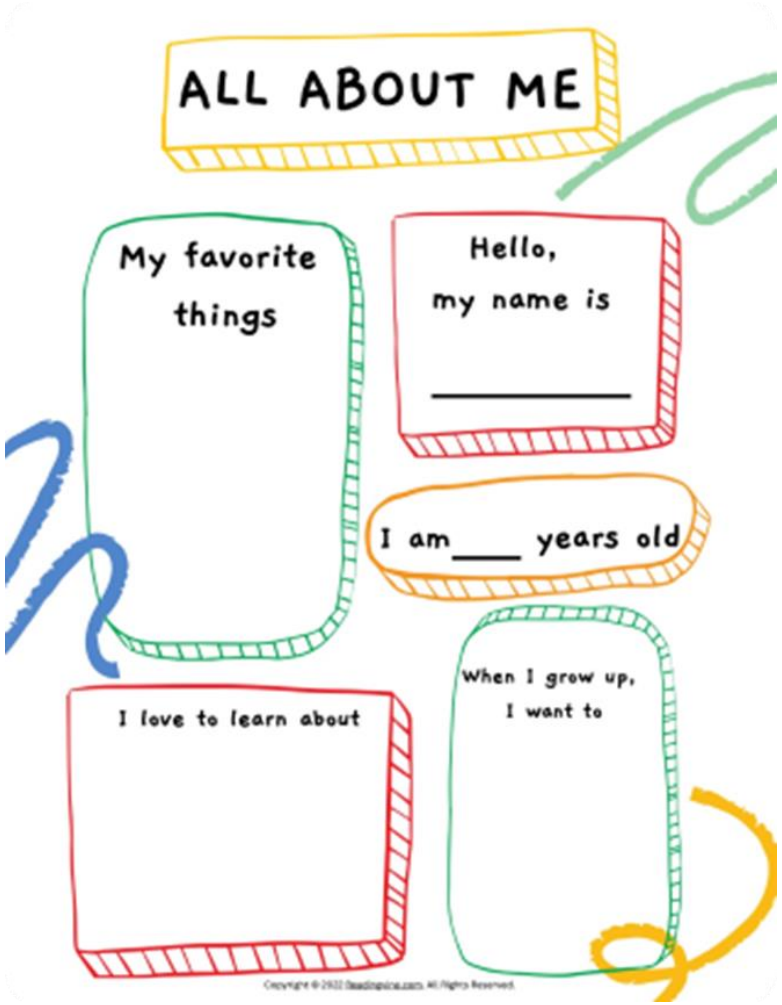
What to do?

- Decrease verbal communication
- Provide space
- Provide alternative environment if possible
- Provide sensory regulation tools
- Provide communication visual supports if needed



Community Emergency Response

- Mobile crisis management
- Behavioral Heath Urgent Care (BHUC)
- CIT Trained Officers
- Emergency Departments (ED)



Tic-Tac-Toe

Favorite Food	Something you need help in	A time you felt happy
A time you felt sad	Favorite TV Show	Favorite Memory
Favorite Animal	A time you felt angry	Favorite Movie

Top Strengths Bingo

Thriving Learning Communities™: Top Strengths Tuesday

Check out the 24 strengths chart on the next page and highlight your 5 top strengths. Remember your top strengths are ones that feel **energizing**, **effortless**, and **easy to use.**

After you identify your top strengths, highlight them on the bingo card below. Talk to other people in your home about their top 5 strengths. Add their strengths to your bingo card until you have 5 in a row horizontally, vertically or diagonally. Play along with others in your house to see who can get bingo first! Use your creativity to print or draw your own bingo card!

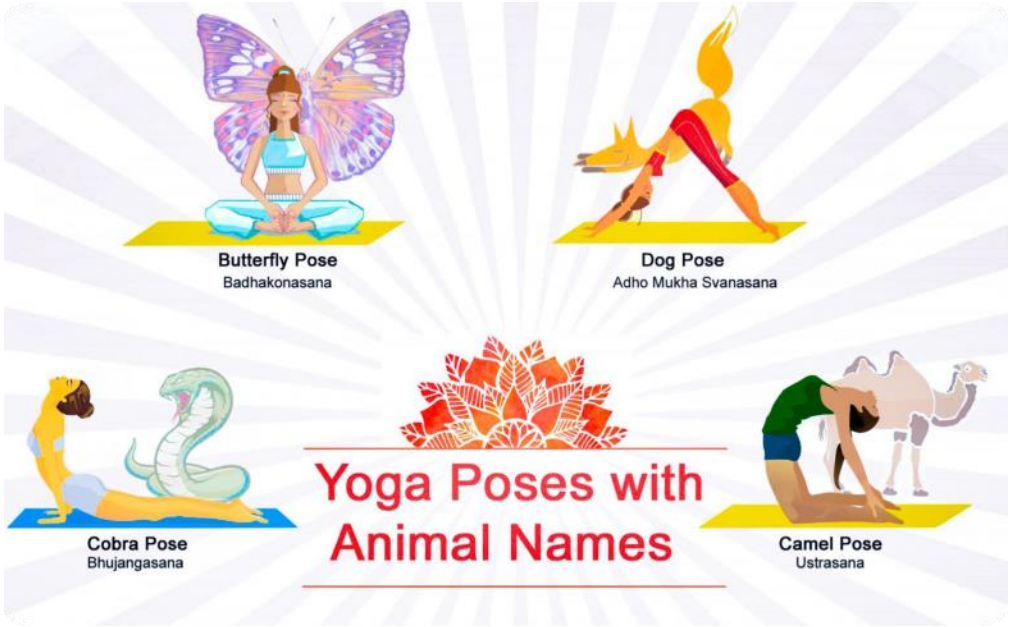
Appreciation of Beauty and Excellence (Awe, wonder)	**Bravery** (Speaks up for what's right)	**Teamwork** (Loyal, works well with others)	**Love** (Compassionate)	**Forgiveness** (Doesn't hold grudges)
Curiosity (Asks questions, explores)	**Humility** (Focuses on others)	**Perseverance** (Sticks to tasks, overcomes barriers)	**Hope** (Positive outlook, expects the best)	**Kindness** (Caring, generous)
Creativity (Inventive, has unique ideas)	**Gratitude** (Thankful, feels blessed)	**WE HAVE ALL 24! FREE SPACE**	**Fairness** (Cares about what's right)	**Sense of Meaning** (Sense of purpose, strong beliefs)
Perspective (Wise, gives good advice)	**Humor** (Playful, sees the funny side of things)	**Honesty** (Truthful, genuine)	**Social Intelligence** (Understands others' thoughts and emotions)	**Prudence** (Careful, practical)
Judgment (Critical thinker, open-minded)	**Zest** (Active, energized)	**Leadership** (Encourages others, organizes groups)	**Self-control** (Disciplined, manages thoughts and feelings)	**Love of Learning** (Enjoys building knowledge and skills)

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Positive Supports

Mindfulness Strategies

5,4,3,2,1
Five Senses
Yoga
Soles of the Feet









Communication & Structure

Summary Reminders



Add your name to many waitlists for ASD assessments and call frequently to inquire about cancellations/no shows/etc to see if you can get moved up



Check in with the Managed Care Organization (MCO) about where you are on the Innovations Waitlist



Keep a list of emergency providers nearby for crisis intervention



Practice coping strategies when not in crisis to reduce the inability to access them during times of stress

First Nonverbal Talk Show Host





Thank you!

References

- https://autismcenter.org/autismprevalence/
- https://www.cdc.gov/ncbddd/autism/hcp-screening.html
- https://www.autismspeaks.org/autism-statistics-asd\
- https://autismawarenesscentre.com/understanding-echolalia-in-autism-spectrum-disorders/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9688284/
- https://www.research.chop.edu/car-autism-roadmap/stimming-what-is-it-and-does-it-matter
- https://pubmed.ncbi.nlm.nih.gov/30575327/
- https://www.empowerbh.com/blog/what-are-the-4-main-tests-for-autism/
- https://www.cdc.gov/autism/signs-symptoms/index.html
- Centers for Disease Control and Prevention. (April 17, 2025). *Prevalence and characteristics of autism spectrum disorder among children aged 8 years - autism and Developmental Disabilities Monitoring Network, 11 sites, United States, 2020*. Centers for Disease Control and Prevention. https://www.cdc.gov/mmwr/volumes/72/ss/ss7202a1.htm

A CARE MANAGER'S PERSPECTIVE

Denise Willis, MSW
Community Health Worker – Maternal and Child Health
North Carolina Health Plan
United Healthcare

AGENDA

- INTRODUCTION
- AUTISM PILOT (UHC ONLY)
- ASSESSMENT/EVALUATION
- PREPARATION
- TRANSITION
- TAILORED PLAN CONTACTS
- AUTISM RESOURCE SPECIALISTS
- ADDITIONAL RESOURCES



AUTISM PILOT

To decrease inappropriate medical costs as it relates to lack of resources, education, and support. Aim to reduce ED visits related to diagnosis and improve overall health of the member and their families.



ASSESSMENT/EVALUATION (PRE-DIAGNOSIS)

Determination of need for assessment/evaluation for intellectual development diagnosis

- Identify need for evaluation and family needs
- Discuss any current referrals and support from PCP
- Referral to CDSA Infant Toddler Program (ages 0-3 years and monitor advocate participation in program)
- Referral request to PCP for Autism evaluation (ages 3+)
- Refer family to Exceptional Children's program through their local county



PREPARATION (DIAGNOSIS)

Prepare family for Autism or other intellectual development diagnosis utilizing literature and educational resources

- Provide educational materials and literature on Autism (NC Autism Society, National Autism Society)
- Discuss Tailored Plan and potential of member transition
- Services available (Innovations, 1915i)

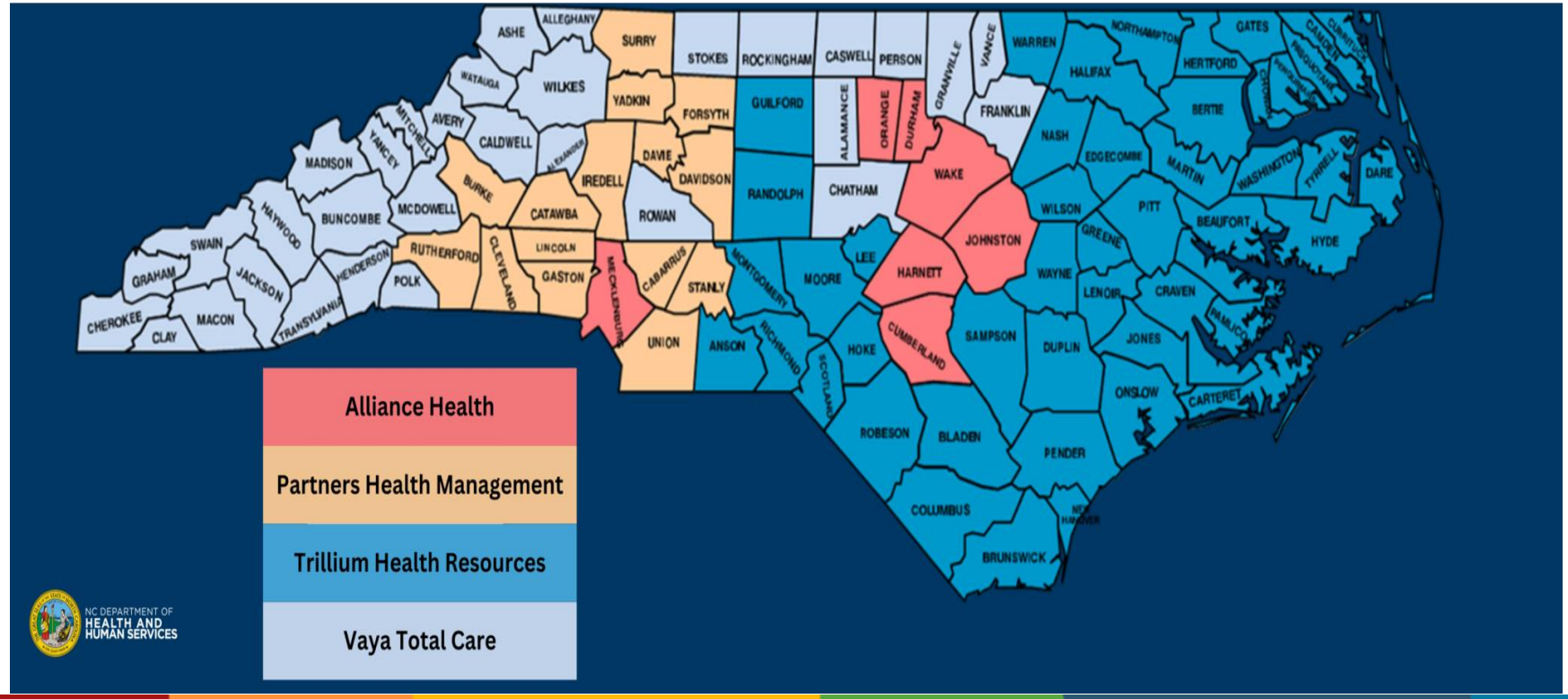
(TRANSITION) POST DIAGNOSIS

Member transitions to Tailored Plan (Alliance Health or Vaya Total Care

- Therapeutic Services (ABA, OT, Speech, PT, Play, CBT etc.)
- Care Coordination (Tailored Plan contact information for CM services, Innovations Waiver and 1915i services, adaptive equipment)
- Financial supports (SSI)
- School Supports (IEP)
- Appropriate Toolkits
- Supportive referrals (Autism Resource Specialist and ECAC)
- Guardianship (ages 18+)

Tailored Plan Contact Info

Alliance Health, 1-800-510-9132, TTY: 711 or 1-800-735-2962 (*Durham and Orange Counties*)
Partners Health Management, 1-888-235-4673, TTY: 711
Trillium Health Resources, 1-877-685-2415, TTY: 711
Vaya Total Care, 1-800-962-9003, TTY: 711 (*Alamance, Vance and Granville Counties*)



ALAMANCE COUNTY

AUTISM RESOURCE SPECIALISTS

Judy Smithmyer (English) or Vanessa Vazquez Catala (English or Spanish)
336-333-0197 or 800-442-2762

CONTACT LOCATION (GREENSBORO)

5 Center Drive, #150 (Lenoir Building)
Greensboro, NC 27407
Regional Director – Michael LePage mlepage@autismsociety-nc.org

DIRECT SERVICES

Skill-building and Support · Respite · Adult Day Program · IGNITE (Peer to Peer Community Center) –Greensboro · Social Recreation Programs

SOCIAL RECREATION

Weekend Respite Program (Ages 3-22) siblings are welcome · Supper Club (Ages 18+) · Summer Program (school ages) · The Autism Center For Life Enrichment (Autism Adult Day Program) IGNITE (Peer to peer community center)
ignite_greensboro@autismsociety-nc.org
or call 704-897-8982

Support Groups

alamancesupportgroup@autismsociety-nc.org
www.facebook.com/groups/asnc.alamance

DURHAM and ORANGE COUNTY

AUTISM RESOURCE SPECIALISTS

Jan Combs & Cindy Martin
(919) 865-0681 or 800-442-2762

Mariela Maldonado (Senior Hispanic Outreach & Support Coordinator)
(919) 865-5066
mmaldonado@autismsociety-nc.org

CONTACT LOCATION (RALEIGH)

6300 Chapel Hill Road, Suite 140
Raleigh, NC 27607
cliga@autismsociety-nc.org

DIRECT SERVICES

Skill-building and Support · Respite · Adult Day Program · Employment Supports · Clinical Services

SOCIAL RECREATION

Creative Living Adult Day Program· Social Skills Groups for Adults and Teenagers· IGNITE (Peer to peer community center)
ignite_Raleigh@autismsociety-nc.org

Support Groups

Durham - www.facebook.com/groups/asnc.durham durhamsupportgroup@autismsociety-nc.org
Orange - orangechathamsupportgroup@autismsociety-nc.org www.facebook.com/groups/asnc.orange.chatham

GRANVILLE and VANCE COUNTY

AUTISM RESOURCE SPECIALISTS

Jan Combs & Cindy Martin
(919) 865-0681 or 800-442-2762

Mariela Maldonado (Senior Hispanic Outreach & Support Coordinator)
(919) 865-5066
mmaldonado@autismsociety-nc.org

Support Groups

granvillevancesupportgroup@autismsociety-nc.org
www.facebook.com/groups/asnc.granville.vance

Resources

- ***Autism Society of NC*** https://www.autismsociety-nc.org/
- ***Autism Society*** https://autismsociety.org/
- ***NC Dept of Health and Human Services*** https://ncmedicaidplans.gov/en/tailored-plan-services
- ***Exceptional Children's Assistance Center (ECAC)*** https://www.ecac-parentcenter.org/contact-a-parent-educator/
- ***Autism Speaks*** https://www.autismspeaks.org/
- ***Social Security Administration*** https://www.ssa.gov/apply/ssi
- ***NC ITP*** https://www.ncdhhs.gov/itp-beearly

A Look Ahead:

Reminder: Request a certificate of attendance for today's ICR at this link

Upcoming Community Events and Resources:

Grab-N-Go Summer Meals | Vance

Distribution of a week of shelf-stable breakfast and lunch every Wednesday and Friday.
Pre-registration required at this link
Locations: Stem Early High School (7/2, 7/9, 7/16, 7/23, 7/30) from 1pm-3pm |
Henderson Family YMCA (7/11, 7/18, 7/25) from 4pm-6pm

Free Car Seat Safety Classes | Durham

Car seats are available for $20 for families who qualify for WIC and Medicaid and complete the 2-hour safety class. Register here
Contact Tommy Hernandez at 919-356-2563 or the Welcome Baby main line at 919-560-7150 with additional questions

Juneteenth Celebration | Creedmoor Parks and Recreation | Granville

Thursday, June 19, 6:00 PM – 9:00 PM
Willow Oak Room | 116 Douglas Drive, Creedmoor, NC
Registration encouraged here

Free ESL Classes | Durham Technical Community College | Orange

Testing and Registration: Tuesday, June 24, 9:00AM Room 218 (second floor) Drakeford Library Complex 203 S. Greensboro St., Carrboro NC 27510. Class will meet July 7-31 M, T, W, Th 9-11:30am

Upcoming Webinars:

Supporting Latino Families of Children with Autism
June 13, 12:00 - 1:30 PM
Hosted by El Futuro
Presented by Sandy Magaña, Ph.D., MSW
Register here

Tool Time Tuesday: Make Summer Count, Tips to Prevent Summer Learning Loss
June 24 12:00 PM - 12:30 PM
Hosted by ECAC
Register here

Integrated Care Rounds (ICR): Legal Aid
July 10, 12:00 PM - 1:30 PM

FREE CAR SEAT SAFETY CLASSES

IS YOUR CHILD RIDING SAFELY?

Join us to learn how to protect your little ones on the road. Our classes cover:

- ✓ North Carolina Child Passenger Safety Law.
- ✓ Choosing the right car seat for your child.
- ✓ Proper car seat installation and secure placement.

Already have a car seat but need help installing it? We've got you covered!
Exclusively for Durham County parents and caregivers.
Car seats available for $20 for families who qualify for WIC and Medicaid.

For more information, call:

📞 **Tommy Hernandez:** 919-356-2563 or 📞 **Welcome Baby Main line:** 919-560-7150

NC COOPERATIVE EXTENSION | DURHAM COUNTY

Cooperative Extension

SCAN ME!

REGISTER NOW



CLASES GRATUITAS DE SEGURIDAD EN SILLAS PARA AUTO

¿VIAJA TU HIJO DE MANERA SEGURA?

Únete a nuestra clase para aprender cómo proteger a tus pequeños en el camino. En nuestras sesiones cubrimos:

- ✓ Ley de Seguridad Infantil en el Transporte de Carolina del Norte
- ✓ Cómo elegir la silla adecuada para tu hijo
- ✓ Instalación y colocación segura de la silla para auto

¿Ya tienes una silla para auto pero necesitas ayuda para instalarla?
¡Podemos ayudarte!
Exclusivo para padres del condado de Durham
Sillas para auto disponibles por $20 para familias que califican para WIC y Medicaid.

Para más información, llama al:

📞 **Tommy Hernandez:** 919-356-2563 o 📞 **Welcome Baby:** 919-560-7150

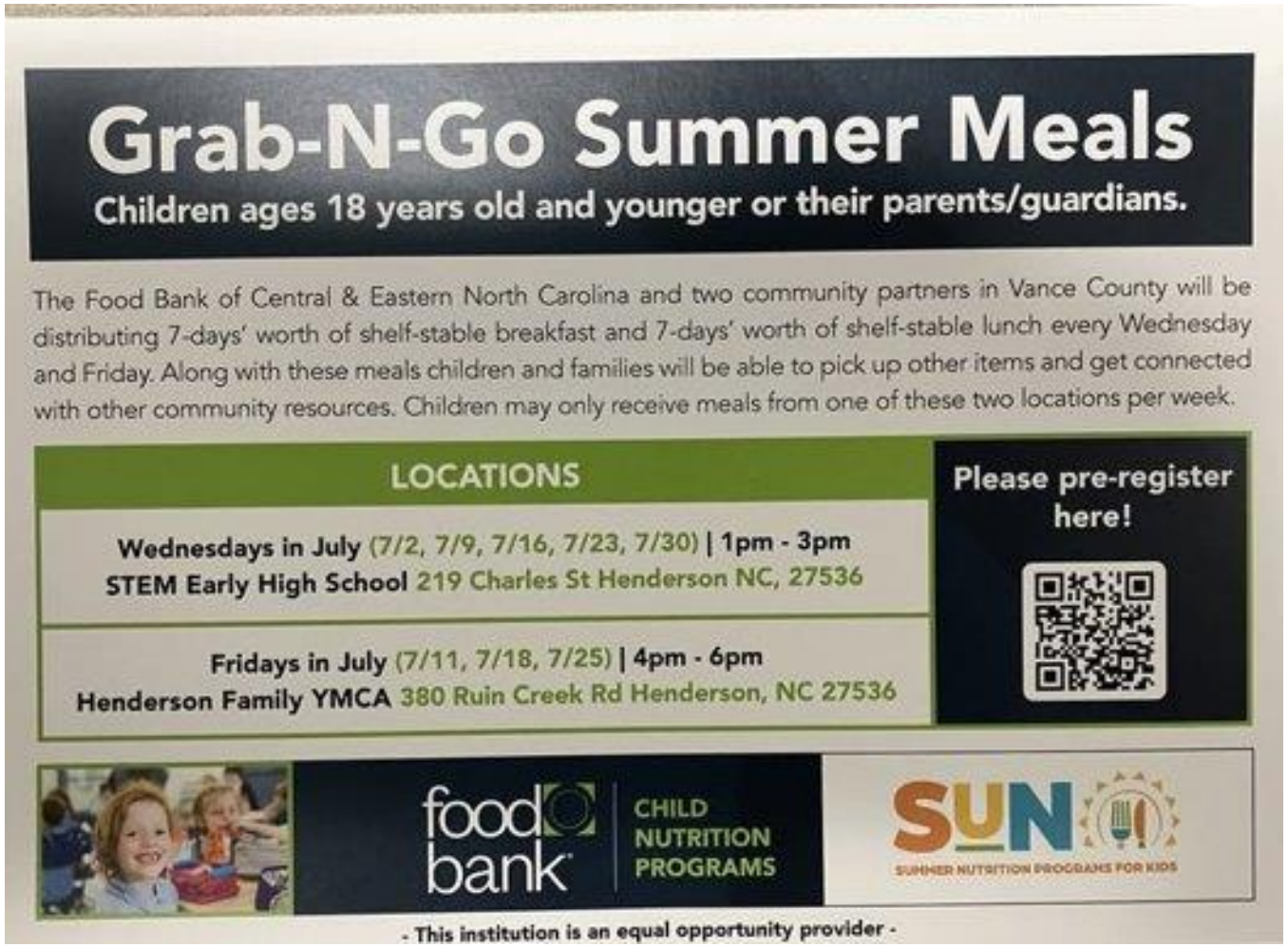
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Cooperative Extension

Escanea aquí para inscribirte en la clase




CREEDMOOR PARKS & RECREATION
PRESENTS
3rd Annual
JUNETEENTH
CELEBRATION
JUNE 19, 2025 6PM-8PM
WILLOW OAK ROOM
116 DOUGLAS DRIVE CREEDMOOR, NC
Join us for the 3rd Annual Juneteenth Celebration! This free, family-friendly event features food, music, art, and performances that celebrate freedom and culture.
T & K BEST BITES IN TOWN
Cash, card Tap accepted
Registration is not required but highly encouraged !
www.creedmoor.recdesk.com
CNICKENS@CITYOFCREEDMOOR.ORG
(919)764-1021
Creedmoor
GRANVILLE COUNTY LIBRARY SYSTEM


Grab-N-Go Summer Meals
Children ages 18 years old and younger or their parents/guardians.
The Food Bank of Central & Eastern North Carolina and two community partners in Vance County will be distributing 7-days' worth of shelf-stable breakfast and 7-days' worth of shelf-stable lunch every Wednesday and Friday. Along with these meals children and families will be able to pick up other items and get connected with other community resources. Children may only receive meals from one of these two locations per week.
LOCATIONS
Wednesdays in July (7/2, 7/9, 7/16, 7/23, 7/30) | 1pm - 3pm
STEM Early High School 219 Charles St Henderson NC, 27536
Fridays in July (7/11, 7/18, 7/25) | 4pm - 6pm
Henderson Family YMCA 380 Ruin Creek Rd Henderson, NC 27536
Please pre-register here!
food bank
CHILD NUTRITION PROGRAMS
SUN
SUMMER NUTRITION PROGRAMS FOR KIDS
- This institution is an equal opportunity provider -